

Ram News In Brief

Backpacks now disallowed

Backpacks are now banned from classrooms after policy changes this summer.

Ed Flynn, director of student services, says students will still be allowed to bring book bags, backpacks and duffel bags to school, but all such items must be left in lockers throughout the day.

"Twenty-five or 30 book bags or backpacks in a classroom make it difficult for teachers to move around the room delivering instruction," Flynn said. Dangerous objects and other items of contraband are also too easily concealed in opaque bags.

"Five minutes of passing time between classes is adequate for students to exchange books at their lockers," Flynn added.

First scholarships awarded

Three 2000 graduates will be carrying the district's first Dollars for Scholars awards to college as they enter as freshmen this fall.

The first scholarships, each for \$500, were awarded to Jessica Schweer, Sarah Bowen and Shanon DeJoode at awards night in May. They are headed to Iowa State, Iowa and UNI, respectively.

The Dollars for Scholars committee is continuing its fundraising efforts throughout the year with hopes of boosting the fund until it will be virtually self-supporting. The national Dollars for Scholars program matches funds at participating institutions.

Applications for these funds for next spring's graduates will become available during the second semester. Donations to the program can be directed to the district's central office.

New meds policy enacted

Medications for attention deficit hyperactive disorder (ADHD) must now be transported to school by an adult, according to new district policy.

Drugs such as Ritalin, Concerta and Dexedrine will now be counted upon delivery to the school and logged on a transport envelope which must also bear a parent signature.

The district has enacted the new policy to protect students and their families in addition to continuing their past practices of utilizing double-lock cabinets for drug storage and charting of all medications dispensed.

Antibiotics and other non-controlled substances remain under past policies requiring a labeled prescription bottle and a medication release form from the parent.

Families affected by this change should have been contacted over the summer regarding the change. Questions about this policy should be directed to nurse Patti DeRaad.

It's always too soon to quit.



SE Polk salutes the class of 2005 with revamped freshman/new student orientation process-- photo essay, pp. 4-5



Rampage

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SE Polk High School, Runnells, IA 50237

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Calendar features countless activities

by MARISOL LOPEZ

As classes opened Aug. 20, students grabbed their sparkling new planner books and began penciling in events that will highlight the upcoming school year.

Students got a reminder first thing that morning that the daily schedule has been moved up five minutes, making starting time 7:55 a.m. Classes are dismissed at 3:06 p.m. daily.

Another major change which students will welcome is that the first semester will be concluded before winter break on Dec. 21. Students will not return for classes until Monday, Jan. 7, although teachers will return for staff development Jan. 2-4. The 2001-2002 school year is set to end Friday, May 24 (provided we have no snow days), with graduation now scheduled for Sunday, May 26, at the Knapp Center of Drake University.



Director of Instructional Services Chuck Bredlow (center) does some directing of traffic at freshman and new student orientation. For more photos of the early days of school year 2001-02, see pages 4-5.

Two-hour late starts have been scheduled for Sept. 19, Oct. 24, Dec. 12, April 10 and May 1.

Homecoming festivities centered on the theme "Country Hoedown" have been organized for the week of September 17. The annual parade and coronation ceremony will be Thursday, Sept. 20, in the west gym. The Rams will play DM Roosevelt HS at 7:30 p.m. on Friday, Sept. 21. The annual Homecoming dance is scheduled for Saturday, Sept. 22, in the east gym.

Winter Formal will be Feb. 9 in the east gym and prom is scheduled for

April 27 at the Convention Center.

The annual college fair will run from 9 a.m. until 1 p.m. Thursday, Oct. 4, in the west gym. Juniors and seniors will have the opportunity to visit with representatives from a wide variety of post-secondary institutions, including community colleges, liberal arts institutions and military branches.

Other events students may want to place on their calendars include Tech Expo, Friday, May 10; the Bill Burch (Honor) Breakfast, Wednesday, April 10; and honors night, Wednesday, May 15, in the auditorium.

Students react to first day of school

by CHRIS MCDOWELL

The opening of school brings different experiences for all grade levels.

When freshman Nicole Cunningham recalls her first two days of school, she remembers, "I thought the first day was scary and I was afraid of getting lost."

Cunningham also said that it was an exciting but different experience from any other school.

Sophomore Marissa Lamberti says she felt "It was exciting to get to see my friends again; I like all my classes."

"I can't wait for the school year to be over," Lamberti also said that all she did in her classes the first day was go over rules.

"It was fun to see all of my friends that I didn't get to see this summer. I enjoyed goofing around," junior Elyssa Hall said.

"It sucked being back in school but it's cool being an upperclassmen because now we rule the school."

"I did behave on the first day and I didn't get in any trouble. The boring

thing was going over rules," Hall said. The second day was better because we did stuff in class, but I have homework."

Senior Chelsea Hanson gave a similar evaluation. "The first day was OK. I

liked getting to see my friends again. It is going to be an awesome year. The second day was also OK.

"I'm excited to see what will happen."

