



Prioritizing is the key for sleep-deprived students

by Jennifer Bissell
Staff Writer

"Bright-eyed and bushy-tailed" does not quite describe the average student beginning class at 7:30 every morning.

In fact, many Eastview students such as junior **Katie Hager** would describe themselves as "sleep deprived," because frankly, "there are only 24 hours in a day." Hager rounded up her average nightly sleep to six hours.

According to the National Sleep Foundation, the average teenager naturally falls asleep around 11:00 p.m. and needs 9.25 hours of sleep in order to perform his or her highest quality work.

Without the proper amount of sleep, the Foundation warns that teens will experience difficulty learning, listening, and concentrating. It also claims that students may engage in inappropriate behavior, act more aggressive or impatient, and worst of all, be prone to acne.

With that in mind, why aren't Eastview and other high schools across the nation starting later in the day to educate their students to their full potential? Principal **Dick Dewey** explains that there are several reasons for the current school schedule.

First, most studies have found that later start times do not make a significant difference in students' grades. In addition, a later



GRAPHIC BY: JENNIFER BISSELL

schedule would disrupt the transportation schedule, which busses high schoolers in addition to middle school and elementary school students. In order for high schools

'Sleep deprivation'
continued on pg.2

WAKE UP, SLEEPYHEADS: The National Sleep Foundation says that teens need 8.5 to more than 9 hours of sleep per night to function optimally. Between a heavy academic load, sports and other cocurriculars, kids just aren't getting enough sleep. Most teens, like senior **Christina Persaud** in this dramatization, get an average of 7.5 hours of sleep per night.



GRAPHIC BY: CARL RETTKE

EXTREME DODGEBALL

by Shannon Reidlinger
Lightning Reporter

All proceeds of our newest Winterfest activity are headed straight to the Juvenile Diabetes Foundation.

With Winterfest rapidly approaching, one word is on the lips of students: dodgeball. Promotion for the first annual tournament, sponsored by Eastview's chapter of National Honor Society, has intensified in the past few weeks. Informational posters color the stairwells, and we witnessed team Sparknotes beat out the Teachers in an episode of the Flash.

The double-elimination dodgeball tournament promises to be a shining event in the week of festivities. NHS officer and senior **Ben Huhner** says students looking for a way to get in on the action during

the logistics

- WHO:** You and five of your friends
- WHAT:** Dodgeball!
- WHEN:** Thursday, February 23rd
- WHERE:** The gyms of Eastview
- COST:** \$10 per person
- FOR:** The Juvenile Diabetes Foundation

'Extreme dodgeball'
continued on pg.2



EASTVIEW DODGEBALL 06 TOURNAMENT



GRAPHIC BY: JAKE SLATTERY

HELLO GRITTY: To defend himself against bloodthirsty opponents, dodgeball fanatic Neal Slattery wields his secret weapon: a Hello Kitty dodgeball.

'Extreme dodgeball' continued

Winterfest will find the tournament a "cool way to go out and do something" during the festive week. After registering with a team of five other friends (each of whom must pay a \$10.00 registration fee), simply show up the night of the tournament, ready to play- game brackets will have been pre-assigned.

Senior and NHS president **Katie Brown** says the tournament will also be a "fun way to get students and parents involved" in their school and community this year. Besides the engaging competition, members of NHS look upon the tournament as a creative way to reach out to the community: every cent of the \$10.00 that earns individuals a place on the brackets will be donated to the Juvenile Diabetes Foundation.

This way of donation, says Brown, is "new and different." It seems that bake sales and silent auctions just don't cut it when high school students are involved. The allure of a round of dodgeball is much more apparent.

However, for those who weren't exactly thrilled with middle school dodgeball games, it's important to remember that, as Huhner states, "at its core [the tournament] is about giving...the money goes to a good cause." Regardless of your ability (or lack thereof) to play the game of dodgeball, don't sweat signing up with your team.

"Dodgeball is familiar," explains NHS advisor **Todd Beach**. "You don't have to take it too seriously- just enjoy."

So grab your friends and a dodgeball, Eastview! The beginning of an exciting and charitable school tradition is just around the corner.

'Sleep deprivation' continued

to start later, more buses and drivers would be required because they could no longer be shared by the different schools. This would cost hundreds of thousands of dollars.

Another reason is that getting out of school later would mean the times of co-curricular programs would also be pushed back. This would ultimately put students in bed later, only to receive the same amount of sleep as they would have achieved if they had started the day earlier.

Is students' lack of sleep really a direct result of the amount of homework assigned, or is it just a bad case of procrastination and over scheduling? **Jenny Nygren**, a 4.0 sophomore extraordinaire, believes that some students have difficulty managing their time well. "On school nights I usually go to bed at nine but occasionally I'll stay up till 10 once or twice a week and 11 o'clock once a month, but after [staying up late] I'll get a cold."

It seems proper rest isn't some magical secret: simply decide what is most important to you. Going to basketball practice, keeping up with your classes, shopping at Target, and watching the O.C. all in one night might not be the secret to sleeping at an effective bedtime. However, if this doesn't seem to be a possibility for you, just keep trucking through. Maybe you can sleep after college.



GRAPHIC BY: KELSEY ELIASON

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le Café Eastview

If Hopkins High School can have one, why not the highly-caffeinated students here?

by **Irina Vaynerman**
Staff Writer

As of September last year, students at Hopkins High School have had the pleasure of buying their favorite caffeinated beverage at the school's café. The café is owned by Royal Cuisine and is not associated with their school district in any way. Students are able to satisfy their coffee cravings anytime between from 7am-4 pm. The café is open during school hours and receives many customers during study halls hours.

Operation Manager **Kevin Aubin** says, "The kids seem to really like it...we get a lot of customers. Students come and buy a cup of coffee and do some homework."

The Hopkins students certainly enjoy the luxury of having their own coffee shop

within the school building. However, this caffeinated oasis may at times be more of a distraction.

"We have to close down during the first day and the last two days of the term, so the kids don't get distracted during finals," says Aubin.

Though we enjoy our Powerades from the vending machines and our bagels from the school store, is it time for change?

Matt Percival, Assistant Principal at Eastview High School, says, "A café would be a great addition to Eastview, we're always looking for new ideas like this one. There definitely seems to be a demand for this addition, just take a look at all the kids who walk into school with Bruegger's, Caribou, Starbucks, or Panera."

It's no doubt that Eastview students love

their coffee; students can be seen sporting their favorite coffee mug all around school. But the coffee shop atmosphere may pose a source of competition for our already existing school eateries.

"Maybe this café addition could be added to the already existing Lightning Café, or possibly the school store," Percival says.

Other critics argue that school is a place for academic learning and achievement,

and a café just doesn't fit in that environment. Should Eastview join the schools that have succumbed to the coffee-cravings of teenagers?

"This seems to be a great alternative as opposed to having kids come late to school," Percival explains. "The only concern I have is the space issue."

The future appears to be promising for the student coffee lovers of our school.



GRAPHIC BY: PUBLIC DOMAIN

COFFEE TALK: There might be room at Eastview for our very own cafe.

9th annual Hoop-a-thon will have exciting new additions

by **Kelsey Eliason**
Graphics Editor

Once again, it's time to spread the word about our ninth annual Hoop-a-thon. For those of you who have no idea what I am talking about, the Hoop-a-thon is a fundraising event to support families affected by Huntington's Disease.

