

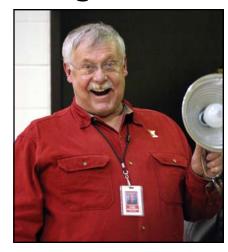
Ashley Riggs-Hildreth Saying Goodbye to a Legend Staff Writer

At first I didn't really know how to start this article, how do you go about writing an article about a great teacher, a legend? The answer is you don't. You let students tell about him, and you let him share his stories. To some he is just another teacher leaving the high school, but to so many others he is a friend, a role model, and most of all, someone who made a difference in the lives of so many that he taught. Mr. Lake was not only my teacher, he was the one friend I had when I didn't have any, he always had a warm smile and after every conversation he would remind me that the door was always open, a statement I knew he meant.

Mr. Lake started teaching at the age of thirty and will retire at the age of sixty. "99% of the memories was positive and unique." He also says that when he first came to school he believes he may have been too hard on students and has lightened up since. When I asked Mr. Lake why he was retiring,

he just simply said that he was getting too old. Lacey Pospeck wasn't in his class but she has dealt with him plenty and she had nothing but good things to say. "He's a helpful man and truly, truly cares about the well being of his students." I asked other students too, that know him very well and have had his classes. I asked some students what their favorite memory of Mr. Lake was and this is what James Kasper says," I loved going through Lake's Laws. "I asked Keith Hammond for any other thoughts or comments he had, "He took time for his students, so they could learn in their own way. I'll miss you, we all will. Good bye Mr. Lake."

I am sad that many students won't be able to experience the joy and life changing experience of being in his class. But like most things, all great things have to come to an end. Mr. Lake says. "It's been an honor, I always thank my students for taking my class, because its an elective." Mr. Lake may no



longer be teaching at Aitkin High school after spring '09 trimester anymore but the lessons he taught me will live in my heart forever, Thank you Mr. Lake.

Lacev Pospeck Staff Writer

A Friendly Face Is Saying Goodbye

Jack Berg has been a custodian at Aitkin High School for 34 years. Actually he's been here longer than that considering he attended Aitkin as a student. In those years he has been in charge of opening the building, turning the lights on, using the tractor and shovel to remove snow, putting ice melt on the sidewalks, disinfecting the wrestling mats, setting up the cafeteria for the day, cleaning the cafeteria, sweeping the stairs and hallways, and much more. Some other tasks he does are cleaning the boy's locker room, the concession stand, releasing jammed lockers, and marking the football, baseball, and track fields.

This man who does so much for the entire school and is sometimes taken for granted will be leaving us on March 31, 2009. After years of dedication he has decided to spend his remaining years retired. When I asked him why he was retiring he said, "I'm just ready." Jack plans to spend time with his 3 children and 3 grandchildren in Mason City, Iowa. His middle son is going professional in Mixed Martial Arts (MMA) and he's excited to see him excel. Jack also plans to move to Brainerd where he will spend his time continuing to fish, hunt, snowmobile, four-wheel, and other recreational activities.

Since the popular movie *The Bucket List* has been out I couldn't help asking Jack if he had his own bucket list he'd like to complete. I was a little surprised that he's content with his life and wants to continue years have passed he said he's had many quality relationships with the like people to remember is, "We're all in this together."



staff and the students.

Jack has been my friend throughout this school year and I've spent a lot of time talking with him and asking for his advice. He's a forgiving and friendly person and he's brought light to my life. A retirement party is being held by Vic and myself in the cafeteria March 31, 2009 at 2:00. All staff members are invited.

Jack is a wonderful man who has been committed to the staff and students at Aitkin High School for over 30 years. So, even if you do not converse with

him on a regular basis you can say goodbye in other ways; you can begin saying good morning, take your trays to the proper place, throw your trash in the trashcans and if you see garbage on the floor, pick it up! These small things make his life and all of the custodian's lives easier. with his usual pastime activities. Jack added that he has had a lot of good We take for granted and don't realize everything they do for us, which is years at Aitkin High School and loves working with the students. As more than just sweeping our floors. The quote Jack left me with and I'd



All Starz Place At State

Sam Dally Staff Writer

Aitkin's dance team made a trip to the state tournament on February 13th and 14th. All season the girls dreamed about getting first place in the tournament. They worked very hard all season to try and accomplish this goal and put in a large amount of extra hours to improve their skills. There was no room in their practices for slacking off. There devotion showed. After a long day at school and four hours of practicing, the dancers would still stay longer to improve. All of this paid off and the girls clinched a trip to the Big Dance.

