

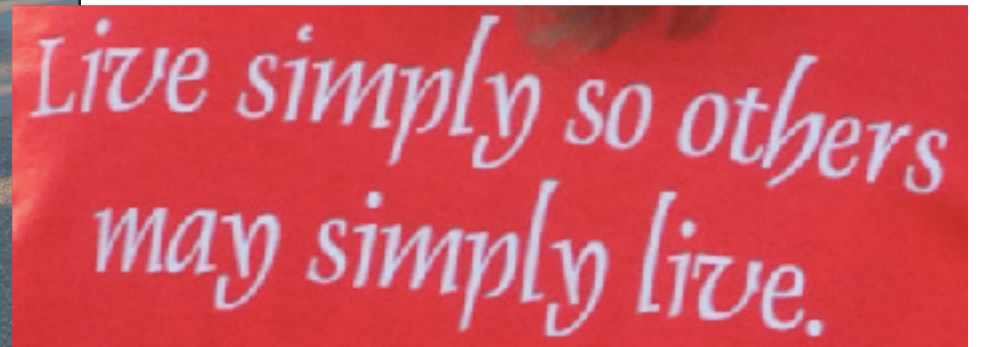


Red shirts lead charge for change after Katrina disaster



Money collected at:	
Marching Band Competition	\$440.77
Perspectives on Parenting	\$75.38
Girls Volleyball Game	\$105.44
Boys and Girls Soccer Game	\$156.22
Girls Swimming and Diving	\$78.57

Collected in 5th hour:	
Monday	\$3,235.30
Tuesday	\$9,823.33
Wednesday	\$7,832.42
Thursday	\$18,569.41



by **Irina Vaynerman**
 Staff Writer

BEING THE CHANGE: Marissa Zerbo and Rachel Lee collect money at the Homecoming football game

Once again, Homecoming week at Eastview was a huge success. This year, however, it was more than just a good turnout at the football game. This year, the week included participation in a nationwide effort to help fellow Americans in a time of need.

On Friday, August 26th, Governor Blanco declared a State of Emergency in Louisiana when Hurricane Katrina began her deadly plow through the South, and traveled through the Louisiana-Mississippi region. Katrina left in her wake a path of destruction that will take years to recover. The city of New Orleans was completely destroyed, thousands of houses were demolished, and 927 citizens died. In response, Americans everywhere came together in a giant effort to help hurricane survivors and victims.

This generous spirit found its way to Apple Valley, Minnesota. Eastview's Student Council, NHS, and LINC organizations joined together to collect money for the victims and survivors of the hurricane. Eastview and Apple Valley High School

students sported red t-shirts with a slogan that read, "Be the Change...Give Your Change." These red shirts were seen at all of the after-school activities and games during Homecoming week. Eastview not only organized this community campaign but also created "Lightning Strikes the Hurricane," a solely school-sponsored collection for relief. All 5th hour classes competed against each other to raise the most money. The top five donor classes were treated to a free lunch from Panera Bread.

With the help of students, parents, staff and community members, Eastview was able to raise a total of \$45,850.73. The total will be doubled by the Shimek family and donated to the American Red Cross.

Last year, students came together for the Tsunami Relief Walkathon and once again, the spirit of generosity spread through Eastview. "The students saw the immediate need for relief in our

'Charge for Change' p. 2



Photos: Mark Eliason

Kids surfing for virtual friends

Blogs big in relationships

by **Melissa Rohs**
 Lightning Reporter

Stop anyone in the hallways of Eastview and they'll be able to tell you what a blog is. Chances are they probably have their own. There is no doubt about it – blogs are everywhere. People of all ages and backgrounds are firing up their computers and writing about everything from

politics to celebrities.

Teenagers in particular tend to use blogs as public diaries. One click and their thoughts on anything and anyone are published. Sites such as Myspace and Xanga have revolutionized the way teens communicate and connect with each other.

It is estimated that one third of the

'Blogs' p. 2

Want to become a 'Best Buddy'?

Making friends is the newest way to get involved at Eastview

by **Kasia Bartczak**
Lightning Reporter

"You never appreciate what you have until you lose it" is an axiom parents often repeat. By joining an international organization new to Eastview, Best Buddies, you can learn to appreciate what you have and make a new friend.

Anthony Kennedy Shriver, nephew of President John F. Kennedy, had an aunt with a developmental disability and experienced firsthand the lack of opportunities open to the handicapped. They were taken care of but lacked the friendships of mainstream people. As a college student, Shriver founded a program of one-to-one peer relationships with developmentally impaired students and their mainstream counterparts. Thus, Best Buddies was established. Today, there are programs in each state and on six continents.

Megan Wright wanted to create a similar organization at Eastview. As she worked with teachers last year, Wright learned of Best Buddies. Wright wrote to the head of Best Buddies and was granted permission to establish a new chapter at EVHS, of which she is now president.

A Peer Buddy is a student who commits to enriching a one-to-one friendship with a student of mild to moderate intellectual

disabilities for one school year. Any interested student completes a membership application, a matching survey to find a suitable partner, and a quick interview.

After attending a disabilities training,

dies spend time together doing something both enjoy, either inside or outside of school. Options include going shopping, to the movies, a school play or game, eating lunch together, or playing sports/games together. Peer buddies are responsible for planning low-cost activities that both buddies like since the main goal of one-to-one outings is to develop a natural friendship.

School-based group activities are fun get-togethers that both buddies attend. Chapter meetings also create a forum for peer buddies to share ideas, problems, and plan outings. Buddies are paired together for the year and new students are matched the following year.