Huntington's Disease is a genetic illness that attacks the central nervous system. Not only is a person's motor control impaired, but the brain is also affected. Some compare its severity to a combination of Alzheimer's Disease and Multiple Sclerosis.

There is no cure as of yet, so money raised in the past Hoop-a-thons has been spent on researching a cure. This year, however, the earnings will benefit families afflicted with the disease directly. It will go to the Center of Excellence, which provides all the necessary medical treatment for patients in one facility.

In the Hoop-a-thon, participants raise money from pledges they receive prior to the event by shooting free-throws. The pledges are amounts of money donated per basket. Every pledge counts, and what may seem like a small donations add up.

In addition to the traditional Hoop-a-thon, a new 3 vs. 3 tournament will be held. Dubbed "Hoop Weekend," the tournament hosts EVAA teams who will play on Saturday for the championship on Sunday.

The highlight of the event will be the new carnival additions. Special guests include the Vikings cheerleaders, while for all aspiring Sumo wrestlers, a lovely pair of Sumo-Suits will be in action for full-throttle fun. Of course, the ever-popular Goldfish Game remains (each winner receives a



GRAPHIC BY: MCKENNA EWEN

GEAR UP: Donate \$5 dollars to a worthy cause and gain access to the wonders of the Hoop-a-thon.

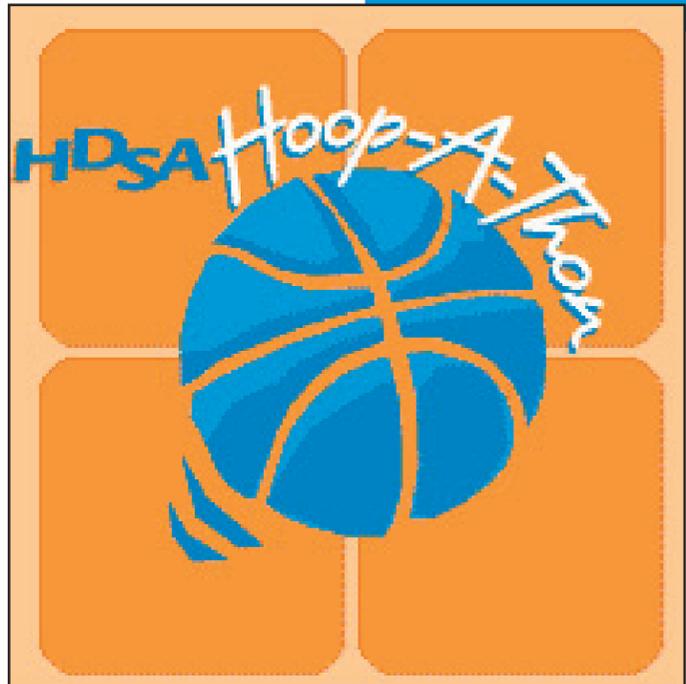
live goldfish), along with face-painting and plenty of food.

When asked to pick her favorite part of the Hoop-a-thon, junior **Siri Hill** said, "It's cool--an Eastview guy started it." This cool Eastview guy is **B.J. Viau**, founder of our very own Hoop-a-thon. B.J.'s mother is afflicted with Huntington's Disease, which means B.J. and his sister, Emily, have a fifty percent chance of developing the illness, as well. B.J.'s hard work has paid off, and every year has increased in income to make a grand total of almost \$300,000.

How can you participate? The blue wristband awarded to those who donate a minimum of five dollars will grant access to the games, the fun, and of course, the food. Wristbands will be sold at the event but will also be sold in advance, so watch for students in the cafeteria with a convenient supply of royal blue wristbands ready for the taking. Remember, the bracelet is your ticket to fun and food. Don't lose it!

the logistics

- WHO:** Family, friends, people
- WHEN:** Sunday, March 12
- WHERE:** Falcon Ridge Middle School
- WHAT:** Shoot free-throws
- COST:** \$5 per person
- FOR:** Huntington's Disease



Talking to walls, goofy movements...must be the



Eastview Speech Team

by **Blake Hanson**
Lightning Reporter

One of the largest teams inside Eastview will not be found on the football field or on the basketball court. On the contrary, a team of over 100 members can be found in the A3 cluster nearly everyday after school. This year the turnout for speech team auditions was higher than any year in the past. The team grew from an average of 95 members to 105.

Anderson and Brooke Kilgarriff. The team also has 18 tremendous coaches, consisting of Eastview teachers as well as coaches from outside the school, who have helped the team excel to the very best. The team members practice their speeches about once a week with a coach, much like a music lesson, and also practice on their own time or with peers.

The speech team has been nationally recognized as the only school in the history of the National Forensics League to have four national speech champions in a time span of two years. Last year the team also earned the "National School of Excellence in Speech and Debate" award,

The team lost many great members to graduation, including national champions **James Hohmann** and **Cory Stewart**. However, the team has bounced back to an incredible start and looks as if it will continue to do amazingly well for the rest of the season.

Come and support the Eastview Lightning Speech Team at the Eastview Lightning Invitational on February 25. You can also find out more info by visiting the EV speech web page at <http://www.isd196.k12.mn.us/evhs/speech/>.



GRAPHICS BY: RISA DORKEN

HAULING IN THE HARDWARE: At the Glenbrooks Speech Tournament in Florida, traveling team members, **Brooke Kilgarriff** and **Claire Jacobson** display some of the prestigious awards.

"While we are continuing to build and improve, our team consistently gets out there and succeeds," said Co-Head Coach **Jennifer McCarty**. Our team is top ten in the nation along with our opponents Eagan and Apple Valley High school.

"I think what is really cool about our team is that we're a large group of people all coming together for a similar goal," says senior speaker **Ben Huhner**.

The team is also composed of 45 novice speakers making up nearly a third of the team. The team's large mass of speakers, both old and new, has proven to be too much for the tough competition.

"I think its an advantage because the more people that we have on our team the more breaks (continuation into finals) we will have," says sophomore speaker **John DeFrance**.

Leading the team are captains: **Chad Ries, Megan Dowd, Jake**

one of only four schools in the nation to receive this award.

The traveling team has also had much success. "[This year] our traveling team is going to Boston," says Co-Head Coach **Richard Purrington**, "to Harvard University to compete from March 17th to March 21st."



READY TO GO: Speech members **Risa Dorken** and **Hanna McKeen** are ready for any competition that might come their way.

New courses increase options

by **Rachael Pederson**
Lightning Reporter

In a recent A3 cluster sighting, a bewildered junior, **Chris Boyd**, declared his inability to narrow down all the classes he wanted to take in the allotted 28 quarters. His pain is understandable. How do you choose between all the classes Eastview has to offer?

There are courses ranging from Mythology, Interior Design, and British Literature. Our school even offers Advanced Badminton for those people whose enthusiasm and skill simply cannot be contained in regular Badminton. And to add to the overwhelming feeling that should be setting in right about now, there are also brand new classes to consider. According to Associate Principal **Randy Peterson**, three new classes and one new Career Development course are being added for the 2006-07 school year.

For the creative minds in all grades, **Kay Huhner** is teaching Design Trends. This is a chance for students to create their own personal project.