Day one brought on the High Kick part of the competition and there were a lot of tough competitors. The girls

danced last during the preliminary round and got a spot in the finals, but in the finals season results were very admirable and the they didn't put out their best performance. They still took second place behind a vig-

orous Cannon Falls team. They were very excited about their high finish.

On day two, the Jazz part of the engagement was underway. They danced very well and took seventh place, but missed the cut to make it into the finals by half a rank. Disappointment set in because they had wanted to make it to finals, but were still very content with going as far as they did.

The girls had a very enjoyable season. Team captain Megan Monse said "It's always nice to bond with your team-

mates and make stronger friendships." The students of Aitkin High School should be proud of them.



The All Starz displaying their second place medals and plaque

チャトNational Honor Society チャト

Elizabeth Mattson Staff Writer

To be in National Honor Society you have to maintain a certain grade point average (3.5 or higher) and complete a certain amount of community service hours. To enter, an application needs to be filled out and you need teacher recommendations and only a few students are selected. "Being in it is a huge honor and it makes you feel like you've accomplished something great," says Lacey Pospeck, a current member. Mrs. Conway is in charge of National Honor Society and every fall they have an induction ceremony for the newly acquired members and recognizing past members. This year Dan Catlin is the president.

The National Honor Society is doing a community fund raiser some time this spring by having a good time at the bowling alley. "It's a bowl-a-thon where

you donate money by the pin and pay depending on our score," says Lacey Pospeck. They're also planning a community meal in March.

Although this is a small group that doesn't have the opportunity to do much when they can they do it with big hearts. I'd like to say their motto is, "Go big or go home."

Quadna Park Sno-Cross

Spencer Wagner Staff Writer

This last weekend on February 14th-15th there were snowmobile races in Hill City at Quadna Park. It was a regional race so it didn't have any of the professional snowmobilers there. The professionals were at a big qualifying race in New York. There were a few semi-professionals at the races along with some amateur riders that ripped up the track.

The weather along with a different groomer did not permit the normal track, which runs up the hill and is a better track according to the racers that were there. The track that was there was just an oval at the bottom of the hill, but it did have the big finish line jump that is always at the track, and that is exciting to

watch the racers get big air.

At Quadna there is a friendly atmosphere, one that you would not find at a bigger track like at BIR in Brainerd. At the races there you don't have to wait in huge lines to get your food and the seating isn't crowded either. Also at Quadna there is a warming shack that you can watch the races from if you do not like to get cold. A lot of tracks don't offer anything like that; usually you just sit on bleachers and freeze.

Overall the races at Ouadna offer a lot of benefits and the cost to get in is much cheaper than other races. It only cost 15 dollars to watch the races for two days. I would encourage everyone to go to Quadna to watch the snowmobile races the next time they are there.

The Busy Life of Geni Patrick, a Woman Behind the Lines

Lacey Pospeck Staff Writer

The alarm clock buzzes and I stare at the clock. It's time to get ready for work again. This week has been so busy and it's only half over. Today I am going in a little earlier than normal, so I have to start my minivan sooner. I usually leave the house around 7:15 and arrive at school shortly after because I live so close, but I have a lot of scheduling to do for the upcoming third trimester.

As I settle into my office chair I take a deep breath. Sometimes around this time of year I feel like this is the only breath I get! Before I can begin preparing for my day a few students drop in wondering about the scholarships that were on the announcements. Of course I have time to explain the credentials and requirements and I hand them the ones they qualify for. Mrs. Doyle isn't going to be here until the afternoon today, so I have to take over her Peer Helper Planning room.

Once students have headed off to their first period

classes, I settle myself at my desk once more. I fill in a few schedules and a student comes in looking a little distraught.

She looks at me and begins crying, "My teacher sent me

As second hour rolls around I chat with Mrs. Doyle about her evening and she tells me about her Wii Fitness she's been working on. I tell her about how Will from Talent



down here because I was upset, could I talk to Mrs. Doyle?"

"She's not here yet, but would you like to go in the back and talk to me?" I ask her gently. Through tears she nods yes. We spend the better part of an hour talking and she heads back to class. Search is coming tomorrow to meet with the Talent Search students, but he'll be a little late. I put in a few more schedule changes. The day has been pretty stressful; I'm usually upbeat, but with midterms just being mailed out and working on these new schedules is wearing me out a little! I enjoy spending time talking to the students who file through each day.

