

THE CHIEF GAZETTE

Friday, April 23, 2010

Is It Really Worth It?

Have you ever thought, "I'm fat" or "I need to lose some weight,"? Has it ever gotten to the point where you've wanted to quit eating all together, make yourself sick, or exercise all the time? I sure hope not. The reason I ask you this is because in today's world it is becoming more and more common for girls to have eating disorders. The pressure to be thin and in shape is affecting the health of many around us. Two of the most common eating disorders are Anorexia Nervosa and Bulimia Nervosa. Anorexia is where you don't eat at all. Skipping meals is really bad for your health; your body doesn't get enough nutrition. Often times, girls who suffer from anorexia look very sick; in a year, they could lose 25% or more of their body weight. It is also common that people who suffer from anorexia become engrossed with food. They tend to make big meals for other people and never eat anything themselves.

Bulimia is just as bad as Anorexia. When people are taking dramatic measures to get rid of food, have an obsession with exercising, and the way they look, it's a good chance they are suffering from bulimia. Binge eating is linked with bulimia also. People will binge eat, make themselves vomit, and then go exercise.

This all comes from the pressure of people in the media. Models are all so tall and so skinny that people, (most times girls) think if they have a little bit of fat on them, they are overweight and take dramatic measure to look like the models do. Feeling comfortable in your own body is very important. You don't want to make yourself sick to look good. If you feel you truly need to lose weight, there are healthy and safe ways to do it. So, next time you think "I'm fat" or "I need to lose weight," think again. Do things the right way and feel comfortable about yourself.

Laura Gomm

GET OUTSIDE!

It's getting to be my favorite time of the year again. The weather is getting warmer, the trees are beginning to blossom, and everything is turning green. This also means that it is time to get off those couches and get outdoors. This isn't only the more fun choice, but the healthy choice. Get outside and shoot a basketball, have a homerun derby with some friends, fish, take a bike ride, or go swimming when the weather gets hotter. The main thing is to just be active. If you're having trouble getting off your gaming system and getting outside, you should ask someone to go outside with you. It's always more fun to do activities with someone you enjoy being with. I spend most of my time outside, and I believe this is a good idea for everyone to do, to have fun and stay healthy. It's only nice out for five months out of the year, so you might as well enjoy them.

By Thomas Dahlke

NEWS

What Did You Win?



Once again Post-Prom had a good turn-out. Many people showed up to play games, win prizes, and eat great food.

Many people took home some great prizes after gambling their money. Amber Rietveld won a microwave. "I plan on using it at college," commented Amber. Zach Snortum took home an awesome GPS, while Stacey Krull won a four-day pass to Country USA. Thomas Dahlke took home a certificate for 18 holes of golf at New London and a new tackle box. "I am really looking forward to golfing!" exclaimed Tommy.

Even people who did not win still had a great time. Jared Besch really enjoyed Post-Prom even without winning a prize. Jared commented, "It was still great to hang out with my friends instead of being home alone." However, Jared really hopes to win a great prize next year.

Thank you to everyone who devoted their time to make Post-prom a success. Many students really enjoy it.

Rogena Warner

National Honor Society Induction Ceremony



The National Honor Society had its annual ceremony on Wednesday, April 21, 2010. The National Honor Society is for students who demonstrate character, scholarship, leadership, and service. Each year new students

are inducted in, current members are honored, and new officers are installed.

This year NHS gained many new sophomores including: Freddy Fielding, Harley Krause, Samantha Neumann, Alexa Pahlow, Michelle Ritchie, Nicole Ritchie, Kyle Scott, Emily Seymour, Jason Vander Wielen, Seth Warner, Natasha Weren, Kevin Wieser, Colin Winter, Megan Wright, Adam Zahradka, and Samantha Zurfluh. National Honor Society welcomes all the new members and hopes they strive to keep up the good work.