Best Buddies is a great way to educate people about the emotional, functional, and natural needs and abilities of people with intellectual disabilities. The relationship leans on the peer buddy's ability to take initiative, which is instrumental in developing leadership skills. Best

Buddies presents new opportunities to Eastview students and great ways to get involved. Most importantly, the introduction of an EV Best Buddies chapter is another step toward bridging the gap between the developmentally impaired and the mainstream student.



buddies are free to "hang out." Recognizing that students are heavily involved, requirements for Best Buddies are kept to a minimum, although students are highly encouraged to go above and beyond requirements. Once a week buddies say "Hi," either through a phone call, email, or simply in the halls. Twice a month bud-

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Charge for Change

CONTINUED from p.1

own country," says Marie Huey, Student Council Vice President. As an abundance of volunteers enthusiastically took part in the relief efforts, it was clear that Eastview understood what needed to be done. Although money was collected throughout the entire week, the largest amount of donations was collected at the football game on Friday. Representatives from both Eastview and Apple Valley walked through the stands and were able to collect \$3,600. Donations continued to pour in throughout the weekend, which increased our school total by another \$3,000.

"This campaign was a success because it was a community effort. The community realized that there was a need for giving, and they stepped up to their role," explains Michelle Dumonceaux, Student Council Advisor. Parents, students, and members of the faculty all contributed to the success of Eastview's efforts. From last year's Tsunami Relief Walkathon to this year's Lightning Strikes the Hurricane campaign, it is obvious that hospitality is a characteristic that Eastview students have in common. The money that was donated will be used to help house, feed, and clothe hundreds who were made homeless because of the hurricane.

Blogs

CONTINUED from p.1

nation's teenagers have a blog, and the average American teenager spends approximately an hour and 23 minutes a week reading blogs. Given unrestricted space to express themselves and a wide audience, teenagers will take advantage of it. According to junior Ali Kehoe, "It gives kids a chance to say things they normally wouldn't."

In addition to the uncensored content, blogging gives teens an easy, painless way

Some teens have little time to update their blogs. Between school, activities and friends, it's difficult to make time for sleep much less spend precious moments typing away at the computer. Blog hosts have come up with a solution for that problem: mobile blogging. That's right, now any Xanga, Myspace, or Livejournal user can update their blog from any internet-enabled cell phone. Aside from the occasional sore thumb, this new way of updating has been well-received among the blogging community.

It seems that blog-hosting websites



to connect with each other. With Myspace boasting 27 million members, you are guaranteed to find someone you know. Want to meet someone new? Search the hundreds of "blog-rings" on Xanga (including the 226 member "Eastview High School Students and Alumni") or browse through Myspace users to find someone who shares your interests. Now it's even easy to find that special someone. When registering for Myspace, new users can select the reason they are using Myspace - one option is dating.

have thought of everything. As for blogs of the future, Dartmouth College is currently working with a company called Vocera to develop what is described as "Star Trek-like" communication badges. The devices are intended to allow students to conduct virtual meetings. Will Eastview soon have communication badges listed as a nuisance item? Only time will tell. For now, it appears that blogging is here to stay.

Thespians go Scottish

by **Becky Griffith**
Variety Editor



The Eastview theatre department has been selected to perform at the International Fringe Festival in Edinburgh, Scotland next August. Only a handful of schools from across the country are selected for this opportunity.

This summer, directors Rob Rachow and Scott Durocher checked out the performing venues and picked a show entitled *Corleone: The Shakespearean Godfather*. This play, spoken in Elizabethan English, was written by a local playwright and will be a European premiere when performed at the festival. Audition times are still pending, but whoever is cast must plan on traveling to Scotland.

To curb the steep expenses, fund-raising efforts are already underway—such as the Lightning Pride wristbands and a booth at the homecoming tailgate was a hit, featuring a real live and kilted bagpiper. Students are working all year for this trip, it is sure to be an adventure of a lifetime.

“ACTION” VALLEY

by **Jean Chung**
News Editor

What teens find for fun in town

4 Ultimate Frisbee

Not quite as difficult to master as football, but a little more advanced than a simple game of Frisbee, Ultimate Frisbee brings together those who are challenged in the area of hand-eye coordination and the athletic to experience the thrills of organized sports. Combined with a bonfire, it can turn any boring night into a slightly dangerous but thrilling extravaganza!

2 Prank wars

For the adrenaline-seekers, prank wars are the way to go. But ding-dong-ditching and TP-ing are now a thing of the past! Hi-tech advances have been made in the world of pranks, and forking (sticking forks, preferably neon-colored, into lawns), rubber banding (spreading rubber bands, also preferably neon, all over a driveway), Post-It-ing (Post-Its and whatever surface you find, i.e. cars, houses... you get the idea), and saran wrapping (similar concept as Post-Its) are the new DDD and TP. And the best part? These pranks are completely harmless.

“Playgrounds are ‘in’ again.”

1 Going to Wal-Mart

As absurd as it may sound, Wal-Mart is actually the hang-out of choice for a surprising number of young adults. Usually a spontaneous late-night decision, this superstore appears to have everything a teen could possibly want at 3 AM: food, toys, and food. Open 24/7, the possibilities are endless: shopping cart races in the parking lot, a mini game of dress-up, or a sudden investment in thirty bouncy balls from the vending machine. Wal-Mart veteran junior Laura Peterson advises, “Don’t fall asleep on the garden furniture.”

5 Playing dress-up

Slightly more popular with females than with males, dress-up games are a return to childhood for many. However, this time around, it doesn’t always mean traipsing around in a frilly dress with Mom’s pearls on. At the high school level, dress-up takes on a whole new level of intensity, barring no combination of historical, seasonal, and underwater pieces. From this point, it’s up to you to add your own twist. Junior Jen Smidl and her friends once “split up into two groups and had a dance contest to Spice Girls!” Well, Apple Valleyans? Can you beat that?