Weird events highlight summer

by BRAD KIESTER

The old show "That's Incredible" couldn't have topped some of the events that went on this summer in the national and international news.

Ex-president Bill Clinton is being paid \$10 million for a life biography, even the little after-hour parties outside the Oval Office. That's just the money to start off with; it grows with the popularity of the book.

In Nigeria, an Islamic woman was sentenced to 100 lashes for having an extramarital affair. Also overseas, a Pakistani doctor was sentenced to death for making insulting remarks about Islam's Prophet Mohammed.

A man found guilty of possessing

child pornography appealed his sentence and was granted less prison time because the judge ruled that he was addicted to it and couldn't be held fully responsible for his actions.

The definition of the word "hero" was found in Pensacola, Fla. An eight-year-old boy, Jessie Arbogast, was attacked by a shark while swimming. His uncle wrestled the shark to get the arm back.

Arbogast was sent to a nearby hospital where his arm was successfully reattached. He is currently in a "light coma," responding only to the most obvious stimuli, but doctors believe he may recover fully despite the significant blood loss. The news media continue to cover this kid's progress.

*It's news to me***It's time to go out and make some news**column by **KYLE DILKS**

All right, here's how it is. Sometimes it appears that we, at Southeast Polk High School, have no news.

As the new news editor, I was thinking of ways to get news, news that people want to read about. Not just what the Chess Club is doing, because often the only people who care about what the Chess Club is doing or who is even in the Chess Club are the Chess Club members. No personal offense intended for the Chess Club; I'm just using them as an illustration.

Then the muses struck me and I realized the only way to get news for my page is to ask for it. So I'm asking you, the student body of our school, to do things that are newsworthy, news that people would want to read.

It doesn't really matter what it is. Whether you end up in a scuffle with the police liaison officer for insisting that you carry your backpack into Room 115 or you get elected president of the state rollerbladers association, we want to know about it. No matter whether it's calf roping, trap shooting, or any number of exciting events, we want to know

about it and report on it in this publication.

Then, of course, you have to make sure that we know about it. That would involve dropping a note in Mrs. Henning's mailbox or telling a Rampage staff member like me.

Just do something for me to write about and put in the paper and then the paper will be more interesting to read. Plus, you might have some fun at school for once, since you'll be out there trying to DO something; you know, make some news.

All right. The offer's been made. No complaints after this, OK?

Best prepared seniors are the ones who start nowby **MARISOL LOPEZ**

We've been in school for only a week. For most seniors, they've been making plans and predictions on how their senior year is going to be. Most are going to continue to work hard and others are going to blame "senioritis" for their laziness.

One thing that all seniors should keep in mind this year is the question of what should become of them once it is all over.

Though your senior year should still be one of the best time of a student's life, seniors also have to decide what they're going to do with the rest of their lives.

Whether it's going to be college, working, or serving in the military.

For those who plan on going to college, many counselors have tips on college planning.

The first step many students take is to sort through the heaps of mail from colleges and decide what is wanted from a college. All the information in the bro-

chures will allow anyone a better perspective on what they want out of a university.

Once that has been accomplished, take a campus visit of the schools that are of interest.

"Use your visits," said guidance counselor Jack Cooper, "Students have two visits the second semester of their junior year and two per semester their senior year." It is recommended by college admissions counselors to do this during the fall. Also, plan to take the ACT or SAT one more time during your senior year.

It's now time to start applying to the colleges that are ranked as your top three or four choices. Some universities have an early admissions program, which gives added benefits for applying early.

Early admission may allow reserved enrollment, early financial aid analysis, and also early notification of scholarships.

"Applying early also helps with housing, especially at the larger universities," said Cooper. Early admissions deadline is Dec. 1.

By January the Free Application for Federal Student Aid (FAFSA) form will be available in the guidance office. This form will help determine financial need and eligibility for state and federal assistance. The FAFSA form does not have to be in until July 1, but the priority deadline is March 1. The priority deadline insures that those student who sent their FAFSA form before this date, the amount of aid that they are eligible for. The student aid report (SAR) should come back in four to six weeks of the form being mailed.

Between February and March, seniors should plan to take a campus visit if they are still undecided, or to confirm their decision on the institution they have chosen.

Closer to graduation, seniors should make their final decision on a school. Students should take any AP or CLEP exam for which they qualify. From here everything should be a breeze.

The guidance center may help any student with questions concerning post-secondary options.

Response positive to revamped freshman orientationby **NICOLE VANCE**

Positive response has been pouring in since a revamped freshman orientation was conducted Aug. 15 and Principal William Orcutt says staff involvement in the process has made the difference.

As freshmen and their parents assembled in the gym that

night, it was all-hands-on-deck for the staff. After brief opening and introductory remarks by administrators and student leaders, each teacher took about four incoming students to his or her room to discuss the four parts of the school improvement plan and how it would impact the new Rams.

Many freshmen, as well as their parents, had questions and comments about the new system. Parents and students alike expressed a bit of anxiety about changes, but teachers presented information and answered questions that helped them understand ninth grade teaming, the eight-period day, the advisor-advisee relationship and competency demonstrations.