New officers for the 2010-2011 school year include: Rogena Warner as president, Jacob Riehl as vice president, Elaina Jandourek as student council representative, Alex Patza as secretary, and Freddy Fielding as treasurer. Thank you to last year's officers for all of your hard work and good luck to this year's.

Congratulations to everyone involved in National Honor Society!

Rogena Warner



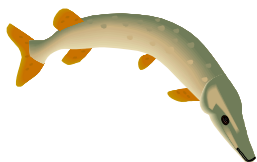
Business is Booming!

About this time every year, Shiocton has many visitors that come to Bamboo Bend to look at the sturgeon. If you drive past Bamboo Bend on a warm day coming up, you will probably see many of these people walking up and down the bend looking at the sturgeon spawning. Another way to see the sturgeon is to look at the Wolf River cam on the DNR website; even though you can see them on the internet in the comfort of your own home, it is not the same as going out and seeing them in person. All these visitors coming to see the sturgeon help out our small businesses like the Mini Mart and Colwitz's because they like to stop in and get some gas, soda, or snacks.

This week I went to ask these two gas stations if the sturgeon were bringing in a lot more business than what they usually have, and both of the gas stations answered yes to that question. The Mini Mart said that they are selling more of everything. The visitors stop in the Mini Mart just to ask for directions to Bamboo Bend in order to find it. A worker at the Mini Mart stated, "Even though there are many people who stop in to find Bamboo Bend, they also stop in to use the restrooms, and sometimes they stop in to grab a bite to eat at subway." When I stopped in at Colwitz's to ask them these same questions about the sturgeon, their responses were very close to that of the Mini Mart. The business at Colwitz's is doing very well; the sales have shot up.

As you can see, the sturgeon at Bamboo Bend is good for our town. They have brought people from towns bigger than ours. The sturgeons don't only help our gas stations get better business, but they help the food industries because the visitors are thirsty and hungry. Therefore, they go eat at one of our restaurants like Subway, the River Rail, or Wickies. This helps the whole town out.

By: Stacey Krull



Earth Day



Did you know that the founder of Earth Day was Gaylord Nelson, who was a U.S. Senator from Wisconsin in 1970?

Earth Day began on April 22, 1970, and has been an important day ever since. The purpose of the day is to inspire appreciation for the earth's environment and awareness of issues that threaten it. Some people celebrate Earth Day on the first day of spring, which is around March 21, while others celebrate it on April 22. About 20 million people participate in inaugural Earth Day activities around the United States. In 1972, Congress passed the Clean Water Act, which limits pollutants in rivers, lakes, and streams. In 1973, Congress passed the Endangered Species Act to protect animals and their ecosystems. Gaylord Nelson received the Presidential Medal of Freedom in honor of his environmental work in 1995. In the year 2000, millions of people in 184 countries celebrated the 30th anniversary of Earth Day. Let us continue to celebrate this day, and we will help the environment. Save the earth before it's too late!

Ilene Sanchez

EDITORIALS

Earth Day and You

On April 22nd, Earth day was here. People all over the country took this time to try to clean up the Earth to make it a healthier environment. There are more than one billion people in over 190 countries taking action this year. Ilene Sanchez says, "I don't really know what I'm going to do, maybe carpool to use less fuel." You can do simple things to help the environment like recycle plastic bottles, cans, and paper. Instead of using plastic water bottles, you could go out and buy a reusable one. Getting your parents to go out and buy toxin-free cleaning products is another way to help the environment. Planting trees is also a way to help the environment by putting more oxygen into the air and taking carbon dioxide out of it. Many people can do so much by doing the small things like turning off the water when brushing your teeth or turning off the lights when you don't need them. There are so many ways that you could help out this year. Just by doing one of these environmentally friendly actions could make a difference. Go green and help out the Earth.