Lunchtime rolls around and I spend most of it walking on the treadmill and eating some yogurt from home. It gives me a chance to melt away some stress and worries before I dig back into it. The rest of the day is the same as the morning and I cannot wait for that 3:20 bell to ring! I usually stay until 4:00 and have some quiet work time before I head home to get ready to do it all again.

I feel lucky to be able to work with the students, especially the seniors. I have known most of them for many years and it has been fun to watch them grow up and turn into wonderful adults. It is also exciting to see what they are deciding on for college and career choices and to be a part of that process. I really love working with these students and helping them plan their lives. Although my life is busy and I don't always get everything done in one day, I wouldn't trade it for the world.

Pageant should be more then just beauty

By Lauren Landrus Staff Writer

Everyone from Aitkin is familiar with Riverboat days and the festivities that accompany it. The most anticipated of them all is probably the Miss Aitkin pageant. I myself have never been a fan of the idea of "pageants." However, I do enjoy watching it. The idea of parading around in a dress and a crown waving at people has never really appealed to me and I find it rather stereotypical and degrading to women. I do respect the competitors since it takes a lot of courage to get up and perform and answer questions in front of a large group of peo-

Recently, I have lost all respect for the Miss Aitkin pageant. The one thing that I always thought was neat about the pageant was that the judges selected "Miss Aitkin" and the princess by deciding who best

represents the community, and is a good role model, not by appearance. To me, a good representative of Aitkin is a well rounded person who is involved in the community, is generous, compassionate, smart, and has good morals. And as far as I knew, those were the things that the judges and the committee were looking for. But, like I said, I lost all my respect for the organization. A very well rounded young lady from Aitkin high school was planning on running for Miss Aitkin, but was told she could not because she was going on a mission trip! When I heard this I just about fell over laughing. They are concerned because she would be missing Riverboat days, which is just one of numerous events the royal court attends. First of all, if they are looking for some one that is "involved" in the community to be Miss Aitkin they should probably understand that they are going to have conflicts occasionally that prevent them from being at all the events. Second, this young lady would be helping to improve the lives of American citizens. It's not like she's missing Riverboat days to go on a vacation.

I am thoroughly enraged at the whole situation. Television, magazines, and movies already make young girls feel like they have to wear certain clothes, talk to certain people, be a certain size to be accepted; and now even in our small town of Aitkin, groups are telling young women that it is more important to wave at people in a parade than to take action and help change the world. It really goes to show what the Miss Aitkin organization thinks young girls should be doing to better the world...look

Opinion Poll: What is your favorite memory about Mr. Lake?



Adam Christensen-When he takes roll.



Brian Collins- All of his wonderful stories.



Craig Leathers- I like his life story.



Sam Johnson- The stories he tells at the beginning of every trimester.



Miranda Thune- When he danced to "Staying Alive."

The college decision to be made

By Ann Rhodes Staff Writer

With only a few months left of school, the seniors are busy planning after high school events and applying to college. But how do you know what college to apply to, or how do you choose once you're accepted?

Last year, I decided that I could become a mechanic. I applied to Hibbing Community College and have been accepted. But with my varied interests, I became nervous with that decision. What about history, or art, or anthropology, or music? I do not know what to do anymore. Now, like many high school students, I must decide what to do and where to

How can one person know what will make them happy for the rest of their lives? I am in the midst of trying to decide whether I should go for automotive or anthropology. I have been accepted to the four colleges that I applied to, which only makes the decision more difficult. All of the schools are fitting to me so I am lost in confusion. The process of selecting the perfect college for you is complex. You have to consider the majors, the programs you are interested in, the setting, the size, the ratio of co-eds, the distance from civilization, cost, food, and whether or not you make new friends easily. All of these things are key to choosing the right college.

Most high school students do not know what they want to do. For a select few, they know which school they want go to, what they want to major in, and have a life plan. To think of a life plan is tedious and time consuming, not to mention the fact that you can't control everything in your life. Picking a college for you is the first step in moving on after high school. To have a college education is to have an advantage in the work force and in life. The perfect college is out there for everyone.



Girls Basketball Vs. Dance

By Theresa Tveit Staff Writer



There has always been and issue between the Dancers and the GBB team. So we ask why they don't get along. "It's just the idea that the dancers try to compare themselves to the GBB team, the GBB team is stubborn and basketball is better than dance," said Lauren Landrus. There is a huge difference between the two sports. I have also talked to Meg Weimer, one of the dance captains, and she said, "The GBB team thinks that dance is not a sport." I personally think that dance is a sport and like any other sport you have to work hard and try your best! They have both stated that they do get along most of the time. So let's all get along and let's go Aitkin!