The students will be responsible for designing, and then sewing, knitting, or otherwise constructing their project. The focus of the course is on home design related skills and the impact they have on teens. It is an excellent opportunity to learn, practice, and perfect

A new addition to the Technology department is Robotics class. This class for ninth and tenth graders is being offered by **Freddie Berberena**. It takes a hands-on approach to exploring today's industrial technology. Students will not only make an engineering portfolio, but also design, build and test a robotic device. The course will cover how robotic systems operate, how they are used, and will expose students to the technological problem solving system.

Psychology will get a little more



GRAPHIC BY: PUBLIC DOMAIN

MIND IS A MESS: Many options make using your brain a necessity.

advanced at Eastview with the introduction of AP Psychology. This class will expose seniors to the study of human beings and other animals in a fast-paced format. **Rebecca Liefkort** will introduce the history, cognition, motivation, states of conscience, and many other topics to the students. A main objective of course, is to prepare students for the AP test in the spring.

The Career Development Courses gives students an opportunity to learn skills in a career field they are interested in pursuing. These classes are offered to junior and seniors, require two class periods, and are taken at other high schools in the district. The program already has many unique classes such as Aviation, Forensic Science and Video Production. The new field of study is Hospitality Management. It is a chance for students to learn about different jobs within this industry, including hotel and restaurant management, event planning, and tourism. The course is also different than most classes because speakers and field trips are key parts of the class.

Whether you have one open period, or many, these new classes will give you even more options for registration. The problem now is choosing which ones to fit into your schedule.



Handing out MONEY

There is scholarship ca\$h for the taking

by **Jordan Soderlind**
Lightning Reporter
and
Alyssa Cassada
Feature Editor

I click on the "Submit" button once again for yet another scholarship form.

The steady hum of the television lulls me into my habitual after-school nap.

I lean back in my swivel chair with the deepest sense of accomplishment.

The buzz of my cell phone draws me out of sleep as I glance at the faceplate of my phone and see my mother's number; I am reminded again of the scholarships she has wanted me to apply for over the past few months.

While many Eastview students are faced with the daunting task of applying for scholarships, not all students go about the completion of this task with the same vigor. There are those amongst us that apply for any and every scholarship that comes their way. There are others who apply only for those scholarships that interest them, while still others simply let the opportunity to gain much-important money for college pass them by. The recently proposed national budget, to be implemented in 2007, calls for federal cuts from within the TRIO program and other financial aid institutions. Thus, it becomes more important than ever for students to take advantage of any available scholarships, funds, or grants, toward the tuition of their continued education.

Many students hesitate to actively pursue college scholarships simply

GRAB YOUR PLANNER: Beginning in March, the time to fill out applications for college scholarships will be upon us. These are only 6 of the scholarships highly recommended by Career Center Coordinator Diane Mathews. Also recommended are scholarships from schools you have attended in the past. Diamond Path, Cedar Park, Scott Highlands, Echo Park, Grace Nursery School, Greenleaf, Falcon Ridge, and Our Savior's Christian Preschool all offer scholarships to past students. Take the initiative to fill out applications before it's too late. You'll be glad that you did. Remember to have any requests for official transcripts or school reports into the guidance office two weeks prior to the scholarship deadline.

because they are ill informed. However, information concerning many outlets for financial aid can be easily found within the walls of Eastview High School. Resident scholarship expert, **Diane Mathews**, encourages students to peruse the scholarships offered within Eastview's own Scholarships and Financial Aid Opportunities for Education packet. Within the pages of this packet, scholarships can be found inside the Eastview community as well as from bigger companies in the surrounding area and around the nation.

Though paper copies are available in the guidance office, the most recently updated version of the packet can be accessed online in a link found on the Guidance Office home page. Ms. Mathew's advises students to "read the criteria for each scholarship and highlight the ones you will apply for."

Outside the realm of scholarships that the guidance office can provide, the Fastweb internet database proves to be helpful to many students in facilitating their scholarship search. "It really tailors to each individual's needs. It offers a great resource for a personalized scholarship search," says senior **Joe Tomes**. The process is very simple. Students should visit the Fastweb database at www.fastweb.com and click on the link to Start Your Free Search. This link will carry the student through a series of questions regarding student activities, involvement, and plans for the future. After registering, emails will be sent on a weekly basis concerning any new scholarship opportunities as well as approaching deadlines.

Scholarships can be found almost anywhere: on the internet, inside Eastview, within church congregations, or in your parents' place of business. The opportunities are endless; all one has to do is search them out. There are several scholarships approaching rapidly that seniors may want to pay careful attention

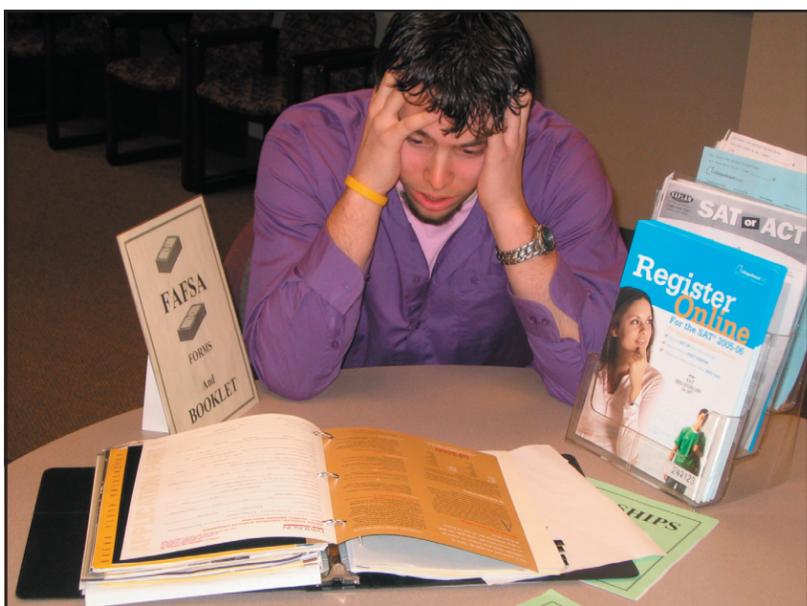
to. Counselors and guidance staff will be entering senior classrooms within the next month to present information about the Eastview Foundation Scholarships. By no means does this process pose an added



LEAVE THE WORK TO SOMEONE ELSE: Setting up an account with the online FastWeb database can save you precious time while it does the searching for you.

source of stress; only one application need be filled out to cover the many scholarships offered by the foundation.

Level of motivation aside, now is the time to recognize the necessity of taking advantage of these opportunities and the potential impact they provide.



GRAPHIC BY: MARY COTIE

NO NEED TO RIP OUT HAIR: Filling out applications may seem like an enormous task, but simple management and organization can help hapless senior **Chris Morgan** (and you) with the process.



The rise and fall of Beanie Babies

by Ally Huang
Staff Columnist

Would you pay five dollars for a cloth sack half filled with plastic beans? Before you laugh this notion off, think back to the Beanie Baby craze of the 90's when people were actually doing just that---and even paying more--for these under-stuffed plush toys.

Ah, those days of Beanie Baby. They were nothing more than cloth bags with a cute name and poem attached, but they caught on fast. Kids were begging their parents for more to add to their already-extensive collections. Even adults were hoarding these toys, in hopes of selling them for hundreds in the future.

And now? Where are your Beanie Babies today? Some of the more popular responses seem to be "in the closet somewhere," "in the basement...I think," and the most common one, "I...er, don't know."