By: Amber Rietveld

Fishing

If you go fishing, you know that the river has been low this year because of the lack of snow and rain. Because of this, it is affecting the walleye and carp spawn because they can't go into some bayous and flooded areas where they like to spawn. Thomas Dahlke said, "This year has been a slow fishing year for walleye; hopefully, the water will be higher next season so that they can get a good spawn in." However, this year's sturgeon spawn went very well, and I have been getting a lot of sturgeon on my line, so far. Even though you can't keep sturgeon, they are very fun to get on and fight with for awhile. What makes for good spawning weather for these three types of fish is warm weather and water temperatures of 40 degrees or more. For walleye and sturgeon, they like to spawn on rocks. But carp like to spawn out in flooded fields or ditches. Although fishing may be slower than normal, it is still a fun activity.

By Austin Hooyman

Video Games

Do video games take up as much space as teachers say games do on the system's bandwidth? What if kids want to design video games when they get older, would not letting them play games be taking away from their learning and understanding of games? Mrs. Van Lanen said, "I guess it would. However, most of the people that I see wanting to play games at school don't have any interest in writing programs or using computers to be productive. They simply don't want to do school work." Apparently by playing video games it slows down the internet because there is too much bandwidth being used to keep things popping up and moving on video games. I believe that Mrs. Van Lanen is right on her statement, but I myself might want to become a video game designer because I love to play video games and could play them all day. Thomas Dahlke thinks that video games should be allowed to those who have their work done or if they're on the A or B honor role.

By Austin Hooyman

How Well Do You Know Your Teacher/Staff?

This week I decided to switch it up and interview a member of the Shiocton High School staff. This should make it a little harder to guess. Good luck!

I attended school at Fox Valley Technical College. I like to fish, horseback ride, and shop. I am married and have four children. Not many people know that I hate swimming and cooking. I have never climbed a mountain. I hope to visit Australia before I die. I never leave my house without lip gloss. If I could be anyone for a day, I would be Annie Oakley. My favorite movie is Gone With the Wind. If I won the lottery, the first thing I would do with the money is pay off my debts. I am afraid of being outside in the dark. On the weekends, I do absolutely no housework. Students think of me as a scary person. The best thing about my job is that I get to have summers off!

Rogena Warner

Featured Student

I hope last week all of you figured out who the featured student was; I thought it was pretty easy. Here is another student for you to get to know a little better.

I am a senior this year and am 18 years old. My favorite class in school is psychology. I like psychology because we do many activities in the class, and we get to learn further about the human body, like if we are right brained or left brained. I'm not in any sports in school, but I play them at home with my family. In my spare time, I love to hang out with my friends, go shopping, and going on Facebook to talk to my friends. If I'm not at home, I would most likely be at my best friend's house. If my friends had to describe me, they would probably say that I was nice, sometimes outgoing, friendly, talkative (once they get to know me), and easy to be around. In the near future, after high school, I plan on going on to a technical college. What I am thinking of going into is desktop publishing. Even though the tech is a two year school, I might transfer to a four year college. Also, in the future, I plan on having children; I want to have four, hopefully two boys and two girls.

By: Stacey Krull

Is Subway Really Good For You?

Most people think that going to Subway is a healthier alternative than going to fast food joints like McDonalds or Burger King. I'm here to tell you that Subway can also be just as bad. I recently went to Subway and all the nutritional facts say that they are based on a 6-inch wheat sub with lettuce, tomatoes, onions, green peppers, pickles, and olives. These are the 6 grams of fat or less sandwiches; they are the only ones on the nutritional guide that don't include the cheese. These sandwiches include ham, oven roasted chicken breast, roast beef, subway club, sweet onion chicken teriyaki, turkey, turkey and ham, and the veggie.

For those who like the double meat and think it is better than McDonalds or Burger King, think again. The double meat Italian B.M.T, 6-inch with only the meat and bread, is 630 calories with 35 grams of fat! That's more than McDonalds Big Mac which is 560 calories with 30 grams of fat. If you choose the right double meat sandwich, you don't have to worry. The Subway club double meat is 420 calories with 8 grams of fat. The down side to that is the sodium intake. You double the amount of salt that goes into your body.