Music for Your Soul

Dewy defines music for every occasion

By DuVaughn Schroeder Power of Music

"A Picture is worth a thousand words" well a song can make those words ring true to the soul. It tells the story of the writer, letting you see every emotion dripping from their minds. Music touches people's hearts and souls, and it doesn't care what skin color you are or how rich you are. It can have an impact on your life. Music has been known to help the way plants grow and help in the recovery and healing.

Doctors in some hospitals let the patients listen to music because there have been studies suggesting that music helps people cope with depression. Other studand plants listening to softer classical music grow better than those that listen to harder rock and

screamo stuff.

I know that has nothing You know the saying to do with humans but music does and what we listen to can affect how we grow up and act. Now I'm not saying that a certain type of music is best for everyone I'm just saying what you get out of it is different to everyone.

I don't know what it is but music can bring out my greatest feelings, from happiness and love to hatred and sadness. It helps me get through bad times, my favorite song to listen to when I'm feeling down is "Hakuna Matata" no mater how bad I'm feeling it always me feel that much better. Music also helps me focus and get things done because I forget about the world when I'm listening to ies have been tested with plants music. I believe music can change the world and the only thing better is dancing to it.

Music Categories

Pick Me Up Hakuna Matata-Lion King

Pump Ups

Let It Rock-Kevin Rudolf Eye Of The Tiger-Survivor Stronger-Kanye West It's Not My Time-Three Days Grace Headstrong-Trapt

Stay Downs

My Life-Lil Wayne What About Know-Daughtry How To Save A Life-The Fray Boulevard Of Brocken Dreams-Green Day

Dedicate To Girl

Miss Independent-Ne-Yo Crush-David Archuleta Closer-Ne-Yo I'm Yours-Jason Mraz Heartless-Kanye West

Dance

Low-Flo Rida In the Aver-Flo Rida Just Dance-Lady Gaga Shake It-Metro Station Swing-Savage

Jam Out To

Disturbia-Rihanna Sexy Can I-Ray J Kiss Kiss-Chris Brown Right Now(Na Na Na)-Akon Hip Hop Police-Chamillionaire 10,000 Fists-Disturbed

Ticked

One Step Closer-Linkin Park Chop Suey-System Of A Down Down with The Sickness-Disturbed Happy-Mudvayne In The End-Linkin Park

Dedicate To Guy

Hate That I Love You- Rihanna T-Shirt-Shontelle Take a Bow-Rihanna Hot N Cold-Katy Perry Right Here(Departed)-Brandy

No Air-Jordin Sparks & Chris Brown



All Starz shine bright at state

Dancers take 2nd at state tournament

Laura Peggs Staff Writer

The Aitkin All Starz finished off their dance season with honors. On Friday the 13th and Saturday 14th the All Starz put on an awe inspiring state performance at the Target Center, where the high kick took second place and jazz took seventh. Some of the girls felt that it was one of their best performances while others think that they could have stuck it a little harder. These girls put their hearts and souls into their dance routines, as well as the other people that participate in winter activities.

The dancers practiced every day and sometimes even on weekends to make it to state. Amanda Kurtz, a ninth grade dancer on the varsity high kick team, commented on the practice and said, "It was tough, but we got good results." One of benefits that the girls received from practicing together so frequently is how close they got; they feel more like sisters then just codancers. With every family comes an embarrassing story or funny moment. For the All Starz it was when they were at an away competition in Crosby. The fans and the dancers thought they announced Aitkin for first place and started cheering but they hadn't called out their names yet. The dancers thought it was funny and embarrassing, although in the end they took first place anyway.

This year the All Starz and head coach Lisa Roth gave impressive



The captains looked happy holding up their second place trophy at state.

performances starting 10 new freshman girls. The All Starz had support surrounding them from the day they started until they ended their season. Captains Megan Monse, Meg Weimer, and Heidi Klingelhofer were very supportive, and they motivated their codancers. Their managers DuVaughn Schroeder and Genarro Montano also motivated the girls and made them smile and laugh on numerous occasions. The Aitkin staff and students couldn't be more proud of their All Starz. Aitkin High School principle,

Mr. Wagner said, "Congratulations on your success, sacrificing time paid off with a second place finish in State."

Over all, the dancers felt the season couldn't have gone any better and said they had so much fun according to Bobbi Seibert. Some dancers felt that they could have worked on their stamina and sharpness a little bit, but with every year the All Starz shine even more. With the conclusion of this years dance season, the girls are already looking forward to the beginning of a new great season next year.