"I think my dog chewed them up, but I'm not sure" sophomore **Hayley Hughes** replied when asked where her Beanies Babies went.

Obviously, we have stop caring excessively about the condition of our Beanie Babies. At one time during the craze, people actually bought plastic tag protectors and boxes to preserve their precious toys. It was believed that one day in the future, some of these Beanies Babies would be worth up to hundreds of dollars.

Unfortunately, with so many people trying the same get-rich scheme, very few people will be able to sell their Beanies Babies for a high price. They are selling for as little as a penny on Ebay.



GRAPHIC BY: MARY COTIE

AHHH!: Mary Cotie's little sister is overwhelmed by multi-colored furry animal toys.

So why did these Beanie Babies disappear?

One theory is that the Beanie Baby producers, Ty Company, simply ran out of animals ideas. You can only make so many dog and cat Beanie Babies, not to mention the endless list of bears, before the public gets bored with them. Near the end of the craze, the company resorted to

non-animal Beanie Babies, ranging from ghosts to even Santa Claus.

Another theory is that the Beanie Baby craze was shadowed and overtaken by the Pokemon trading card craze. There can be room for only one huge craze. Children stopped obsessing over bean-filled sacks and instead started obsessing over little pieces of decorated cardboard. The

Golden Age of Pokemon had arrived.

Fads come, fads go, and the Beanie Baby craze is no different. Today, you can still buy Beanie Babies, but they aren't as "hard-to-get" as they used to be.

Today, Ty Company still produces Beanie Babies and earns a fair amount of profit, but it is unlikely that they will ever return to their former plush glory.

Sudoku puzzles

Fun to say and fun to play.

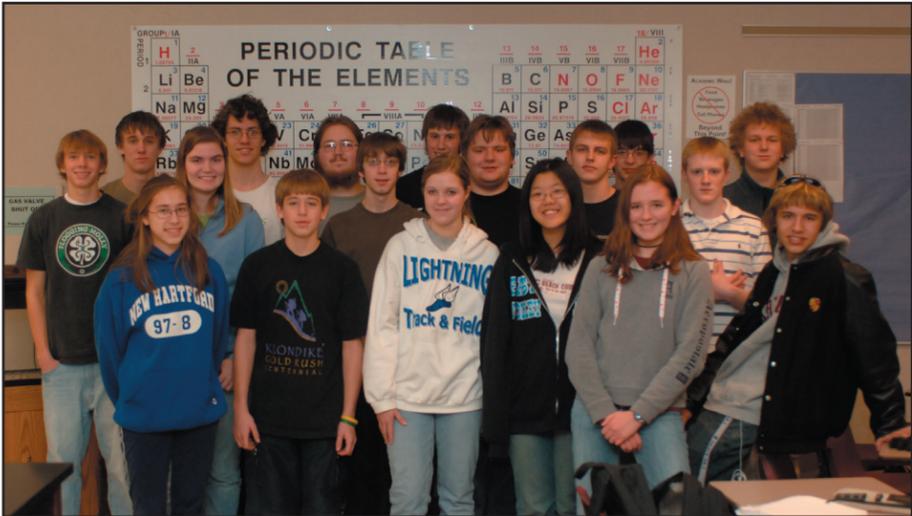
1	8		5		7			
	6			3	4			2
		2	7			6	1	
	7				6			1
	3	4		2		5	7	
8			9					3
	5	8			9	3		
	9		6	5				4
		6			7			5
								2

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

Answers: (No peeking!)

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

These are still ranked "very easy"
Tips and computer program at www.sudoku.com.
Puzzles by Pappocom.



GRAPHIC BY: MARK ELIASON

“We don’t blow things up!” the skinny on the Science Olympiad

by **Serena Calder**
Lightning Reporter

There’s more to the 21 students in Science Olympiad than their 2nd place success at this year’s regions. Of course, it’s a club for students interested in science, but to stop there would not be giving them enough credit.

There is a huge variety of sections to compete in - from bugs to chemistry to robotics and much more – which the coach, **Kevin Engstrom**, says allows stu-

dents to “stretch beyond [their] regular curriculum.”

The achievements of Olympiad are attributable to the students’ continuous hard work. **Angie Flom**, a junior in her primary year of Science Olympiad, thought the team “would meet more sparingly,” but they meet often and get a great deal accomplished.

Many of the kids on the team are involved in other activities as well but still put individual time outside of school into Science Olympiad.

For Me, It’s You: a new CD that’s been reviewed

by **Becky Griffith**
Variety Editor

With a platinum record and the immense popularity of several of their songs, including most recently “Get to Me” on the Verizon Wireless commercials, the new CD by Train has a lot to live up to, so to speak.

For Me, It’s You, released January 31st, is the third album by the band, and is being called, according to the CBS Early Show, “their best album yet.” Pat Monahan returns with his recognizably silky vocals; and along with also returning members Jimmy Stafford on guitar and Scott Underwood on drums, make up the heart of the band.

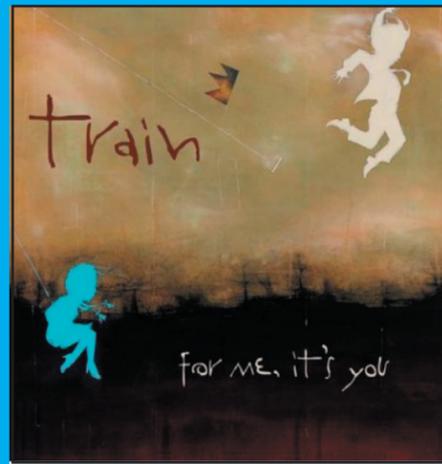
The third song on the album, entitled “Cab” has already hit the airwaves and is probably the best song on the CD. It has definitely set the standard for the rest of the pieces. The entire CD, though, is filled

with a variety of different tones and overall the songs flow together nicely. The songs themselves are often catchy and enjoyable, though some seem similar in rhythm and harmony. Still, the quality of every song

has met and most likely surpassed Train’s other two albums.

Being more of a soft rock band than either pop or rock/hard rock, Train’s new album of thirteen songs (fourteen, if bought at Target, where they put in an unreleased track) leaves the listener wanting more, and

in an addicting way, can be played over and over again without the listener getting sick of it, as typical to their other CDs. It is a definite must-have for die-hard fans and for anyone who loves Train’s previous hits: “Drops of Jupiter” and “Calling All Angels.”



GRAPHIC BY: PUBLIC DOMAIN

canned spam

by **Jean Chung and Grace Welter**
Staff Columnists

ignore this disclaimer

We at Canned Spam would just like to make it clear that we are not responsible for the mental health of our interviewees. We do NOT pressure small children (i.e., freshmen) into answering nerve-racking questions in small, dark rooms with machines recording every word; we never need to find replacements for the numerous freshmen we’ve already started to interview but are unfortunately too traumatized to continue the process; we certainly do not perform cruel experiments on them afterward in the name of science. Thank you.

the questions

1. Do all dogs go to heaven?
2. If you had a warning label, what would it say?
3. How do YOU measure a year?
4. What Disney movie sequel should be made but hasn’t been made yet?
5. Quote.

sophomore **Risa Dorken**



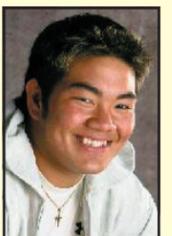
1. Yeah, and crabs and goldfish.
2. Contents under pressure.
3. By the number of fingers on my hands.
4. Pinocchio Gets a Nose Job
5. “If the whole world is a stage, I want better lighting.”