Freshman Steve Fox said that the thing bothering him most is that he thinks he'll have to do a lot more than other grades ahead of him had to with the competencies and more credits to earn. A classmate expressed another concern.

"I don't think it (ninth grade teaming) is such a great idea," freshman Matt Adams said. "I think that high school should be a step up, but basically it sounds like being in junior high."

The school's four guidance counselors, along with director of instructional services Chuck Bredlow, are busy helping the freshmen and other new students get situated. Their trump card is the advisor-advisee system, which they say will assist in assuring that every student has a personal relationship with at least one staff member.

Counselor Rosemary Freel says she is most excited about the teaming concept. "It will help the freshman make a smoother transition to high school."

"Our goal is to help the freshmen become aware of the building and the issues that arise," freshman team English teacher Linda Holtgrewe said.

"It will provide a strong group atmosphere."

Orcutt agrees. "Ninth grade teaming is a good thing," he said. "It should help alleviate much of the ninth graders' anxieties."

Over the weeks, advisory teachers will also help freshmen, along with the sophomores, juniors and seniors in their groups, cope with the usual issues surrounding homework, teachers, testing and discipline issues. The groups will also take part in group-building activities and school-wide events like Homecoming.

SMILE PRETTY!

School portraits and the senior class photo will be taken tomorrow throughout the day.

REMINDER:

Seniors must turn in a yearbook photo no later than January 15, 2002!

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*I'm psyched***Foreign language: A lot to be desired or a lot to be learned?****column by MARISOL LOPEZ***Adonde esta el bano?*

For many students, "Where is the bathroom?" seems the only really necessary phrase to learn in a foreign language and anything past that is just pure academics and jumping through hoops to get a credit.

What brain researchers and foreign language teachers all know, however, is that learning a foreign language is much more than that; it is a stepping stone into the world of disciplining the mind and becoming more effective in learning things which are completely new.

"It's a college requirement" is the reason many students give to explain why they push themselves through two or more years of a foreign language; students here have the choice of Spanish or French. Little do these

students know that by going through the process of learning a new language they are exercising their mind to master even greater things down the road.

"The thinking skills of learning a foreign language translate into other aspects of learning," French teacher Diane Larson says. "Students who have taken a foreign language tend to do better overall in college entrance exams as well."

Psychologists, sociologists and linguists say that learning a new language helps students shore up knowledge of their native language and to make connections to many other academic disciplines, along with broadening their knowledge of other cultures' practices, geography and history.

Larson said that since we don't have

a very culturally diverse population, learning another language opens an avenue for students to become more aware of the world around them and the people who inhabit it.

One trend in foreign language instruction is to begin learning a second language while the native language is first being learned; this would mean some "foreign" language instruction could conceivably begin in preschool or kindergarten.

"Research shows that mastering a second language is much easier when the learning begins at an earlier age," Larson said.

Psychologists in recent years have concluded that it is much less effective to begin foreign language instruction in junior high or high school because the brain pathways which govern language acquisition are pretty

inflexible by that point.

Nationally, the organizations which represent foreign language instructors have been calling for earlier instruction for about the past decade, but school districts have been hard pressed to revise their curricula because of increasing budget limitations.

The response to this situation overall has been to point out that students in virtually all other nations of the world learn.

English along with their native tongues, while the United States persists in offering a second language only as an elective to older students, thus, in many experts opinions, putting U.S. students in the new millennium at a distinct disadvantage after graduation when they enter the global workplace.

Work experience allows for growth of campers, counselors alike**by JILL CALLISON**

Many kids are reluctant when it comes to expressing their religious faith. Students are scared about what others might think of them if they show this side or that it might limit their activities, but religion can be fun and exciting.

Working this summer as a counselor at Riverside Lutheran Bible Camp, I watched kids of all ages express their religious beliefs through skits, games, Bible studies, devotions, activities and singing.

Activities paved the way for

growth. Each day there was a Bible study and a skit that reflected on the theme of the day. When asked about what was all learned in Bible study third grader Thomas Winkleman of Johnston said that through study he learned that, "Jesus is the Son of God, our healer and teacher and he loves you no matter what; he is our friend and our savior and the only way to get to heaven is to believe in him."

Many feel it is easier to express their feelings about God at a church camp. Sophomore

Claire Broze of Red Wing, Minn., said, "This camp experience was exactly that, an 'experience!' I was able to grow in my faith and grow a lot closer to God. It is so easy to be open about what you believe and people don't laugh or make fun of you."

"It is definitely life changing," freshman Leah Robertson of Waterford, Wis., said. "Learning about Jesus and praising and worshipping him is so exciting and you also don't have to worry about what other people think."



Senior Jill Callison (center, back) learned what it meant to help others grow spiritually and still have fun this summer at Riverside Lutheran Bible Camp in Story City.

*School bytes***Let your fingers do the studying, research****column by JOE HUGEN**

Bet your palms get sweaty just worrying about all the projects teachers are going to started loading up in a few days.