Gobbler girls run record to 23-1



Meredith Chaput drove to the basket during Aitkin's 69-60 overtime win against East Central on Feb. 17.

By Abby Palkie Staff Writer

The Aitkin Girls Basketball team has been doing an outstanding job this season. They work hard and it shows. The girls are at a 23-1 overall and lead the Great River Conference at 12-0. They are driven and motivated girls to do their best and have fun out on the court. When they are out on the court, they show a great passion for basketball, and are devoted to the sport. It never fails.

The girls played a game on Tuesday, Feb. 17 at home against East Central. They defeated the East Central Eagles with the score of 69-60 in overtime. The game was a struggle for the Aitkin girls, but they pulled through. "We played a bit sloppy and it wasn't our best game, but we finished the game," said Lauren Landrus. She also said that they definitely could've done a better job and didn't play to their fullest abilities, and weren't playing as a team. In over time, Sara Hoge really stepped it up and helped the team finish the game.

Emily Mehr lead the team with 20 points, Meredith Chaput scored 18 points, while Lauren Landrus and Sara Hoge added 12 points and 11 points respectively.

The girls also played an away game on Thursday, Feb. 19 against the Crosby-Ironton Rangers. They defeated the Rangers with the score of 50-42. It was a close game until a minute and fifty seconds left of the game. At this point, they were only ahead by two points. "We played better compared to last Tuesday's game. Crosby also played well. So, it was a good game," said Allie Carlson. Sara Hoge led the way with 16 points, while Emily Mehr, Lauren Landrus, and Meredith Chaput added 8 points. Allie Carlson, Kristy Hoge, and Lena Montano also played key minutes from the bench.

They have one regular season game left on Thursday, Feb. 26 in Isle. So come on out and support your Aitkin Gobbler Girls Basketball team for their last season game.

Boys hoops drops a game at Moose Lake

By Nick Harmon Staff Writer

The boy's lost a tough game against the Moose Lake Rebels. The first half of the game was really close but the boy's just couldn't finish. I talked to Ryan Fowlds on Friday and he wasn't too happy at the team, especially for a technical foul.

Tuesday night's games weren't all that bad at first against the Braham Bombers. The boys were only down by ten at the half. Ray Smith and Welshons said, "The team played really well even though the Bombers are seventh in state." Welshons

got to play five minutes in the second half of the game, even though he didn't think he was going to play at all because of his technical in the last game. The final score of the game was 54 Aitkin, 87 Braham. The boy's played well in the first half; they executed and played a great man to man defense. Fowlds said, "Smith had a great game, Nick Sundholms' leadership really came out, and Kylan Hill also played really well with 11 points and 7 rebounds." The team had no answer for the Bombers post, but stopped the perimeter game. Fowlds said, "We just ran out of gas at the end of

the game from playing man defense all game." The Basketball team is now at a 4 - 13 record.

Prior to Thursday night's game coach Fowlds said, "If we go out and play our game it should be another W for the boy's Gobblers." The game was really good. The boys played there hearts out and stumped the Onamia Panthers with a 62 to 36 win. Ray Smith had a good game with 13 points and 12 blocks. Kylan Hill led the team with 18 points and Sundholm added 10 points.

Gobblers lose heartbreaker

By Allie Carlson Staff Writer

Last Tuesday, the Wrestling team took on the St. Croix Lutheran Crusaders at home for the Section Ouarterfinals, but the Crusaders were no match for the Gobbler. With a score of 62-12 the Gobblers dominated the mat. Coming away with pins was Travis Bare, Keith Wasserzieher, Jordan Chounard, Craig Leathers, Dalton Stevens, Kevin Handt, and Travis Tuenge. Winning other points for the Gobblers was Jeff Moe, Tayler Wilke, Taylor-Thomas Bitker, and Isaac Novak. Coach Stifter said that the boys wrestled to win, were very aggressive, and were very confident. He concluded



Travis Tuenge scored back points against St. Croix Lutheran in the section tournament.

with, "It was possible the best match this year."

On Friday the Wrestlers traveled to Pierz for the Section Semi-Final against Trinity, in which the Gobblers

won by a score of 48-12. Winning matches for the Gobblers were Travis Bare, Keith Wasserzieher, Jordan Chaounard, Brian Wold, Craig Leathers, Dalton Stevens, T.J.