Let's talk about some of the extras. For condiments, you should be getting vinegar or yellow or deli brown mustard since they have the least amount of calories and fat. Cookies, chips, and desserts are what get most people. One chocolate chip cookie is 210 calories with 10 grams of fat. You should instead have a bag of apples for 35 calories and 0 grams of fat. Choosing chips is another great idea instead of the cookies. Subway now has baked chips which are great! Most of them have 170 calories or less with 4 grams of fat or less. So, is Subway really all that good for you? Yes, but only if you choose right and don't double your meat.

By: Amber Rietveld

SPORTS

Chiefs Suffer Some Tough

Losses

This week the softball team had four games. After returning from Florida, the girls were ready to play. Our first opponent was Wittenberg-Birnamwood. The first couple innings went surprisingly well. We were hitting the ball and playing great defense. In the 3rd inning, we scored two. However, Wittenberg came back and scored 9. We needed to get those runs back. When it came down to it, we couldn't hit the ball in the right place. In the 6th, they scored another two. We had some major work to do. We couldn't pull it off. With a final score of 3-12, we lost the game.

Tuesday, we had a game against Bonduel. The game started off great! Everyone was playing together, and we were hitting the ball. Bonduel scored 1 in the 2nd inning, meaning we needed to score more. So in the 3rd, we scored two putting us ahead. It was enough of a cushion for us though. Both teams had some great innings leaving the score 2-1 Chiefs. It got to the 6th inning, and we have a few too many errors allowing them to score seven. We came back and scored two more in the top of the 7th. Yet again, it just wasn't enough to pull off a win.

Thursday night, we had a game against lola at home. Again the game started off well. We were really getting around on the ball and fielding was good. However, one or two bad innings cost us 16 runs. We came back and rallied in the 5th, scoring four. We lost in 6 with a score of 5-16. Hopefully, we can get a game with no errors and a win soon!

Laura Gomm

Track

On Monday, the Shiocton High School track team traveled to Stevens Point. It takes an hour and a half to drive to Stevens Point, so we had little time to do anything once we got to the track. When we arrived, it was second call for all field events. When we heard this, everyone threw down their bags in one pile and ran to their first event. With a total of 8 teams competing at this meet, we knew we were in for a lot of work if we wanted to take first place. After about five events finished, the announcer read off the schools from last to first. We weren't doing so well, so last place was not too surprising. The track that we were at also had a concession stand with Little Ceasar's crazy bread, and subs and pizza from Subway. After all 16 events were completed, the final results were not as good as we had hoped. With the boys and girls both finishing in last place, we have a lot to work on if we want to get into the top of the conference.

By: Zach Snortum

New Look For Football?

This year the football team is thinking of getting new jerseys. They are going to look similar in design, but they will look more like under armor and will not have the name on the back if the idea passes. That is the only down fall. If we were to get the names on the back, it would cost around \$130 per person to get his own jersey. Otherwise, the Grid Iron Club will buy them and save the kids money and then reuse them for the next year. I asked Mr. Heinemeyer how he feels about the new jerseys, and he replied, "I like the idea of not having the name on the back because we play for the name on the front not the back." Isaac Guyette likes the new jerseys and thinks that not having the name on the back is a good idea; He said, "It would be less distracting, and we all play for the team not just for our names on the back." I personally don't care if the name is on the back or not; I feel that jerseys with the names on the back are more for the girls who wear the jerseys at the game to support a football player. Austin Hooymān