3 Playgrounds

It’s another blast from the past, but this time, the guys are willing to play, too. Ranging anywhere in name from “Flush the Toilet” to “Sparkle,” playground games lurk in the memories of anyone who ever had a recess. Perhaps in an effort to make up for lost childhoods, more and more young adults are turning to parks to play games or just swing for ten minutes or so. Whatever the case, playgrounds are “in” again.

canned spam

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

After the eight-year oppression of the Sam/Jon Friedman bloodline, Jean and I have taken on the beast that has become Canned Spam. After the first few interviews, we’ve realized that the real trick of providing Eastview with good clean Spam is not in asking “What if?” questions that people in our age bracket find funny -- it’s getting students to answer a seemingly innocent question without triggering some kind of disciplinary action, federal investigation, lawsuit, or awkward silence. Seriously, people.

And who knew that by October of my junior year, I wouldn’t be able to name any of the 650 freshmen roaming the halls? I should get on that -- introduce yourself, all of you. More importantly, partake of the Spam:

the questions

1. In a fight between Pikachu and Mr. Haugh, who would win and why?
2. What kinds of extra features would food from the vending machines need in order to justify the extra 10 cents per item?
3. They say the only things in life that you can be sure of are death and taxes. What are two things in Eastview life you can be sure of?
4. If you couldn’t get to school by foot, bus, or car, how would you travel?
5. Quote.



GRAPHIC BY CARL RETTKE

freshman Peter Ingles



1. Mr. Haugh. He’s mind-blowing, so he’d just blow Pikachu’s mind.
2. Buy one get one free.
3. Tests & that freshmen will get beat up.
4. Fly on my magic steed.
5. “Car hop cars and credit to go, cars and credit to go.”



sophomore John DeFrance

1. Mr Haugh. He has the force with him.
2. They have to come with a dime.
3. Homework and NOTHING.
4. Private jet.
5. “To give anything less than your best is to sacrifice the gift.”

junior Kristen Chodek



1. Mr. Haugh. He would use his Jedi skills to demolish Pikachu.
2. All candy should have jokes on them, like Laffy Taffy.
3. No sleep and lots of homework.
4. I wanna fly.
5. “Don’t get mad, get glad.”



senior Pat Kallal

1. Mr. Haugh. He has groin-kicking power.
2. Sound effects when all the candy falls down, flashing lights and a big sign that says “You’re a winner!”
3. Homework and Neil Slattery.
4. Jetpack.
5. “Straight cash, homie.” -Ethan Sames

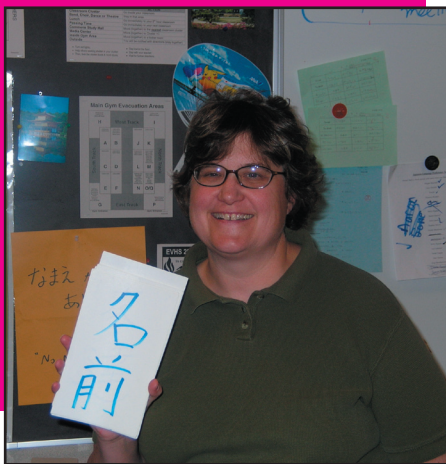
Teacher Feature

by Ally Huang
Staff Writer

This year, there is a new face in the language department: the new Japanese teacher, Ms. Ann McCarthy.

Though she now speaks the Japanese language fluently, she knew very little Japanese when she first went to Japan as a high school exchange student. There, Ms. McCarthy lived in the small town of Shi-roishi in Miyagi-ken and quickly picked up on the language.

After returning to the United States, she attended the University of Minnesota and received her B.A. in Japanese. Ms. McCarthy has also studied Japanese in a language school in Tokyo and has received her Masters degree in Second Languages and Cultures from the University of Minnesota.



Ms. Ann McCarthy flashes her flash cards.

Ms. McCarthy has taught Japanese for nineteen years in the Minneapolis School District at Washburn High School and Anthony Middle School. She also taught one year over interactive TV in District 287. In addition, Ms. McCarthy was the first dean of the Japanese Concordia Language Village, Mori-no-Ike. She has worked at the camp for ten years.

Before this year, Ms. McCarthy had heard about the great Japanese program at Eastview and when the previous Japanese teacher, Laura Koga, moved and left an opening, Ms. McCarthy was glad to take the job. "I thought it might be interesting to try to teach at another school," she says, "I am really happy teaching Japanese full-time at Eastview."

In her spare time, Ms. McCarthy enjoys playing the alto saxophone and is involved in a couple bands, including the U of M Alumni Band. She also volunteers as an Outdoor Trainer for Girl Scouts. Ms. McCarthy enjoys other activities as well, such as travel, cooking, and camping. In addition, she delights in all types of music and most spectator sports.

So next time you see Ms. McCarthy, give her a "hello", or better yet, as we say in Japanese, konichiwa!

DP: mystery solved

by Alyssa Cassada
Feature Editor

If you walk by the team room on any given day you will find a group of 13 people sitting around in a circle of desks. You will find that when the bell rings they remain right where they are. Other students rush to make it to their next classes, but these students make no effort to move. Who are these people, what are they doing, and why are they there?

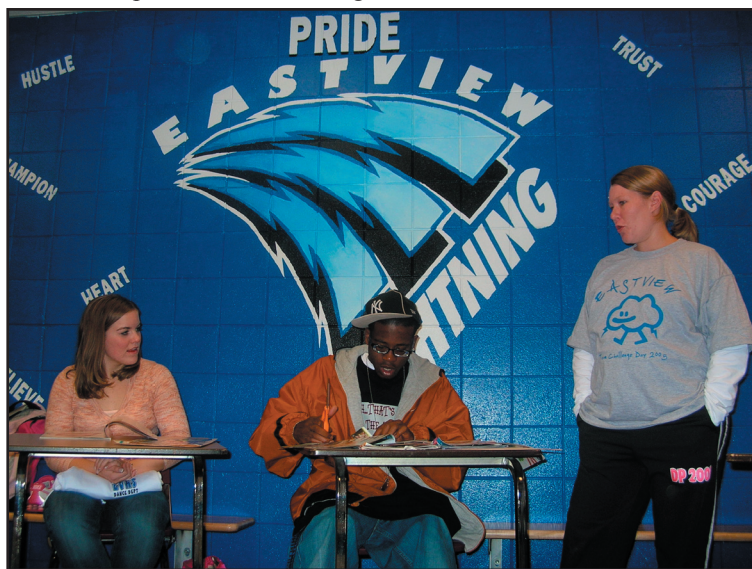
In the locker room, while changing before gym classes, I've heard many whispers and conversations asking these very same questions. The answers range from guesses of in-school suspension to student council to teachers' aides, but the truth of the matter is that the students in the team room are part of a curricular class. However, this class is different from any other course offered at Eastview. It is the Developmental Psychology program, or DP, and it seems to have many of those who are not a part of it rather confused.