GRAPHIC BY: CARL RETTKE

senior **Sam Rondorf**

1. Of course! God loves animals too, you know. There’s an animal heaven; I’m actually positive.
2. Warning: Down for anything.
3. In months.
4. Balto III.
5. “Beggars can’t be choosers.”



freshman **Colin Burke**



1. I’d say yeah, especially Chihuahuas. I’m not sure about Mastiffs though.
2. Caution: Indecisive.
3. By the number of girls who reject me.
4. The Lion King was sexist. They should have the Lion Queen.
5. “It’s a weak pair of legs that lets a body stand to get beat.”

junior **Alex Steege**



1. No, because some of them are mean and they kill people.
2. Caution: I might bite.
3. In love.
4. Beauty, the Beast, and the Baby.
5. “When all else fails, be happy.”

Diving phenom boasts top state scores

PJ Rongitsch rolls into State Tournament ranked third

by **Tara Smith**
Lightning Reporter

The boys swimming and diving team is off making a huge splash this season, especially because of senior diver **PJ Rongitsch**, who is currently ranked 3rd in the state.

The name may not be familiar because **Rongitsch** came of Eastview midway through the first quarter from St. Thomas Academy.

Rongitsch started diving in 1st grade when his older brother's friend, a diver, was doing flips in **Rongitsch's** pool. **Rongitsch** copied his brother's friend and was actually pretty good, and really liked it. From then on, **Rongitsch** developed his diving skills, which currently ranks him at third in the state.

His two events in one-meter diving include 6 dives, where he scores 270.90 and 11 dives, with a 405.50. He went to state last year in the 1A tournament and placed 6th. Now that **Rongitsch** goes to Eastview a year later, things have been quite different, but he has nothing but positive remarks.

Coming to Eastview, **Rongitsch** says, "Everyone is so nice to me, the team is fun to hang out with, and the coach, **Mr. Tollefson** is really cool."

Rongitsch and the boys swimming and

diving take great pride in what they do. All the divers, also including junior **Andy McDonald** and senior **Kyle Senst**, prepare for tough competition. They focus on trying new dives, while also making their technique sharper and more clean.

Rongitsch says, "We do a lot of weightlifting, dry land work, and then



drill down our competing dives to make them the best they can be."

Over the summer **Rongitsch** dives for a club so he gets different advice from other coaches and learns new techniques on his dives to prepare for the high school league. All that hard work is paying off as **Rongitsch** prepares for state coming up in March.

Rongitsch says, "Being 3rd in state right now feels pretty cool. It sets me up good for state. My ultimate focus is to do well at state now."

In order to succeed at state, PJ has to beat his number one competitor from Hopkins. **Rongitsch** beat him once and they will be huge arrivals at state. So what is PJ's favorite part about diving?

Rongitsch says, "The competition." He loves the feeling, especially during 6 dives meets because those are his favorite. "They are quicker, flashier, and the fans go ecstatic for them."

Come and check out **Rongitsch** as he performs his favorite front 2 1/2 pike dive and many more at the state meet at the University of Minnesota on March 4-5.



ABOVE: Eastview Senior Diver **P.J. Rongitsch** holds on to his tuck as he rotates through the air.

LEFT: PJ **Rongitsch** pulls out of his tuck as he completes his rotation and prepares to finish the dive.

GRAPHICS BY: MARK ELLISON

Trash talking alters face of the game

Have basketball players taken it too far?

by **Jordan Bright**
Lightning Reporter

Basketball is an intense sport that inspires raw emotion. These emotions adds to the fun and excitement of the game. However, some of the means through which these emotions are expressed to teammates and opponents the like, often has the opposite effect. The result? Trash talking.

Trash talking is the exchange of verbal slander amongst players, usually directly stated to a particular opponent. The trend of increasing trash talking on the court is becoming a trademark of high school basketball. Not to sound sexist either, but it seems to be more prevalent with males. Athletes are at an age when oversized egos and over-personified masculinity runs rampant. The perfect environment for trash talking to thrive.

Is this acceptable? Senior basketball player **Joey Mesarchik** admits that, "It is part of the game" but also concedes that "Sometimes the trash talking goes too far and just becomes physical threats."

The exchange of a few heated words seems to be accepted by most. Yet there is still an undefined line which is crossed by many players which consequently takes away from the purity of the game.

Some suggest that a revised set of rules should be implemented to better control the problem. However, this solution is highly impractical. The referee is too concerned with making a correct call during the game to be worried about verbal exchanges.

The solution cannot come from a new rule book or and more attentive referee. The solution comes from instilling a certain personal integrity and respect for the sport within every player. There is no doubt that certain players will continue to pointlessly obsess over their ego or masculinity. Unless players decide to play with personal pride not egoism, basketball will continue to lose its own integrity and purity until players are have developed a respect for their sport and sense of morality.

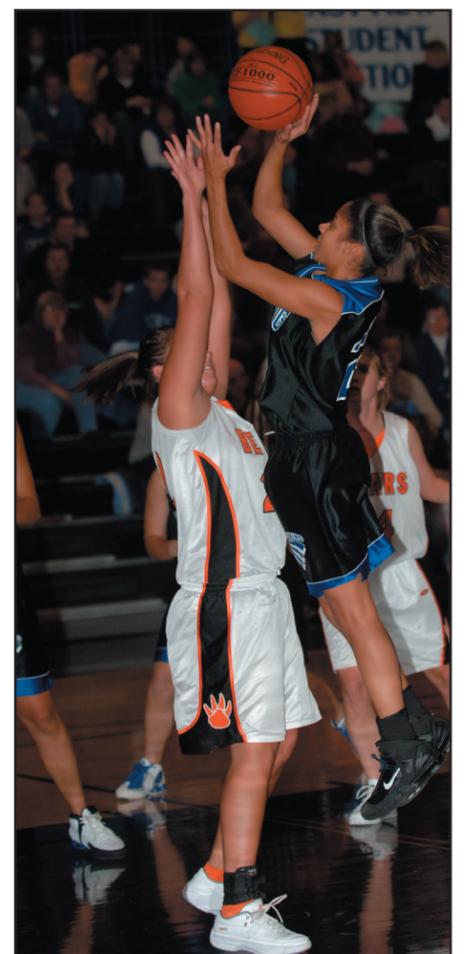
by **Alec Schimke**
Lightning Reporter

The varsity girl's basketball program has always produced one of the top teams in the state each year and this year is no different. The girls are hoping for another return to the section championship game and hopefully a return to the state tournament. They are currently 16-7 and have beaten some of the best teams in the state this season. The team is among the top teams in a competitive Lake Conference which features some of the best teams in the state. The team is lead by seniors **Cassie Johnson**, **Janine Oxley** and **Erinn North**.

"Cassie, Janine, and Erinn have done a great job getting the girls ready this year. They lead by example and have put up great numbers in their senior seasons," says **Coach Goetz**. Johnson is leading the team in scoring averaging 15 points a game and is one of the state's best rebounder's, averaging about 12 boards a game.