Doing research certainly is easier for our generation; ask your mom or dad about toting around armloads of books or winding through yards of microfilm in some musty library basement. Hey, life's easy for us, right? We've got the Internet.

But doing research on line can be a hassle, especially if you don't know exactly what you're looking for and how to look for it. While I can't help you choose a topic, here are a few tips that might help you cut down the surfing and get to the point:

1) When looking for a topic, use "wild cards" which help you get a broader search of what the Web has to offer. To do this, type the word or words you are looking for and

at the end of these characters, type the symbols (*.*) which initiates a search for anything containing what you typed. This can be done on most search engines (Yahoo!, Excite, Lycos, etc.).

2) "Brain dumps" are another good resource; they cut time and effort out of your research. A brain dump can be found for many purposes, but it is most commonly used on research papers and essay questions. These are sites that

contain many different types of writing which previous scholars have produced on a particular subject. Just type your subject and after it type "brain dump."

The idea, by the way, is to get ideas and good information, not to blatantly plagiarize the material. I don't think I need to tell you that there are regulations against this at nearly every level of school. 3) Those students who went before us were particularly

attached to little yellow and black books called "Cliff Notes." Well, good ol' Cliff got into the new millennium and has put all his best stuff on a web site at (<http://www.cliffs.com/>). Bookmark this one on your computer for those late-night crams. There are quick references to tons of works of literature as well as other stuff. It sums up the main points of the material. 4) While you're surfing web sites, don't overlook (<http://www.studyworld.com/>).

It contains loads of study material on just about any subject you'd be studying in high school or college. (Hence the name.) When visiting this site, you can click on links that will take you to even more school-related topics.

5) Most importantly, keep reading Rampage throughout the year; I'll be offering more school-related (and other) technology tips monthly.

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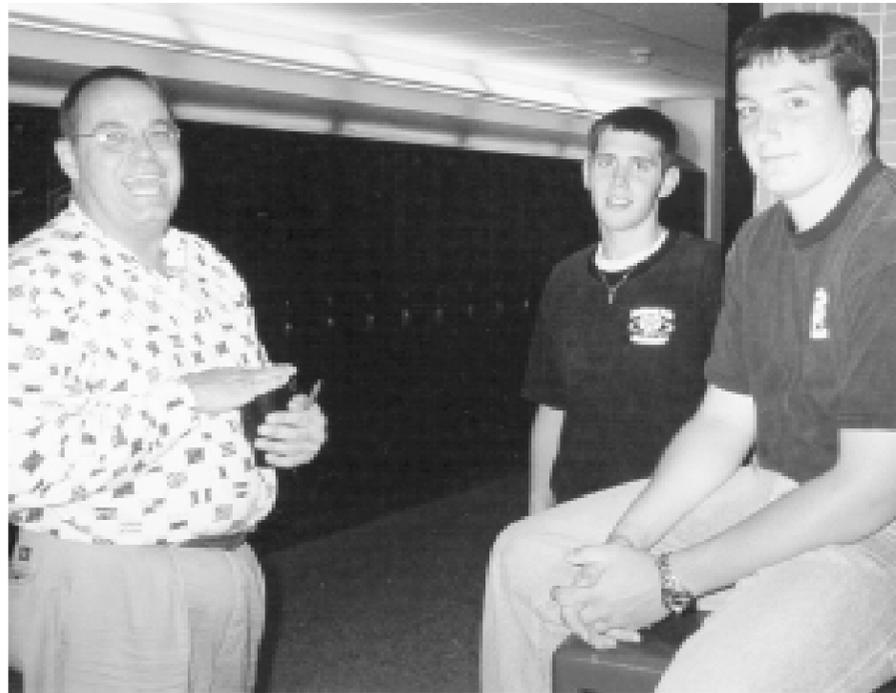
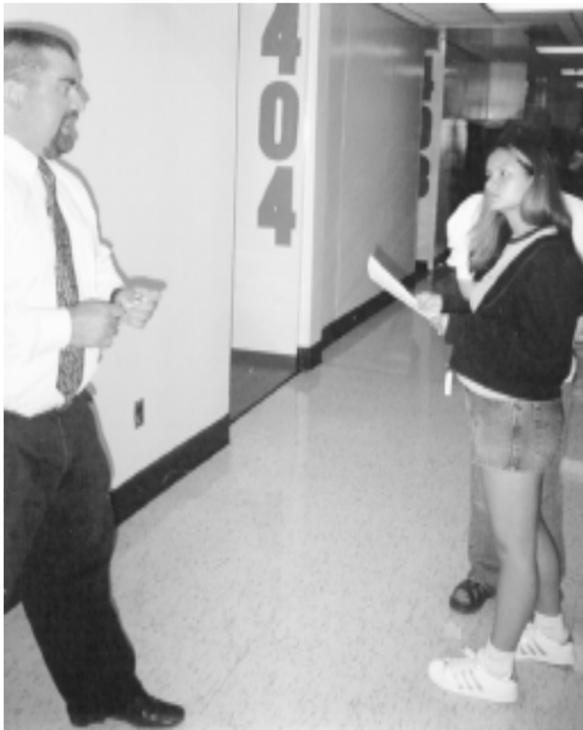
Orientation welcomes class

The welcome mat was out for anybody new to the building the night of August 15.