The DP Program has been a part of Eastview since its opening 8 years ago, but has been a part of District 196 for much, much longer, 30 years in fact. Focusing on peer relationships, drug education, teaching, and chemical usage, it is one of the most diverse classes offered within a school setting. Designed with four major components, the DP program places twelve students and one teacher together for two periods a day all year long.

The first component is chemical usage and the well-known DP Commitment. This piece of the class focuses on learning about chemical usage, both legal and illegal, and the effects that it has on those who partake. The second, and perhaps larger, part of the first component is the chemical commitment. The students

must commit to staying chemically free for their entire senior year. Each class drafts a commitment unique to their own situation. Decisions must be reached unanimously about the specifics of chemical usage within the group and actions that will be taken.

Also included in the commitment is the second component, teaching. DP students are assigned two groups of eight sixth-graders as their students for the duration of the school year. It is then the high school students' task to teach the middle school kids about chemical usage and ways to remain chemically free. Each week the DP classes must prepare lesson plans for their sixth-graders and facilitate



Seniors Caitlin Baker and Tyrone Mitchell exercise their leadership abilities with Developmental Psychology teacher Michelle Dumonceaux.

learning and activities.

Apart from being teachers, the DP members also commit to focusing on the DP curriculum. It covers a wide range of topics from sharing personal information to the required economics credit to graduate. Even with the relaxed atmosphere of the DP classroom, the students still commit to staying on top of work and giving every effort.

Finally, as a bonus piece of the

commitment, the DP classes strive to get together outside of the school setting as much as possible. Sleepovers, dinners, movies, and potlucks have all been favorite activities of past DP classes. Former DP members are quick to tell anyone that the other members became some of the closest people in their lives.

Within the walls of Eastview there are three separate DP classes led by Jodi Hanson, Michelle Dumonceaux, and Mark Gerber. Each class contains twelve students and meets for a double period everyday. Due to the lack of classroom space, both Hanson's and Dumonceaux's students can be seen using the team room. Selection

occurred last spring from a panel of candidates. Students in the selection process underwent an application, and one-on-one and group interviews. Their names were also spread throughout the building to the faculty for evaluation.

Throughout the evaluation and interview procedure several criteria came into play. Personality and leadership were largely important, but a major part of the selection process was an emphasis on the diversity of students in the program.

Senior DP member, Mary Cotie describes a DP class as "a very diverse class...from jocks, to thespians, to steppers. We are all very different, but we fit together like a puzzle."

It is out of this puzzle that arises a truly unique academic experience.

According to teacher Jodi Hanson it is DP that is "unlike any other class you have ever taken-and will be an experience that you will remember forever!"

(Your name) makes big news; Flash scouts talent

by Mckenna Ewen
Staff Writer

The Flash is looking to open credit ideas up to the entire school. Could the next credits be you?

Widely known as the most entertaining portion of the show, the credits vary from 18th birthdays at Chuck E. Cheese to Star Wars. Before now, they were exclusive to Flash members. However, this year, the Flash is looking to expand its participation by allowing students outside of Eastview's broadcasting program to get involved in the weekly show.

After agreeing as a class, the Flash hopes to incorporate more students into the show, rather than filming a show starring the same people during each broadcast. An EVT member will help transform your ideas into a successful humor segment by adding the proper lighting, audio, and camera shots to create the best possible final product.

Using your idea, you will become the star. The Flash will not take credit for ideas. With your input, you will be

broadcast on the live show.

Because most comedy pokes fun of a person or idea, the Flash will be specifically looking for creative humor, not offensive. The humor must not come at the expense of race, gender, sex, social status, or economic status. If the idea involves mocking a specific individual, the idea cannot be submitted until that individual's consent is given.

With the help of Kyle Spahn and Eastview's multimedia classes, the Flash has created a web-based forum on www.theflash.tv to allow students to submit their ideas efficiently and easily. With each posting, please be sure to include your **full name** and **grade**. The students of the Flash will contact you if your idea has been selected.

You may contact Mr. Krebs in the television studio with any questions or speak to any of the Flash students. This



is an opportunity for you to become the American idol, school mascot, or whatever your heart desires. With all the ideas we expect to come pouring in, it promises a funny future ahead.

Senior pics: preparation makes pictures perfect



Photo: Nardi Photography

by **Kasia Bartczak** and **Kelsey Eliason**
Lightning Reporters

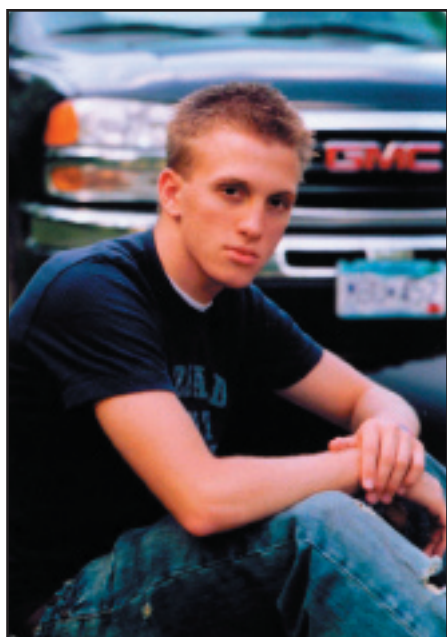
Flipping through the senior section of the yearbook may give you some ideas for senior pictures, but there's a lot more to this process than meets the eye.