Also making contributions for the team are junior forwards **Siri Hill** and **Kristen Peterson** and sophomores **Brittany Rud**, **Danae Moore**, **Cassie Shepard** and **Brittney McSparron**.

"In order to be successful in sections, we need to stay focused, play with high intensity and play our best basketball that we can," says Coach Goetz.



BIG UPS: Sophomore **Brittney McSparron** springs into action.

Top Fall athletes to compete in college

by JW Boyden
Sports Editor

Football

Evan Sanford recently committed the next four years of his life to Columbia University in New York City. **Sanford** had a strong season on a state tournament team. **Sanford** will become an interior lineman for the Lions next season.

Jake Machachek has signed with St. Cloud State University. **Machachek**, both a football and hockey captain, with his all metro honors should prove valuable to the Huskies roster next year.

Kyle Krusentjerna, a crucial component of the Varsity team's strong defensive line, has signed to play at the University of North Dakota on a half-ride scholarship. **Krusentjerna** plans to spend a lot of time in the weight room in hopes that he will be able to contribute to next year's football team.



Girls Soccer

Erinn North, captain and key defenseman for the varsity squad, has narrowed her college choices down to either Wartburg College or St. Thomas University.

Brittany Fabry will be joining the St. Benedict's University soccer team. **Janine Oxley**, fellow Varsity team captain, led the team offensively. **Oxley** has committed to the University of North Dakota.

Julie Rath will be attending the University of South Dakota and playing for their soccer team starting in the Fall.

Alisha Santoorjian will be suiting up in maroon and gold next year. **Santoorjian** decided to walk onto a spot at the University of Minnesota's women's soccer team.



Boys Soccer

Grant Moore has committed to play at Hamline University beginning in the Fall 2006 Semester. **Moore** helped captain the Varsity team to a key win over defending state champions Bloomington Jefferson in a dominating Section route.

Cross Country

Phil Caucutt has decided he will run next year for the Tommies at St. Thomas University.

Seth Rosvold will be deciding between either attending the University of Minnesota Duluth or St. Thomas University here in the Twin Cities.



Girls Swimming

Leslie Strobel will be swimming for Colgate University in New York next year. Colgate University competes at the Division I level in the Patriot League.

Where is all the snow?

Alpine and Nordic ski teams strongly compete in spite of the mild Minnesota Winter

by Hannah Newman
Lightning Reporter

Due to the lack of usual Minnesota January snow and cold, both the Alpine and Nordic ski teams had no need of hand warmers this year. Alpine skiers were fortunate to have artificial snow, courtesy of Buck Hill, Hyland Hills and Welch Village.

The Nordic skiers skied at different locations around the area, moving from their original practice site at Valleywood golf course to snowy places such as Cleary Lake Park in Burnsville. The Eastview Nordic section skiers were **Cassie Brady** and **Eric Brady**. They raced on February 9 at Telemark Ski Resort in Cable, Wisconsin.

Chad Dunshee, a Varsity Alpine skier, summarized the ski season with brief memories including skiing around broken gates, being blasted in the face by icy



GRAPHICS BY: HANNAH NEWMAN



ABOVE: Captain **Lauran Kelley** plows through the powder around a gate.

LEFT: Captain **Chris Crawford** cuts through the snow to take the turn hard.

snow from the snowmaking machines, meeting at 6:00 a.m. to ride the bus to Welch ski meets; and he noted that although it was lots of fun, skiing is much more enjoyable with real snow. **Cassie Brady**, a Varsity Nordic skier, thought this was the best winter season she has ex-

perienced in her three years on the team.

The varsity Alpine ski team concluded their ski season with their section meet on February 8 at Welch. Skiing for Eastview were **Chris Crawford**, **Chad Dunshee**, **Sam Ferguson**, **Rachel Fischer**, **Lauran Kelley**, **Nick Molitor**, **Hannah New-**

man, **Karin Nordmeyer**, **Dylan Young**, and **Stuart Zeilon**. The JV Nordic skiers raced at their championship meet on February 3 and the JV Alpine skiers raced on February 13. Despite the hindrances of slush and grass, both teams skied well.

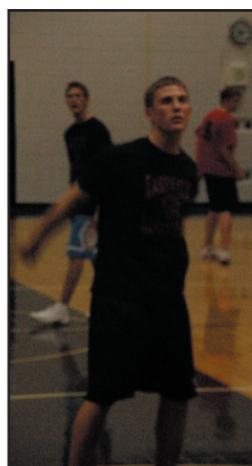
I.M. Basketball takes Eastview by storm

by JW Boyden
Sports Editor

After capping-off a great Fall flag football season, Eastview High Intramural student athletes cruised right on into this year's winter IM basketball league. The general makeup of the league remains unchanged, with separate freshmen/sophomore and junior/senior leagues. "It keeps everyone competitive," says junior IM basketball enthusiast **Cory Rademacher**.

Competition is the key to the success of the league. With eight coed teams battling the in 10th/11th league and ten teams in the 11th/12th league there is certainly plenty of strong competition to go around. One such top competitor in the 11th/12th grade league is the Timberwolves. The team is deep and has remained undefeated for a majority of their regular season. Commenting on what life is like on the top senior **Drew Peer** says, "I like beating up on all of my friends."

It is not the regular season crown that teams are after though. Things heat up when the playoffs begin. "It's [the playoffs] what we work for. No one wants to lose when it comes to playoff time."



LEFT: Senior **Jared Johnson** watches after shooting his first of two technical shots at his game on 2/15. Johnson's team now advances on to the semi-finals.

says senior **Andy Cutter**. The three-day bracket tournament, culminating in both a championship game for both leagues and an all-star game is quite the spectacle. Player's compete not only for school brag-



RIGHT: Seniors **Jake Anderson** and **Keegan Jindra** lace up on the bench as they prepared for their second playoff game.

ging rights but for a sweet T-shirt as well.

Even those who are not directly involved in IM Basketball find ways to enjoy what it has to offer. "IM Basketball games are fun and amusing," comments junior spectator **Justin Bright**. So, whether or not you are the athletic or even competitive type, there is a way for you to get involved with I.M. Basketball here at Eastview.

Monday 2/27/06

7:00 pm Championship Game (9th/10th)

8:00 pm Championship Game (11th/12th)

9:00 pm All-Star Game



When will you get dumped?