Experienced students and staff were all-hands-on-deck as the inexperienced and uninitiated took to the gym, the classrooms and the hallways in search of lockers and combinations and the best pathways to get to class on time.

Everyone and everything basically came off low-key, helpful and friendly, as students and parents spent some time talking with staff advisers and then walked around the building to get ready for the crush of humanity which would hit on Monday.

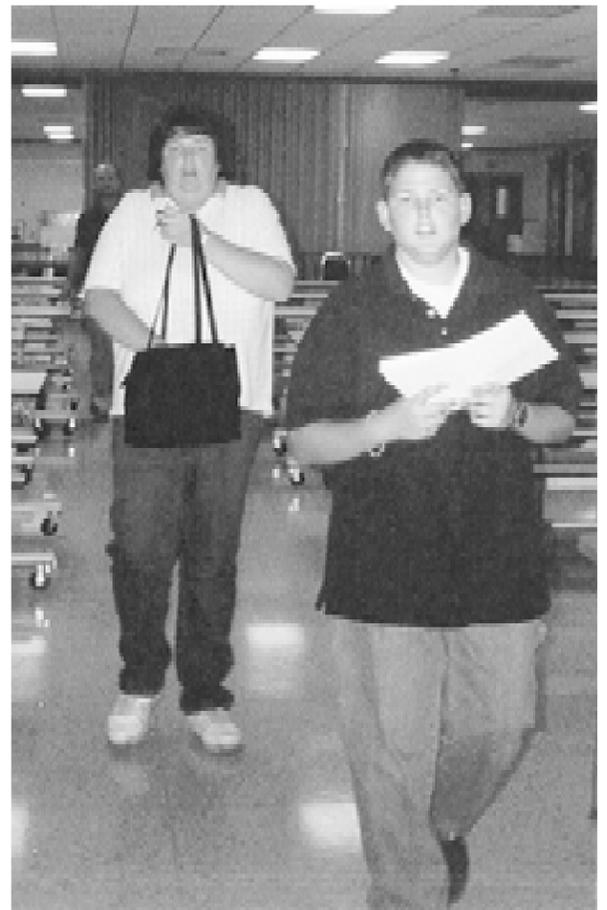
The longest lines were in places like the Main Office and the Counseling Center and parents and students tried to clear up last-minute situations, pay bills and change schedules...



s of 2005 to Ram way of life



...Probably most amusing for the experienced people in the building was watching the neophytes cope with jam-ups at the hallway intersections and fumble with locker combinations which just didn't seem to work. Plenty of introductions and instructions were given, but like so many things in life, much of that information was missing-in-action when the test came on Monday. Some freshmen still wheeled in late to class gasping, "I got lost!" or "My locker wouldn't open!" The only real question is, what would be the excuse for upperclassmen?



Listen up***NSYNC taps girls' wallets;
All Stars release second effort**column by **JESSE LOPEZ**

The July 24 release of "Celebrity" by *NSYNC is already a bestseller. Sheesh; those 14-year-old girls must have a lot of money!

I myself haven't had the privilege to listen to the entire album front to back. But I'm sure I'm not missing anything. However, thanks to the wonderful program director at KISS 1075 for allowing me the opportunity to hear them 5 or more times an hour every hour, of every day.

If you're still looking to buy what some critics are calling a "more mature" effort by these guys (read: they've actually started writing some of their own material), it's now

virtually everywhere, despite having been in short supply at its release.

An upcoming release that I am looking forward to is the Long Beach Dub All Stars sophomore album, "The Wonders of the World."

If you're not familiar with the group, don't feel ashamed; you're probably not the only one.

This act is a group assembled in memory of Brad Nowell of Sublime.

The band was started by the two remaining members of the group, bassist Eric Wilson and drummer Bud Gaugh, along with some friends who include a horn player, a guitarist, a new lead singer, guest MC's and a DJ.

If you've liked Sublime, you should



"Celebrity" was released July 24.

enjoy this band's style which features a more reggae sound and much cleaner lyrics.

If this upcoming release piques your interest and you feel you can't wait until Sept. 11, check out the first album released in 1999, "Right Back."

And if you're looking for something else to listen to, it's well known that I recommend any of Sublime's work.

Summer theater action slows for fallby **LINDSEY SCHARMOTA**

As summer ends, so does the number of good movies coming out. After a flurry of fairly enjoyable films which have been released in just the past month or so, we're going to have a long dry spell until Thanksgiving time.

So where did all our movie \$\$\$ go? With only a few exceptions, they probably went to comedies and films that were even appropriate for your little sister.