PREPARATION

Most sessions for senior pictures run about two hours. Since photographers are often pressed for time, remember to discuss timing in advance. It's important to find a day with absolutely nothing going on to avoid being late. If you plan to get hair and makeup done beforehand, allow yourself enough buffer room to minimize stress.

After taking pictures, the initial reaction is curiosity about how the proofs turned out. A proof sheet or CD is included with most shoots and typically arrives in one or two weeks. Once pictures are over, parents seem to care most about cost. Package prices range from under one hundred dollars to several hundred dollars and depend upon its size and the studio. Package-ordering centers around the workload of the photographer and clients' deadlines, but for a price, photographers may process photographs available the next day.

Photo: Valley Images



CLOTHING & ATTIRE

Seniors must also decide on a nice, comfortable outfit that reflects their personality. Recommended outfits include a solid, bright colored shirt (try a polo for guys, or a fitted t-shirt for girls) paired with jeans, a simple dress, or nice pants with a matching shirt. Also, seniors may choose to wear their letter jacket or use the jacket as a prop in several poses. The number of outfits a person wears depends on the individual's preference and on the studio. Some photographers may have a limit on outfits while others simply impose a time limit. Most seniors have at least two changes of clothing: a casual look as well as a more formal outfit.

POSES & BACKGROUNDS

Next, seniors experiment to find a



Photo: Kristin Winters

pose. Standing, sitting, laying down, kneeling or propping one leg up on a stool or chair are typical poses. No single pose dominates, although standing full length and sitting are common. In regards to yearbook submissions, seniors tend to submit headshots.

Backgrounds can be broken into two categories: indoors and outdoors.

Upper left corner: Brooke Kilgarriff displays a vibrant use of color in an outdoor setting. Photograph taken from Nardi Photography.

Center: Wind is used as an effect in a studio shot coupled with a stark, white background. Alyssa Cassada's picture is courtesy of Kristin and Kristin Photography.

Lower left corner: This photo taken at Valley Images shows Eric Jorgenson in a casual outfit, using the truck as a prop.

Right side: Callie Biddiscombe's picture is displayed using several of the finish effects available: (from top to bottom) sketch, sepia, and color. Photos are courtesy of MRE Photo.

Almost all studios have a blue sheet, a white sheet, or a sheet colored according to the client's preference. Several studios also have patterns or scenery backdrops, but these tend to be less flexible and thus less popular. Waterfalls, flower gardens and lakes provide good outdoor backdrops. Some photographers note the value of benches, tall grass, trees, and complimentary middle and foreground objects. Photographers may choose to visit lakes, like Holland or Thomas Lake, or go to special locations like the Japanese Peace Garden in Minneapolis.

Photographers are also open to shooting in the client's own yard. As an added touch, props like musical instruments, trophies from any activity, letter jackets, pets, or sports gear can be displayed. Before arbitrarily bringing a prop, it is a good idea to ask ahead of time and explain the prop and the plan.

AVOIDING MISTAKES

Not all senior pictures run smoothly, but there are several mistakes that are avoidable. Letting parents control everything in terms of what to wear, how to pose, and what to do is a big mistake. The pictures are about you, not your parents. Discuss costs thoroughly with parents and photographers, but remember the pictures are ultimately about the senior. Being short on time, rainy weather or accidents the day before or day of the shoot are possibilities. As for accidents, digital photography enables the photographer to erase most cuts or scrapes.

Finally, having successful senior pictures is based on teamwork. According to Mark Eliason, a local photographer, "It's a collaboration. It almost has to be." Speak up if something feels uncomfortable or unattractive. Meet with your photographer beforehand to get to know each other – being comfortable on camera starts with being comfortable with the photographer.

Reminder: Senior Pictures are due November 1st!



Photos: Mark Eliason



Sour patch kids, fruit snacks...Mmmm.

by **Nina Moini**
Lightning Reporter

Why edibles shouldn't be eatable

For most students it is a familiar situation; it is third hour, you skipped breakfast, and all that is keeping you from taking a bite out of your hand is that you have your lunch inside your backpack—just within arms reach.

You nonchalantly reach into your bag and feel around for the small package—yes! Fruit snacks! You slip it into your sweatshirt pocket, and every time the teacher turns to write something on the whiteboard you slam a few of the gummies into your mouth. Sure enough, about five kids around you are sneaking bites of their lunches too. You figure the teacher must know it is going on and that the students, including yourself, know you should not be eating in the academic wing but do so anyway.

You figure, “What harm could possibly come from my eating this small package of fruit snacks?” Then you curse the seemingly ineffective poster that reads no foods or beverages are allowed in Eastview’s academic wing.

This rule is perhaps one of the most often broken rules at Eastview High School, yet our school does not look all that different than it did when it opened in 1997.

The halls seem relatively clean, save a few wrappers strewn about, but for the most part, we kids do a pretty decent job regulating our own eating habits in the academic wing.

So why have a rule that bans food in the academic wing if it is not being as strictly regulated as it should and the school still seems pretty clean? Junior **Ali Kehoe** believes, “At times it seems as though rules are simply enacted to serve as barriers to what every teenager craves; the right to do whatever we want to do. Without simplistic rules our school would probably be trashed”.

Surprisingly, a student and administrator’s view of a topic do not differ very much at all. Assistant Principal Rob Franchino uses the analogy of a speed

the academic wing, just like most people can manage their speed while they drive, but you don’t take away rules because people are responsible for the most part.”