Landrus, Taylor-Thomas Bitker, Travis Tuenge, Levi Stifter, and Taylor Wilke. In the Finals the Gobblers took on the No. 1 Seed Royalton, the winner would then advance on to State. The match came down to heavy weight, it was a close match, but the Gobblers fall a little short with the score of 33-28. Wining matches were Travis Bare, Keith Wasserzieher, Jordan Chouanard, Dalton Stevens, Taylor-Thomas Bitker, and Travis Tuenge. The team ended with a record of 11-7. The team will be back in actions, but not as a team, as individuals. The individuals sections our this Friday and Saturday in Braham.

Lightning Boys Bring the Heat

Northern Lakes keeps rolling

By Ann Rhodes Staff Writer

In the last week, the Lightning Boys have met several tough teams, but they were no match for the Lightning. On Monday, they faced North Branch. They "killed," as junior Collin Burke said. The score was 11-1, with Sam Johnson and Burke scoring two goals apiece along with assists. Tuesday night, the Lightning took on Prairie Centre, winning by a score 4-2. Goals were scored by the Pequot and Crosby members. Saturday's game was against Rocori, which is the first 2A team the Lightning have

played this year. The score was 6-3 with one goal for Johnson and an assist for Burke.

Tonight, the Boys will take on Saint Cloud Tech at the St. Cloud State Huskies' rink. The action starts at 7 p.m. and will be the first round of sections. St. Cloud Tech has tied with Roseau and Moorhead, who the Lightning have not won against this year. Roseau placed in state last year. The Boys have had a really good week and they expect to have a good game. "Our season has been really good and we're coming in hot," Burke said.



Sam Johnson goes in for a check earlier this season.



Male Athlete of the Week

Thornbloom a leader on and off court

Ashley Venne Staff Writer

Neal Thornbloom is cocaptain of the Aitkin boy's basketball team. The boys have been off to a decent season although Thornbloom said it could be better.

The qualities he believes he has as a basketball player is his coachablity and his hustle. Another sport he is involved with is track, and some hobbies include sleeping, eating, and watching "Lost." His least favorite hobby is homework, that is if he does it.

His favorite food is lemon meringue pie and his least favorite food is mustard. Some things he likes best about himself is his sense of humor, and having a brain even though he is

His future plans are to finish his milk at lunch (where the interview took place) and to become a teacher of some type. Something that nobody might know about him is that he was wearing blue underwear at the time of the interview, he said. He also stole Dan Catlin's cookie and ate it without him knowing.



Neal Thornbloom

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Female Athlete of the Week

Meg Weimer Dances it Up for All-Stars

By Ashley McMurray Staff Writer

This week's athlete of the week is Meg Weimer for her outstanding moves at the State Dance competition. She is a senior co captain on the All Stars Dance Team. Meg said, "Being captain can be stressful and exciting."

Meg got involved in dance when she was two her mom brought her to dance classes and ever since then she has been in dance. Meg said, "Sections went really good." They placed first in high kick and

second in jazz.

Meg also said that "performing at the target center was cool, less nerve-racking than the Xcel." The goal for them this year was to take state championship, but they took second. They had a great season. I asked Meg what is dancing like to you. Meg said," Dancing is like Heaven and Hell at the same time." Her greatest memory of dance is that she was close to all of the girls. So I guess this is a good job to meg and all the other dancers!



Meg Weimer



Lacey Pospeck

From the 70's and 80's

Staff Writer

Culture Club's Do You Really Want to Hurt Me

"Do you really want to hurt me, ____ Devo's Whip it

"When a problem comes along,_____

Queen's We Will Rock You

"Playin' in the street gonna be a big man some day,__

From the Past Ten Years

Creed's One Last Breath

"Hold me now, I'm six feet from the edge and I'm thinking My Chemical Romance

"I'm not Okay, I'm not Okayyyy, I'm not Okayyyy_____ Norah Jones Don't Know Why

"My heart is drenched in wine, _____

Kyle Hansen Staff Writer

What does your dream Say about you?

If you like it or not, we all got something in common: We all have to sleep and most likely during that time you may have some dreams to spice it up a little bit. That will most likely make sleep a lot more enjoyable. But sometimes you may have the occasional nightmare that might make good nights sleep a little more miserable and you may even have to lose some sleep.

There are some people that are like astrologers than can use dreams to determine your personality, predict the future, and do many other things. The stuff that happens in your dreams could be very exciting and that should be something that you should look into. Anything is possible in the dream world and some scientists are even using dreams to prove there are multiple universes called parallel universes that even have different laws of nature. Whoa!!! It does feel like you are in a totally different universe that many things that cannot happen if it was in real life.