"Shrek" was probably the first film you saw. With all the commotion that was made about it and the cute donkey, it was a definite must-see. The voices of big names like Eddie Murphy and Cameron Diaz didn't hurt this one.

For the car lovers, there was "The Fast and the Furious" with Vin Diesel. Flashy cars and hot guys made this a great action-packed movie for guys and girls.

If you were one of those people who loved "Jurassic Park" and its sequel then you must have seen "Jurassic Park III" many times. Gross box office receipts in its first week of showing was \$146.8

million. Not too shabby for a work that's on its third go-round.

"Planet of the Apes" was another for the sci-fi fanatics. Walking, talking apes overpowering the humans is still a big draw, but the true fans wouldn't even compare it to the original.

"The Princess Diaries" with Julie Andrews was another big hit. It's the same old story of the unpopular girl who ends up a princess, but it's been jazzed up for the new millennium and Disney hit it big, at least in the first few weeks. It looked corny in the previews, but it was actually fun for just about everybody.

Alcohol trips up many on path to successby **APRIL WIPF**

A number of incidents over the summer put any number of kids at high schools across the country out of sports and other activities because of code infractions involving alcohol.

Underage drinking is more than just a school discipline problem. Use and abuse of alcohol is one of the leading

causes of death and injury among teenagers and young adults, according to Erowid.org. The end result of this sort of bad choice can be final.

Most recently, Jim and his dad came back and the whole gang was ready for a summer vacation.

If you liked the first one, apple pie and all, you probably loved the second one even more. It certainly illustrated what could happen to any of us a year out of high school, especially if we had over-protective parents trying so hard to be hip.

causes of death and injury among teenagers and young adults, according to Erowid.org. The end result of this sort of bad choice can be final.

Why do so many teens continue to drink if they already know the consequences? "Maybe they don't think it can happen to them, although it can," senior Emily Gibbens said.

"Students with grade point averages of D or F drink three times as much as those who earn A's," according to the website. "Approximately two thirds of teenagers who drink can buy their own alcohol."

School districts always have cases before their discipline officers and school boards involving the consequences of teen drinking activity, whether it's just someone attending a party that gets broken up, or someone who actually gets stopped by law enforcement officers for possession or operating a motor vehicle under the influence.

Senior Mackenzie Thorpe strongly believes that "most teens are going to try drinking at least once. They just need to be aware of the consequences and drink responsibly."

Eighty-seven percent of high schoolers have used alcohol, leaving a 13 percent who don't, according to research by the Maryland Underage Drinking Prevention Coalition.

A new parental tool is in the works, **Alcohol, con't next column**

**Legally blonde;
or not even
blonde at all?**review by **ELLA BODIN**

People everywhere underestimate most blondes' intelligence simply by their own stereotypes.

The movie "Legally Blonde," released in mid-July, probably didn't do a lot to improve on those stereotypes, but it did put a twist on the stereotypical behaviors and thought patterns of those of us who suffer this "terminal" illness.

In the movie, everybody's favorite blonde, Reese Witherspoon, proves that one can be smarter than one appears, both in terms of street savvy and book learning. Good to see that; it can happen in real life, too.

People think that blondes are ditzy but that trait has nothing to do with hair color, either natural or chemically-treated. It's all about a person's attitude, not the hue. This movie helped people see that.

"Most of the people that I would consider ditzy don't even have blonde hair," junior Ashley Dishman says. "It's all just a generalization that most blondes I know don't even fit into."

The movie illustrates that just because a person may seem a little more bubbly or happier than everyone else, it doesn't mean that individual is clueless, gullible or easily persuaded. It just means they enjoy life and always want the best and approach it in an optimistic way.

This is why the saying that "Blondes have more fun" is right. Maybe it should say, "Happy people have more fun," but that would be too obvious.

The moral of this movie is that next time you hear a blonde joke or look at someone who's blonde and judge that person before you actually have information, maybe you should think about how prejudiced you're being. It's so ridiculous to think someone's intelligence comes from (or doesn't come from) hair color. C'mon; you'd be gullible if you believed that!

Alcohol, con't from column at left

however. The town of Voorhees, N.J., has made it possible for 1,000 alcohol test kits available to parents for free.

"If they knew I had one of those tests, they'd think twice," says Josie Zahn of Wilmington, Del.

"This is like telling your kids you don't trust them. I would rather you talk to me than come at me with a test out of the blue," countered John Colucci, 16, of Edison, N.J.

Freshman Missy Hanson says this is not a great relationship-builder for kids and their parents. "I think that parents should trust their kids," she said. "If the kids want to drink it's their (the kids') fault."

One senior agrees. "If it takes a urine test for a parent to know their kid is drinking, their relationship needs work," senior Nate Shortell said.

"Drinking is not the main problem, the relationship between parents and kids should be restored."

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RhythAMettes promote dance over summer break

by JODY ANDERSON

While summertime meant a vacation or at least getting in more hours at work for most of us, the RhythAMettes stayed busy with many activities that promoted dance and collaboration, along with fun.