It is clear that both Kehoe and Franchino believe that without any regulation, people would be more likely to be irresponsible, whether it be while driving or eating in the academic wing. The fact is that if there were no restrictions on where we could eat, kids would be munching away during class, distracting themselves from what they should be learning, and probably be disrespecting the school by just throwing their wrappers on the floor as they already do.

So next time you are debating whether or not to sneak scraps of food during class, don’t do it and try having a decent breakfast the next morning. Just imagine how dirty and unkempt our school would be if we all could eat, do, or say whatever we wanted to. And remember—while these rules may seem without purpose and inducted just to spite us, maybe-just maybe- we could all benefit from some limitations.

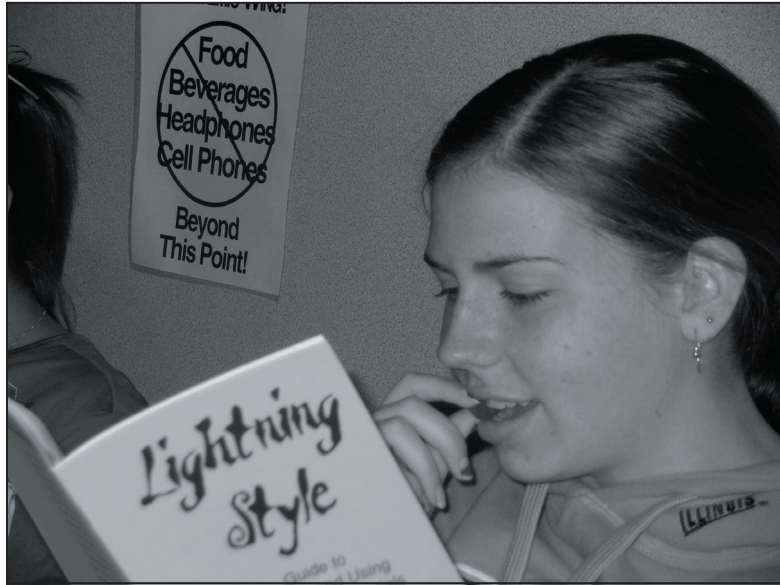


Photo: Jamie Lou

limit to explain the reasoning behind the ban on food in the academic wing. “The student body is undoubtedly doing a good job managing their food consumption in

Uniforms & sweat

The definition of a sport

by **Jennifer Bissell**
Lightning Reporter

Can forming lines while attempting to play music be considered a sport? When prompted, this question is usually answered in one of three ways: a strong “Yes”, an angry “No”, or an indifferent shrug.

It seems that the majority of students in the marching band, for instance, think it is a sport. “If you wear a uniform, sweat, and compete as a team, it’s a sport” reasoned first year marcher and long time supporter, Hannah Newman.

Band director Ben Harloff firmly and with no question said marching band was a sport, while it is reported that director Bill Henry turned and laughed.

A definition listed in Webster’s Dictionary for sport is, “to amuse oneself: frolic.” The definition is followed by an example of lambs in a meadow. As humorous as it seems, the answer to our question may be found in that statement. A sport is a physical activity that one participates in for amusement. As a result, marching band should truly be considered a sport, just as much as canoeing down the stairs by yourself should be.

Jennifer has started the debate. As every activity seeks to defend its legitimacy, the precision of our language gets vague. Another definition from Webster’s dictionary says a sport is “physical activity engaged in for pleasure.”



R a n d o m R a n t

AP class, not gym, should be making students sweat

by **Gina Pan and Sara Schaezner**
Lightning Reporters

A student walks about one thousand steps between classes at Eastview High School. Walking from A1 to C3 alone can result in 172 steps. All this walking, sometimes with more than 20 pounds of books on your back, should be considered exercise. It is painful, it is tiring, and the result is a decent amount of sweating.

To graduate, students are required to take at least five gym classes in their high school career. The students could be taking AP Statistics instead of walloping cone-shaped birdie around. “Instead of taking Spanish and cultivating knowledge, I am running around mindlessly in gym class,” says sophomore **Kelsey Baubie**. Because gym classes are only one quarter subjects, the rest of the three quarters are not usable for year long classes. There is no point in taking physical education classes to get exercise when students are already walking over one thousand steps everyday while burning calories.

Why run up and down stairs in gym class when you’re already doing it multiple times in between classes? In fact, you might be going up two flights instead of just one, like many students must do for conditioning. Many students at Eastview are getting their exercise by joining school sports. Various others are in marching

band, the dance team, and intramural sports, which also require you to be physically active. For the rest of the student body, they are staying fit by taking on the never-ending hallways and the mountainous flights of stairs. When asked on how she feels about the walking between classes, freshman Elana Siegel said, “every morning I need to walk up two flights of stairs with my full backpack. By the time I get to the top I am completely out of breath.”

Walking between classes is also like being in the weight room. Picking up a backpack of twenty pounds

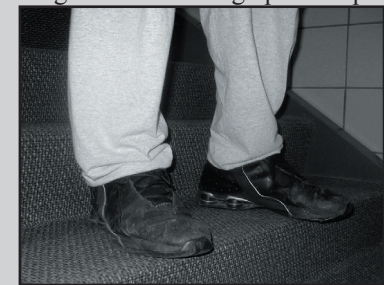


Photo: Michael Lenz

every day, give or take a few, is equivalent to going to the weight room. Trudging up and down stairs is the same as doing aerobics. When you are hurrying down the halls because you’re late for class, it is similar to running on the treadmill carrying dumb bells.

Is there a difference between this and gym class? Not really. Just put on your sweat-stained t-shirt, lace up your most comfortable tennis shoes, and you will be ready to take on the endless landscape of Eastview High School.