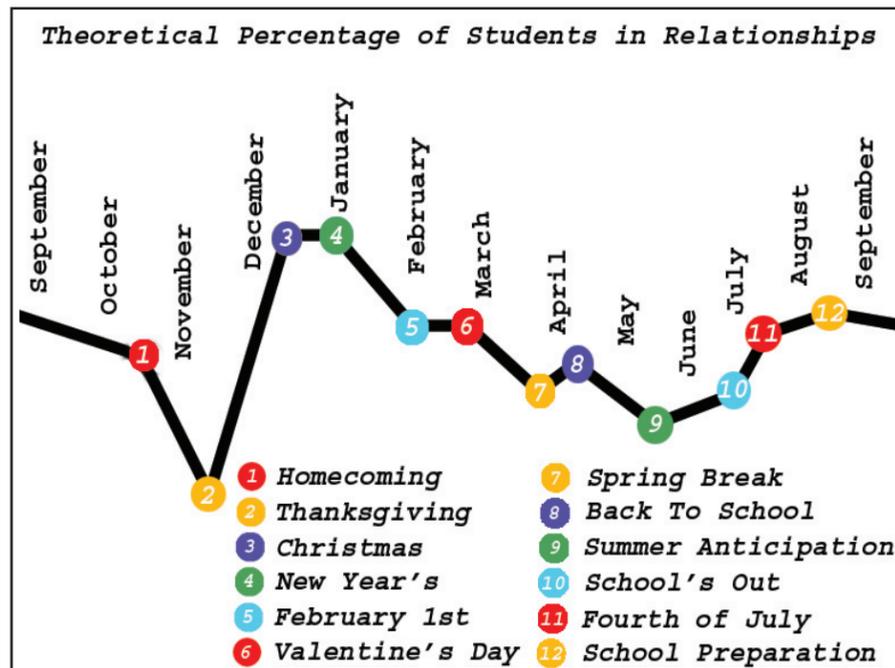
Columnist McKenna hypothesizes on trends in relationships

by McKenna Ewen
Managing Editor

Relationships follow patterns. Although they vary by the couple, a direct relationship exists between the time of the year and the percentage of the population committed to another. For high school students, these trends become even more apparent. While I do not feel this trend reflects every relationship, a holistic approach demonstrates a link between the times to be single and the times to be committed.

Around the winter holidays, it has become an expected belief that everyone needs to find his or her special someone. After all, "tis the season to be dating." Once singles fall in the mindless trap of premature love, no one wants to be the jerk to breakup with someone just before the holiday stretch.

A sharp contrast with December, January should be considered national break up month. Couples restrain their feelings over the break and then let them fly once the glory days finish. For those in a struggling relationship, it's the last chance to get out before Valentine's Day. If Christmas break did not go well, no one wants to be put through another miserable experience.



Margin of error + or - 60%

Data conducted by McKenna Ewen

When Valentine's Day arrives, it's a definite high point for strong relationships, but the holiday does not have the effect of the preceding holidays. Getting a kiss on New Years tends to be more important than on Valentine's Day.

After passing the 14th, it is respected to break up again. Now the "I just want to be friends" and "it's not you it's me" comments start to become common phrases. After all, the end of February and March represent busy and stressful times for

high school students. In addition, many students like being single over spring break to pretend their secret fantasy in the tropical island might actually come true.

There is still hope. Once spring break finishes the relationships will pick up once again. Nothing brings people into the dating scene like some warm weather. It makes dating much more practical when couples are not isolated to movies and "Boy Meets World" reruns. In addition, once prom comes around students desperately begins searching for new possible love interests.

When school is out, hormones fly like helium balloons. Relationships receive the time they deserve and are much more successful. Couples can spend the time necessary with one another to work through problems as well as strengthening the relationship. The summer is a non-stressful time of the year that students can handle more than during the school year.

The cycle continues year after year. Couples fall in love and out of love during at similar times of the year. For those of you currently in a relationship, best of luck to you. For those who are not, there will be brighter months ahead.

Wild wings and the works

Five places to try this weekend

by Mitsuko Ewing
Lightning Reporter

Okay, for my guys out there, there is nothing wrong with taking a girl to the movies or Taco Bell for a date, but come on, doesn't that routine get a little old after the first twenty times? Why not try something that she would least expect? Some people love to move their bodies; others just enjoy having a good time over a nice dinner. Some people actually just want to chill and shout at the game on the screen with you and forty other people. Here's a list of hot spots that are in Apple Valley, St. Paul and Minneapolis.

It doesn't matter if you're on a date, or with your friends, either can be equally fun. Whoever you're with, try something a little bit different this weekend.

1 Club Energy-St. Paul:

Stargate is usually open to the older crowd (18+ for all the seniors out there), having more open teen nights later in the school year and some on Sunday nights. The type of music played is of a variety leaning more toward techno and house music. With multi-leveled dance floors, an amazing sound system and non-stop laser shows, this is a place just to have fun.

2 Club Cancun-St Paul:

This tropical themed paradise can whisk you away to where ever you want to be (preferably Cancun). Club Cancun has one of the largest dance floors in the city. This club, just like Stargate, is open for teens more during the end of the school year. Just make sure you keep posted on when they have their teen night. This club is most likely to play more Hip-Hop and R&B!

3 Tony Roma-Bloomington:

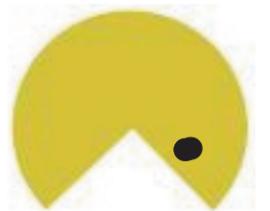
Burgers, french fries, and onion rings, who doesn't love that combination? There are also a number of different entrees to go around including the baby back ribs, a specialty.

4 Buffalo Wild Wings-Apple Valley:

Buffalo Wild Wings is equipped with a banging sound system, games, and some of the best wings you can get in the state. This unique setting makes a comfortable environment. Bring some friends for an outing or just chill and grub down on the delicious potato skins.

5 Game Works-Minneapolis:

Filled with arcade games and bowling, nothing is more exciting than a little competitiveness. All in all, it is a fun way to spice the night. "There is a lot to do and I enjoyed myself when I just chilled out with some friends of mine." freshman Amanda Johnstad said.





SPARK IT UP: WHY WE HAVE IT EASIER

by **Chad Ries**
Lightning Reporter

Since my first day at Eastview (and even back into middle school), I have been told that Sparknotes are not to be used in lieu of reading a book. In fact, some teachers have even gone so far as to say that looking at any online source is not allowed. It is not too unreasonable for our English teachers to request that of us. After all, reading is very important in our education. Not to sound too cliché, but it takes us to different worlds, and expands our minds. And yet, students still continue to look at Sparknotes.

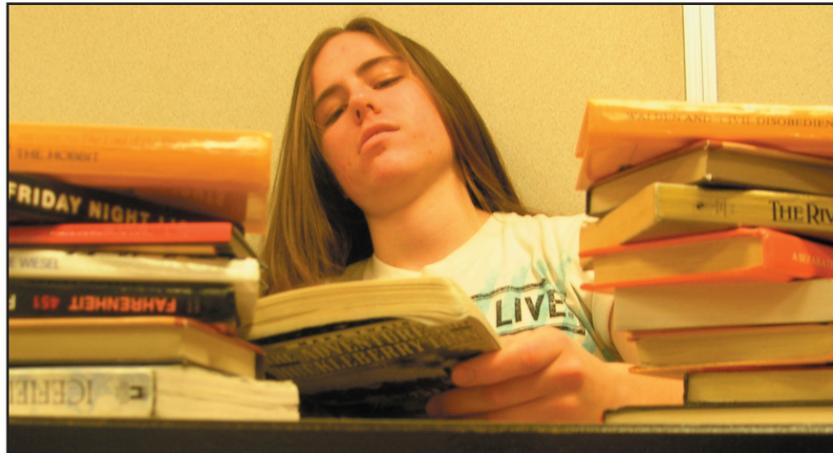
And I can't blame them.

I am a busy guy. I take difficult classes; I am involved in my fair share of cocurriculars; I work twenty hours a week. I get home at 11pm, and then I am supposed to read fifty pages of a "classic" book that does nothing but put me to sleep within the first three pages?

Try again.

Sparknotes work for me. I know I am not part of elite group of students that are overly involved, and barely have time to go to the bathroom each day. It is a school-wide trend. And the fact that teachers still treat the subject that they teach to be number one on our priority list blows my mind.