Twenty-eight gold squad members traveled to Kansas City Aug. 12 to attend an afternoon clinic sponsored by the Kansas City Chiefs Dance Team. The clinic featured work on a routine performed at half-time of a Chiefs/Redskins game at Arrowhead Stadium.

The coaches and the girls say they all viewed this clinic as a real opportunity. "This is something the girls will remember for a lifetime," Coach Tracy Shaffner said.

The girls started in June with the American Dance/Drill Team School camp in Emporia, Kan. Shaffner said that while the girls stayed in the dorms at Emporia State University "Our team had a great time getting to know each other better. We focused on team building and unity during the hours we actually were not dancing."

During the five days, the gold and white squads learned many dances and had a chance to perform for the camp instructors as well as other participants.

The gold squad earned top awards in their dance and marching evaluations. The white squad earned a Division I rating in its parade evaluation.

The girls were voted Gussie Nell Davis team of the week by

their instructors and Most Admired team of the week by other teams attending the camp.

Many individuals on both squads earned individual honors. Seniors Chelsea Dailey, Lindsey Denning and Staci Wall made the dance company and earned gold ribbons. Dailey and Wall also earned places on the kick company, with Dailey being named Miss High Kick among the 100 girls trying out. Denning was also a marching finalist and named Outstanding Marcher of the week.

Many girls earned spots on the All-American and All-American Honorable Mention squads, which gives them the opportunity to perform at half-time of a major football game.

Both squads also took part in



The Gold and White squads of the RhythAMettes took high honors at the Marching Auxiliaries competition in Newton in July.

the Marching Auxiliaries Camp in Newton July 27-28. The gold squad received a home routine award and a grand champion evaluation award. The white squad earned a superior award for camp evaluation. Both teams were honored with a 110

percent given by instructors.

Dailey was named first runner-up in the solo competition with Denning being named as overall winner. "Both girls blew the other competitors out of the water," junior Marissa Campbell said.

Football team 'impressive' in early practices

by BEN LOHMEIER

A "most impressive showing" is what Head Football Coach Kent Horstmann has been seeing in this year's pre-season, leading him to anticipate a truly different season in the win-loss column for 2001.

Two last-second scores in two different games are the only things which kept the squad's record at 5-4 last year.

A win in either the Urbandale or the Ottumwa game would have propelled the Rams into the state playoffs for the first time in four years.

Horstmann says his 14 returning letterwinners are the

difference and they'll be led by two three-year starters in seniors Brad Kiester and Matt Wills.

The coach says the squad's accomplishment in the spring and summer was exceptional. "The guys worked really hard in the off-season with our lifting program and trainer Darrin's camp. It seems to really be paying off."

One big question looms: Who will replace Purdue-bound signal-caller Kyle Orton at quarterback?

After taking a year off from football, senior Justin Thomas is back and fighting for the

starting nod. Despite Thomas' seniority, sophomore Cole Ingle may now have the job.

He has been working out with the receivers and the rest of the team all summer and also attended Central College's football camp.

"I feel comfortable with both QBs," receiver Kiester said. "They both have confidence in themselves and after having

Orton as my quarterback for two years, it'll be nice to have a little less steam on the ball. Both have been good in practice and I'm excited to see who comes out on top."

Fans will recognize many familiar faces with the large group of returning players.

The offense returns six starters, while the defense, anchored by second team all-conference

selection Wills, returning five.

"This should be an exciting season," said Horstmann. "We have the talent and the work ethic; as long as we keep people healthy, we should do just fine."

The Rams scrimmaged for a large home crowd last Friday at Rams on Parade and will face Sioux City North on the road Friday at 7:30 p.m.

Golfers vie for varsity spots in early season meets

by RYAN PRAY

So far this year the Southeast Polk golf team is 0-1 with a loss against Ottumwa, who had a team meet score of 144. The Rams had a score of 154, but failed to beat Ottumwa on their home course, Terrace Hills.

"Our team hasn't really gotten off to a very good start this year," senior J.C. Smith says, "and I know we can be a lot better than this."

Junior varsity squad members are constantly pushing to get varsity spots, which may bring the team to higher play. One of the top JV players is junior Nick Willson. Willson shot a round of two over par for the meet versus Ottumwa.

Earlier this year the Rams were invited to the Marshalltown High School Cat-Bird Invitational at the Westwood Golf Course in Newton. They finished right in the middle of the pack out of nineteen teams. "There was only one hole that really hurt the whole team,"

Head Coach Julie Juffer said. "You couldn't really hit the driver because of the road on the right side and then there was always the fear of hooking the ball in the woods on the left.

"But that's not even the worst part about number twelve," Juffer added. "It's the creek that runs down the middle of the fairway, all the way to the green."

The Rams face Fort Dodge High School Tuesday at 3:30 p.m. in Fort Dodge.

Boys, girls off to running start

by AMY GARRETT

There's little time between the start of classes and the first competition for cross country runners.

The teams hosted the Ram Invitational yesterday. (Results will be published on the Rampage web site and in next months' issue.) The girls' team has six of their top seven runners returning from last year with additional help from a couple of freshman.