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—Michael Lenz, *Opinions Editor*

EVHS intramural sports:

Too many opportunities for Eastview students to pass up

by JW Boyden
Sports Editor

Are you already sick of the monotonous routine of going to school, doing homework, going to sleep, then waking up the next day and starting all over again? Are you looking for a brand new activity to perk up your extracurricular involvement here at Eastview? Well, then I think I have found just the solution that you have been looking for.

With a new school year upon us, and a brand new class of freshmen doing their best to learn the ropes, I thought now would be a good time to enlighten my fellow Eastview scholars on the intramural sports offered here at this fine school of ours.

This fall we have already successfully kicked off the flag football season. From the seventy-seven participants that signed up to play, eight teams were drafted for the league. These eight teams will compete in a round robin style league for playoff seedings, then go on to play through brackets, and will eventually crown a single league champion. Teams play league games on Mondays and Wednesdays after school at three and four o'clock. Availability always seem to dry up quick for this popular intramural choice, however a limited number of spots are still available on a first come first serve basis if you are interested in joining. See **Mr. Berberena**, the Technology Education teacher, for more information.

We currently just wrapped up the sign ups for intramural badminton this fall. If you have let this one of a kind fall intramural activity pass you by, no worries, because there may be a limited number of excess spots for those still interested. Contact **Mr. Berberena** with any further questions.

Looking ahead into this winter intramural season, Eastview offers basketball

as the indoor alternative during the harsh weather of the winter months. Much like intramural football, student participants are drafted onto teams, and from there, compete in league play, later advancing on to playoffs, and continuing until a champion emerges. However, fostering pure competition is not the main objective for these intramural sports. It is all about sharing fond experiences with your peers. Therefore, the director of the league, **Mr. Berberena**, splits students into two separate leagues,

“Intramural ping pong is easily one of the most challenging physical activities at Eastview.”

- Michael Ewen

one for ninth and tenth graders, and the other for eleventh and twelfth graders, to allow for competition amongst people of similar ability levels.

If basketball is not your personal forte, then Eastview also offers winter intramural ping pong for all you tennis wannabes. “Intramural ping pong is easily one of the most challenging physical activities at Eastview,” said **Michael Ewen**, a veteran champ of the game. So, if you think you have the skills, then bring it on, sign up for intramural badminton, and showcase to the school what you’re working with.

This spring, you can look for such sports offered as intramural bowling, golf, and softball. So stayed tuned in for updates and announcements throughout the year,

so you do not miss out on these incredible opportunities.

Whether you enjoy being competitive or are just looking to either have a good time with your friends or even make a few new ones, intramurals offer that little bit of something that everyone is looking for. For a small fee, not only will intramurals deliver unlimited amounts of fun with your friends, but also for those more competitive bunches, all star selections and all star games are played for a majority of the intramurals offered at Eastview.

You do not have to take it from me. Ask any intramural participant, they will all tell you the same thing. Senior intramural tri-athlete **Charlie Bice** says, “Intramurals rock and I love competing with my friends.” So throw down that TV remote and get up on your feet and get active, get involved, and for Pete’s sake, join intramural sports! By the way, did I happen to mention you get a cool free T-shirt when you sign up?



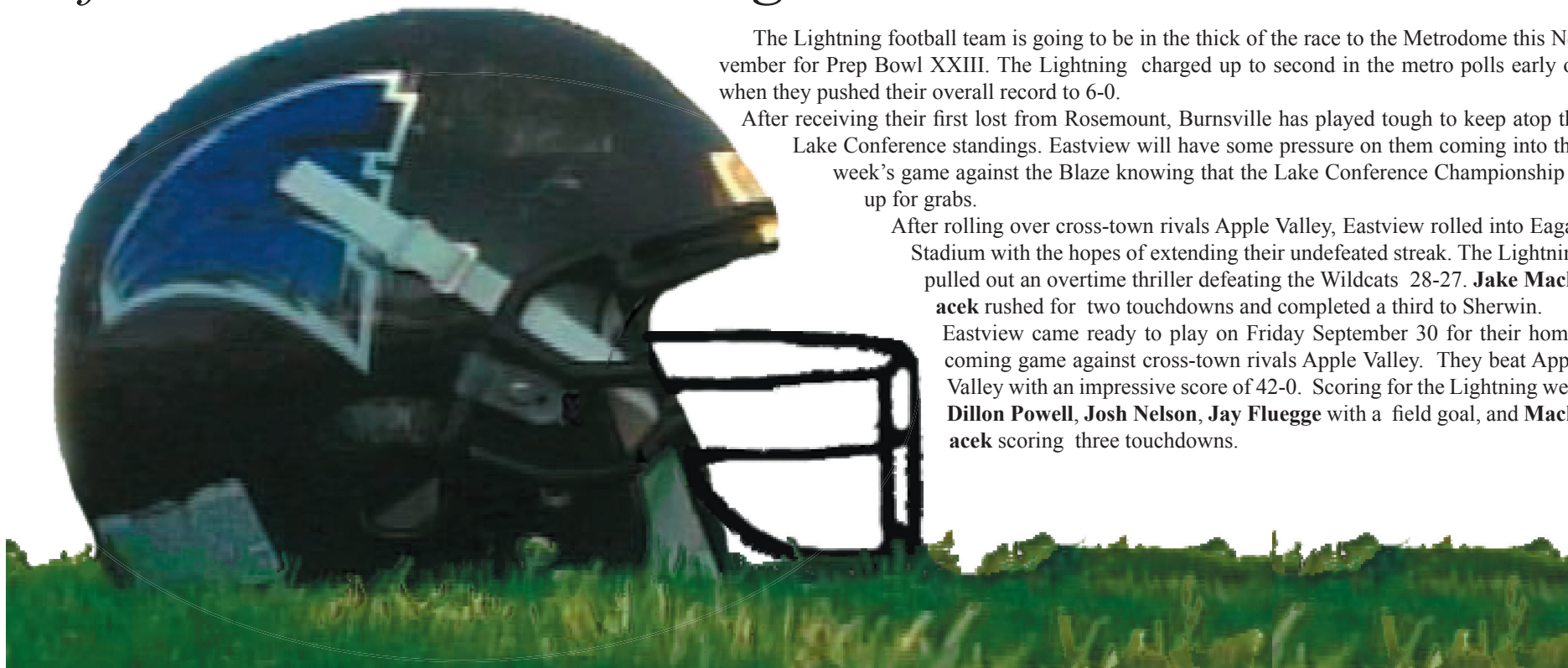
Photos by: David Sachs

Eastview football climbs in metro polls: *Conference title on the line against Burnsville*

The Lightning football team is going to be in the thick of the race to the Metrodome this November for Prep Bowl XXIII. The Lightning charged up to second in the metro polls early on when they pushed their overall record to 6-0.