Here is the meaning of some things that could pop in your dreams:

Snow – You need to express your feelings a little better. If it is melting means you are overcoming your fears. If it is snowing means it is a fresh start. If you are playing little bit. Don't get too worked out in the snow means you need to loosen up a little bit and have some fun. If it is a snowstorm means you feel left out and it's time to

make new friends, join a club or activity, etc.

Driving - This is a common guy dream. It represents your current path in life. If you are driving just for the fun of driving, you don't know what is ahead of you and you need to start getting your act together. If you are driving in a bumpy road, you have many obstacles that are keeping you from achieving your goals. If you are being driven by somebody means you are reliant on other people.

Cafeteria - If you are in the cafeteria means there are a lot of issues "eating" you inside.

College – If you are in college or university means you want to learn new things.

Bankrupt or Broke – That means you feel insecure about something and you don't feel like you are measuring up.

Clock – If the clock is chiming means you're procrastinating and there is a very important deadline to meet. If you see a stopped clock, it means it is an end of a relationship or friendship, or you are going to die. If the clock is looking "weird" like the hands are going fast or the pendulum is moving really slow, means there is an overwhelming task you have to complete.

Club – To dream if you are in the club, means you need to "chill" at about things.

Mall - If you are in the mall means you are trying to make an impres**Rain** –It means something good is going to happen to you. Rain is bad in real life especially when it comes to sports.

Sale - You are underrating yourself. You need to "sell yourself" a little better.

Gambling - You are participating in some risky activity.

Sports - If you are watching a game means you have inner or external conflicts with yourself. If you are playing a sport, means you are trying to solve a problem.

Internet -If you are browsing the Web means you want to obtain new information. If you are using e-mail, chat, or social networking, you are trying to make new friends. **Cartoon** – If you are living in an animated world means you want to get away from stressful situations. If you are watching cartoons, you are not taking life too seriously. TV - If you are watching TV

means you need to get some stuff off your chest. What is on the TV is what you are thinking about. If you get new channels means you are ready for new opportunities. iPod - The music on the iPod represents the impression you are

trying to make to other people. Church - If you are going to church in your dreams means God is trying to talk to you. The same thing happens when you see God, Jesus, Virgin Mary, etc. in your

dream.

President – if you are the president means you want to be the boss. If you see the president in your dream means you are getting some advice.

Principal – If you see Mr. Wagner or any other principal in your dreams means you have low self esteem.

Jail - If you are in jail means you are probably in trouble.

Running - If you are running away from somebody or running away from home, it means there is a situation you are trying to avoid. If you are running in a track meet, that means good times are ahead. **McDonald's** – If you are eating at McDonald's means you have a

very busy schedule and it is time to relax. **Grocery Store** – If you are at the

grocery store, that means there is a physical need that you are lacking if life.

Test – If you are taking a test, that means you are "put to the test" in real life. If you are taking your drivers test, means you are trying to accomplish something very important. If you fail the test that means there is a failure in real life. Or it could mean you are worried about that math test tomorrow.

Crush – If you see your crush in your dreams means "HE OR SHE LIKES YOU!" If you see your crush with somebody else means she doesn't really like you in that

These are just a few things that you can see in your dreams. If you want more, go to www.dreammoods.com or go to a library near you.

Staff Writer

Pisces 2/19 - 3/20

Today, do something out of the ordinary...focus more on yourself rather than others. Take a walk to think about things, the thinking may just do you some good.

Aries 3/21 – 4/19

Your crazy-busy schedule will slow down this week and you'll realize your friends have missed hanging out with you. So when you have free time be sure to spend it with the ones who need it most.

Taurus 4/20 – 5/20

Make someone feel special today, give them a complement. Who knows you may end up with a new friend or even better a new relationship. Some on you know you're a sucker for Romance.

Gemini 5/21 - 6/21

Don't be afraid to stand up and fight for what you want. You're leadership skills will stand out this next week, putting you in charge of something big. Just take it one step at a time and realize not everything can be perfect.

Cancer 6/22 - 7/22

You've been struggling the past week around your peers. But remember to just live your life not caring what others

think, shake off the drama and prove to them that you're better than they think you

Leo 7/23 - 8/22

You've been spending money like crazy lately... it's time to slow yourself down and realize that the most enjoyable experiences are often free.

Virgo 8/23 - 9/22

Congratulations!!!! You are having the best week ever. Don't let these days just pass you by, make them worth the while. You've always been a creative one so I know you'll think of something.

Libra 9/23 - 10/22

You may find the first part of the week something of a let down...however. towards the end your energy level will rise to new heights. Take the weekend off and hang with friends.