I have had my fair share of nights when I



GRAPHIC BY: MICHAEL LENZ

just run out of time. So, I read Sparknotes instead of the actual text. I know it is wrong, and that I am not doing myself justice by reading it, but in the end, I got an 'A' on the test. The problem? I don't truly understand the material.

But wait!

I got an A on the test! So let me get this straight...I saved myself five hours of reading a book, was able to contribute to class discussions, and got an A on the test. Try telling someone who got an A on a calculus test that they don't really know math. Unfortunately, it is next to impossible to not feel like we just "passed a math test" after getting a good grade on a book we didn't read. It is hard for people

to feel like they didn't truly learn the book if the assessment of their understanding and comprehension of the text shows they "know" 95% of the material.

I am in no way encouraging the use of Sparknotes instead of reading the book, but I am not going to be so quick to play the blame game and say the students are at fault. Teachers are just as much a part of the problem.

I had a teacher once who told their students to not use Sparknotes (as any good English teacher would). I decided to disobey his or her wishes, and I looked at character analysis. I also decided to take the Sparknotes test. The next day in class, I took the teacher's test, and lo and be-

hold! There were questions verbatim from the test online. Now I don't know if this is because they took the questions from Sparknotes, or if it just so happened to be a coincidence.

But the bottom line is- the questions we get on our tests are similar to those on the Sparknotes website. Why anyone would forgo seeing the test questions online before the test is beyond me. If we are going to start reading books, then we need to permit learning the answers from an online resource. Filling in scantron bubbles doesn't truly test someone's knowledge of the book.

Teachers must start taking responsibility for the fact that their tests are driving students to use Sparknotes. And I'm not entirely blaming the teachers, either. Students need to realize the importance of reading, and pride themselves on not taking the "easy way out".

But unfortunately, we are stuck in a cycle. Teachers always tell kids to not use Sparknotes or any other online resource in place of the books. Kids do it anyway. They get good grades on the test. Teachers tell them again to not use them. But they do. And again get an A. And the cycle continues.

Insanity is doing the same thing over and over and expecting different results.

My View

by **Michael Lenz**
Opinions Editor

Eastview is a community. This has been emphasized by our administration (it is one of the famous puzzle pieces Dr. Dewey attempted to put together in last year's BRAVO!). This has been emphasized by many staff members.

And rightly so. Community explains why some schools lead the educational pack, while others must catch up.

Community is also something that is overwhelmingly shaped by students.

Negative community comes into play when we students undermine someone else's experience. This could be excessive negativity towards a class or activity or it could be a disregard for passions that are not universally shared.

Negative community is when someone doesn't feel like throwing his lunch tray away before the next lunch of students arrive.

Negative community is when students knowingly cheat on tests. Ever notice how this is only an issue when only one person is doing it? When a large number of a class share information with the next period, it is overlooked at unavoidable.

Honestly, we can do better.

Positive community must be fought for. Yes, it will be a struggle. I am continually impressed by watching those rare students who refuse to give others an unfair advantage, and those who refuse to take it.

Positive community begins with those who go to the neighboring lunch table and clean up someone else's mess.

Positive community is when we stand up and demand respect from those who belittle others.

Change begins with you. One person. Ghandi once said "You must be the change you seek in the world."

Seek change.

Being all you can be:

by **Mia Bludetto**
Lightning Reporter

Military service is the often underappreciated choice

Most assume that after graduating from high school an education at some sort of college or university will follow. But what goes unnoticed by many is that a college education is not for everyone. Those who decide not to extend their education feel that the only alternative option is to find a job and make money. This in fact is not true. Those who are looking to do something different post high school might have briefly heard or thought of the military path, but are most likely unfamiliar with what the option entails. Military recruiters are a fundamental component when it comes to explaining to high school students the military lifestyle.

Without being introduced to the option, high school students are unaware of what a great opportunity the military has to offer.

Those who go straight into the service are often thought of as undereducated, young adults who are trying to avoid a four-year education. But for the majority, this is false. The educational opportunities in the military are endless. Being in any of the military branches allows those who are enlisted to obtain some of the most extensive and prestigious education our country has to offer. Not only does education come with the job, but also a salary that corresponds to the number of years served. After twenty years of military service as an enlisted officer, retirement and continued half-pay come as a rewarding settlement.

There are many students who take great honor in the idea of serving their country, but feel that receiving a formal education is equally important. The option of earning a degree while in the military exists with the benefit of advancement to a higher rank. Military benefits are also available for anyone who joins the military and later decides to go to school. No matter what path is taken, the military always gives flexibility when it comes to finding a way to receive an education.

Everyone has seen the "Army of One" commercials and the "Navy: Accelerate Your Life" posters but overall these forms of advertisement are superficial and do a weak job of getting out appropriate information. This is why having a military recruiter talk with high school students will help introduce a new path for those to take who have yet to figure out what the next few years of their lives consists of.

No harm can be done when it comes to military recruiting in high schools. The military must rely upon the young because physical and mental preparedness is paramount. A strong mili-

tary requires strong people. Young adults (with exceptions) fulfill this requirement, which is why it is essential to make those fit for the military aware of the option early so they have time to prepare themselves for service..

The War on Terror has most likely had its share in publicizing the U.S. military's needs, but it is important to do more than just acknowledge it. We need military recruiters who have the experience and knowledge to visit high schools and explain to students how they can become a part of one of the largest and most respected traditions our country has to offer.

Q & A

The Lightning Press: How important is high school recruiting compared to other recruiting techniques?

Dave Jacobson: High school recruiting is most important. High school students is who we look for. They have their future in mind and have the most potential. They are fresh, clean, and crisp in the mind.

LP: If you were unable to do any high school recruiting, what effects would that have?

Jacobson: Currently, about 75% of a recruiter's job is with the high school. Without a high school presence, recruiting would be hindered. We would have to find other ways such as job searches and websites which is only 25% of our job now.

LP: What is the most effective recruiting technique?

Jacobson: Having a table at a school is most effective. Students come up and ask questions, then others come. This is where students are not intimidated, as they would if they had to come to my office. There is no obligation for the students to do anything.

Dave Jacobson is the Air Force recruiter assigned to Eastview. He will be in the Student Services office on Thursday.



EXTREME MAKEOVER: LOCKER EDITION

by Kelly McCumber
Lightning Reporter

WHITNEY AND ERIK:

BEFORE

AFTER



TAYLOR AND SARAH:

BEFORE

AFTER



Sponges, week-old socks, last Friday's lunch, over seven pop bottles; most would call this a landfill, but to some students, this is their locker. A dust catching book to book, helter skelter mess! We went out to some of the messiest, unorganized lockers at our school. Our students are: sophomores **Whitney Stanton** and **Erik Fabry** and juniors **Taylor Wild** and **Sarah Hansen**. The students' lockers were all complete disasters and were in serious need of a makeover. It was necessary to get the dirt on what exactly was in those lockers. Each of them received a mini-makeover of their locker. They have also been equipped with an air-freshener and sanitizing wipes to keep their new organized lockers looking their best.



"We decided to hang letter magnets...they were cute at first but they keep falling off and are now scattered all over the floor!" said **Taylor Wild**, who shares her locker with **Sarah Hansen**.



"My whiteboard and markers are must-haves, I like reminders!" **Whitney Stanton** said.