After receiving their first loss from Rosemount, Burnsville has played tough to keep atop the Lake Conference standings. Eastview will have some pressure on them coming into this week’s game against the Blaze knowing that the Lake Conference Championship is up for grabs.

After rolling over cross-town rivals Apple Valley, Eastview rolled into Eagan Stadium with the hopes of extending their undefeated streak. The Lightning pulled out an overtime thriller defeating the Wildcats 28-27. **Jake Machacek** rushed for two touchdowns and completed a third to Sherwin. Eastview came ready to play on Friday September 30 for their homecoming game against cross-town rivals Apple Valley. They beat Apple Valley with an impressive score of 42-0. Scoring for the Lightning were **Dillon Powell**, **Josh Nelson**, **Jay Fluegge** with a field goal, and **Machacek** scoring three touchdowns.



Traditions keep volleyball team playing strong

by **Brianna Eull**
Staff Writer

Perhaps you have attended a game or two, but do you really know what this year's Varsity volleyball team is all about? Like all the sports teams here at EVHS, the volleyball team is committed to daily practices and conditioning regimens. What really makes this year's team unique, however, are the players themselves. As Head **Coach Becky Egan** put it, "We have very good athletes who can create more than we've been able to in the past. They're stronger, quicker, and very offensive." When asked about the many players on the team, **Coach Egan** said that Jr. **Alicia Nelson**, Jr. **Siri Hill**, and Sr. **Cassie Johnson**, "are major factors right now."

As far as team traditions go, Senior Captain, setter **Irina Vaynerman** disclosed that before each home game, the girls get ready in the locker room, "listening to music, dancing around, and singing". Outside hitter and senior captain **Veronica Schrader** candidly admits her favorite part about this season is that, "everyone gets along. We're all friends".

Whatever the girls do, it seems to be working. When asked about this season's outlook, **Coach Egan** revealed, "I can see us going as far as we did last year – the section finals – and beyond, if we learn to compete against higher level teams. Athletically we can go farther". Come and cheer for your lightning volleyball team as they pursue an appearance at state Tuesday and Thursday nights at 7:00 p.m. As **Irina Vaynerman** enthusiastically puts it, "we love having loud fans!"

Come check the girls out in their upcoming games:

Oct. 14 Tournament Home 5:00pm
Oct. 15 Tournament Home 9:00am
Oct. 18 Apple Valley Away 7:00pm

Oct. 25, 26, 28, Nov. 1, 2 Section 6AAA Tournament
Nov. 10, 11, 12 State Tournament

"I can see us going as far as we did last year – the section finals – and beyond" -Coach Becky Egan



Photo by: Mark Eliason

Siri Hill (11) goes for a kill, while **Irina Vaynerman (12)** stands ready for a return in their game vs. Egan



by **Hannah Newman**
Lightning Reporter

Athletes on school teams are well-known through school announcements and word-of-mouth. Coaches of teams are known also through conversations. Managers of teams, however, are either less-known or not known at all. Yet the work they do helps our teams immensely.

How are managers found? Sometimes they are athletes who are injured or athletes who did not make the team. **Coach Bierlein** noted that "Competition is so tough for some teams here at EVHS that it's hard to make a team." Thus, "Allows more students to be involved in a positive manner."

The and girl soccer players benefit by their manager carrying their equipment, keeping statistics at away games and maintaining a clean bench area. The boys soc-

cer team manager brings pre-game supplies and water. He also films their games.

Since girls and boys swim seasons are at different times of the year, they have a unique system in that boy swimmers serve the girls team and vice versa. The girls swim and dive team has three managers who take times, help with meet paper work, and help prepare the pool for meets.

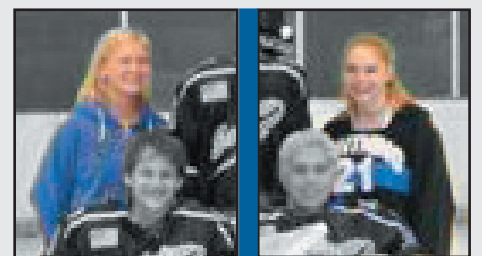
Volleyball players have a manager who is both a player and a manager along with



another manager. They each specialize in particular tasks during the match, as well as before and after the match. Their jobs include taking statistics, helping with warm-ups and keeping official scorebook and video.

The dance team often finds its managers in dance class at Eastview. Their managers attend Varsity meets where they load buses with uniforms and supplies, and then wheel costumes into the dressing rooms. Managers fill water bottles for dancers after the team performs. After the meet, they load everything back on the bus.

All managers also help excite the crowd and cheer enthusiastically for their team. Team managers are much appreciated by coaches and teammates. Thank you all athletic team managers for the 2005-06 school year.



Managers from top left to right:

1. Alissa Ernst
2. Ashley Langlais
3. Nicole Nelson
4. Courtney Thompson
5. Rachel Poli
6. Derek Peterson
7. Kevin Rasachak
8. Katie Wilharm
9. Katie Auger

Managers make all the difference:

Taping, statistics, team supplies, paper work, timing, and more make for vital contributions to sports teams