"I'm looking forward to having a close knit team and working hard so everyone can have an awesome season," said sophomore Lisa Stefl.

"Never before has a girls' team qualified twice for the state meet, but will the odyssey continue," girls' coach Tom



Runners take a breather from practice. Jill Callison photo.

Rosengren said.

The boys' team has everyone coming back from the year before plus a couple of newcomers to help bring them to state. "I like working with good people and enjoy the camaraderie," boys' coach Pat

Owens said.

"Both the girls and boys teams have run at state and have the experience to go farther than before," senior Jill Callison said.

The teams run at Urbandale tomorrow at 4:30 p.m.



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The Longview

Music affects our everyday life

column by ERIK CHRISTENSEN

Both you and I know that the past 10 years have been rather intense. I'm ashamed to admit that I've been fooled by the seductions of violence and people walking around with ugly auras; sometimes I'm even tempted to seek the advice of Dr. Laura, but I ignore her.

Alone, these words probably seem rather odd and generally obscure. But to me, they're not just words. They're something more than that. They're a way for me to feel a whole lot better about things when I'm frustrated or generally annoyed with the world. And that's really what music is to most of us, an outlet.

Music is one of the few things in this world that can draw out such a wide range of emotions. Am I really "walking on sunshine"? No, I'm just walking through the electronics aisle in Best Buy. But for those couple seconds, you get to feeling like you're no longer in that drab stuffy store.

Sometimes music can make you sentimental. Who doesn't know "Don't You (Forget About Me)", by the Simple Minds? You know; the song that plays at the end of the movie "The Breakfast Club," when Judd Nelson's walking through the football field and throws his fist into the air. Or "How's It Going To Be," by Third Eye Blind? "Here's To The Night," by Eve 6?

And then summer rolls around. Musical groups fight for the most overplayed song of the summer (i.e., "Closing Time," by Semisonic; "Outside" by Staind). But, you know you're better off for having heard them thousands of times. Sometimes you catch yourself humming and abruptly stop before anyone else realizes what you're trying to pull ("Macarena," anybody?).

Sometimes, though, music just hits you. Without thinking, you lean forward and turn the volume knob until it won't turn anymore. You pull up to a stop-light with your windows down and you're more than likely singing along. You don't seem to mind that the 76-year-old woman next to you has slowly crept forward, eagerly waiting for the light to turn green so she can get away from you and your heathen ways as soon as possible.

Music also serves as an instrument for people to promote their own agendas or ideas. Rage Against The Machine, one of the most popular rock bands in the late 90's, had lyrics that were almost entirely politically motivated. Look at the 70's. Protest songs all over the place. Music gives people something to believe in a world that is increasingly confusing to deal with. It gives them an outlet.

"Music is the only thing in this world besides sneezing, and looking at the sunset that takes you above the mundane. Everything else is just bull..."-Stephan Jenkins, lead singer Third Eye Blind.

Editorial

Advisor groups hold promise, problems

The advisor/advisee program promises to bring students closer to staff members, to ensure that every kid has at least one adult in this building to feel close to.

The program was formed to answer research studies which show that kids who feel disconnected from school get into all kinds of trouble, both personal and academic. And taking time out from the busy week to nurture this kind of relationship may very well accomplish this.

On the other hand, students who are already close to someone on the staff may find trying to force a new relationship a bit difficult.

Furthermore, there are both kids and adults in this building who are not really into the idea of getting their warm fuzzies at school. It's inevitable that some folks are just going to sit back and do nothing. It will be interesting to see how the administration deals with these situations.

Many students are already considering this time to be a waste at worst or at least a way to shorten all of the other classes once a week.

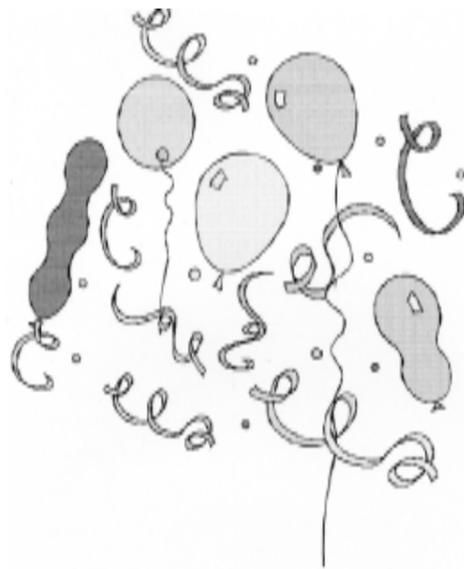
One definite bonus of the new program, however, is getting to be in a group which has kids of all grade levels in it. This should help upperclassmen get acquainted and help the underclassmen with situations that will arise over their four years.

For all of this to work, everyone involved has to want to be there, including the advisor. It will really be a tragedy to take that much time out of four years of high school and not use it to establish some genuine, helpful relationships that will work to our advantage. Keeping groups small and retaining the same advisor for years should go a long way toward making that happen.

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