Scorpio 10/23 – 11/21

You've been a little short on cash the past month, however, that hasn't stopped you from keeping yourself busy. You've realized that you don't need money to make you happy. Reward yourself with a little something in the next few days.

Sagittarius 11/22 – 12/21

Today may be a real low energy day for you and the smallest of matters may irritate you. Chill out and listen to some music. Tonight you'll feel a whole lot better, just relax and get some sleep.

Capricorn 12/22 – 1/19

You've been working really hard lately... take a break and chill with a friend. After you relax, you will learn something good is coming your way. Don't get too excited when you find out what it is, or it may just go to your head.

Aquarius 1/20- 2/18

You are feeling strong and powerful with everyone on your side, due to the fact you're a great friend. You are really more mature than most people you know; taking responsibility is what seems to suit you best. However, sometimes you may feel its right for you to stand back and let someone else handle things for a change.

Heap of the Week

Ginelle Espeseth and Kyle Mindrum Staff writer

Kayla Lamson was chosen as the Heap of the Week. We asked Kayla some questions about her big heap! Three items Kayla has to have in her heap are 1)Radio 2)Gas 3)Heat. I think the most of us would agree with that! Her heap is a blue 1991 Pontiac Sunbird with one headlight with no cover over light, automatic and has over 230,000 miles. The craziest place her heap has taken her is Lacross, Wisconsin. Her favorite part about her heap is that it has a nice stereo system. Then finally we asked how she felt about being the first heap of the week and her response was, "Well, my car is a heap!" Who will be Heap of the Week next week? I guess we will have to wait and find out.



Kayla Lamsons 1991 Pontiac Sunbird



Advice From Chrissie

Dear Chrissie Chaos,

When I'm with my boyfriend we talk for hours and have plenty of things to discuss, but when we talk on the phone it's awkward and hard to communicate. I don't understand why we can talk each other's ears off in person, but a phone and some distance makes us nervous; any suggestions?

Sincerely, Failure to Communicate

Dear Failure to Communicate,

Since the invention of the cell phone our communication skills electronically have been spread out. We have learned to IM, E-mail, Text, and have forgotten how to pick up the phone and actually talk to people. With this lack of contact it's made us technologically impaired. I suggest the usual, "How are you?, how was your day?, what are you going to be doing later?", and those normal questions, but you can actually be more sincere with your own answers. Ask questions to your other half that are open ended. That means do NOT ask just yes or no questions. Tell stories about yourself, whether they are embarrassing or not. Ask him questions about some of his stories. Last, but not least, be more interested in his life outside of you. What does he do when you're not around? Be interested in who he is.

Sincerely, Chrissie Chaos Dear Chrissie Chaos,

I am in 7th grade. My "friend" always asks for a copy of my notes for tests. I asked her why she doesn't use her own notes, but she says mine are better. I think she is just not paying attention in class and I am starting to feel like I am being used. What should I do?

Sincerely, Young and Confused

Dear Young,

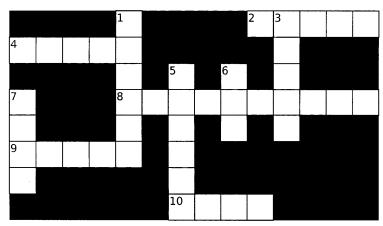
An option you can try is to ask the friend if they'd like to study together. It is possible that your teacher doesn't teach the way she learns. Everyone learns different, whether it is hands on, visual, hearing it, or many other ways. Chances are they are struggling in the class and want to pass, their answer: cheating. If the friend puts you in a position where they tell you a "real friend" would help them, then they are not a true friend to you. I understand that you probably do not want to lose this person as a friend so a few things you can try are, talking to them personally about how it makes you feel, talk to a trusted adult who may help you with the situation, and if this does not work you can try to help her redo her notes in an easier to read manner. If these options do not help consider an adult's outside opinion.

Sincerely, Chrissie Chaos



Winter Sports Puzzle

By Taylor Wilke Staff Writer



Across 2 Aitkins 112lbs Wrestler

4

- 11th Grade Jazz Team Captain
- Catlin and

this years
BB-Ball Captains
Aitkins only rep.
in Girls Hockey

- 10 Emily, Lauren, and _____ are the are the Girls B-Ball Captians
- Down
 1 Aitkins 135lbs
 Wrestler that
 earned the title of
 All Confrence this
 year
- Aitkins Girls B-Ball all time scoring leader
- 5 The new BB-Ball Coach
- 6 The place the girls High Kick Dance Team got at State
- 7 The boys senior on the Lightning Hockey Team