Mr. Schmidt

Selected All Star Coach

The Wisconsin Basketball Coaches Association selected our very own Boys Head Basketball Coach Chad Schmidt to be the head coach for the High School Division 3 (North Team) All-Star Game that will be held on June 19, 2010 (2:15 pm) at the UW-Field House in Madison, WI. The players and coaches participating are asked to raise \$500 through sponsorships for the MACC Fund (Midwest Athletes against Childhood Cancer). Last year, the all-star players and coaches raised over \$100,000. "I had the awesome privilege five years ago, as an assistant all-star coach, to visit the Children's Hospital in Madison. It was there, that I was able to see firsthand where some of the money goes from the MACC Fund. It is my goal to be a leading contributor in gathering donations for this worthy cause and to show that my friends, relatives, colleagues, and community members support such a worthy cause. If you would like to sponsor me, send me a check directly. Any amount would be appreciated. Thank you for your support and contribution" said Mr. Schmidt. Mr. Schmidt is looking forward to this great opportunity.

By Jared Lee Besch

Milwaukee Bucks

After ending their NBA basketball season 46-36, the Bucks made the playoffs for the first time since 2003. The Bucks received a fifth seed and are currently taking on the fourth seed, Atlanta Hawks. This should be a good match up for the Bucks. Andrew Bogut recently went down with an injury, so they are a bit undersized now. That is okay because the Hawks are also undersized. In the NBA, a playoff series is the best of seven, so the first to four victories is the winner and will move on in the playoffs. Milwaukee got off to a slow start as they lost their first game by the score of 102-92. Brandon Jennings scored 34 of Milwaukee's points which means that he is going to have to get some supporting help on the offensive side of the court. They also gave up 102 points which isn't so good; they will have to step up the defense if they want to win this series. They played their second game Tuesday night and lost once again. They lost the game 96-86. The Hawks owned the court with their outstanding defense in game two. Atlanta had an amazing eight blocks in the game. The Bucks are going to have to find some better looks from the field in game three, when they come back to Wisconsin to play for the next two games. If they don't get things going, this could be a short lived series.

By Thomas Dahlke

NUTRITION TIP OF THE WEEK

By Brock Pahlow

The Gatorade Company has decided to release their G-Series Pro product to the public after only being available to professional sports teams for the last few years. On April 13th, Weider Publishing announced the release of the Pro-Series. Also adding fuel to the fire at the April presentation, NFL running back LaDarian Tomlinson and quarterback Eli Manning were boasting about how great this product is! GNC also encourages people to use this product for replenishing the body's necessary nutrients, along with its classic Electrolytes to help your body refuel and recharge!

You Know What Really Grinds My Gears...

When People Cheat You in Basketball Games

By Brock Pahlow

You all know what I'm talking about, if you've ever played the basketball game known as "Lightning." There is always that person that takes way too long to get the ball back to you. Thus, giving the person behind you the chance to drain the bucket, making it look like you just got "schooled." When you make the shot, whip that bugger back to the next guy in line! And speaking of line, STAY IN A LINE! Nothing irritates me more than when people stagger off to the side, because the people throwing the ball back will throw it to the wrong person almost every time. Not only do people who lolly gag around screw up the next group, but the outcome of the entire game! Or how about when you're playing Horse Tip-In and the guy/gal will straight up catch the ball instead of attempting to tip it in. I throw up anything that touches my hands; just ask Jesse LaPinske about the ridiculous shots that I pulled out of my [buttocks]. Either tip the rock in or get out of the way! It's always more fun when you have 10 tips instead of some loser catching the ball or spiking it out of the way, so he doesn't get a letter. Still, it's about having fun...unless you take pride in yourself by showing you're better than everyone! Besides, if winning didn't matter, why do people get eliminated???

The Featured

Why Care?

The Featured
Teacher/Staff
Is:

Student Is:

Ilene Sanchez!

Mrs. Warner



Why care? Hmm...that's a great question. Why do people care so much about what people say or what people think? In high school, it seems to be a huge problem. People are afraid to be themselves. They're always acting out to be someone other than who they truly are. And to be honest with you, it really irritates me. Maybe it's because I'm the total opposite? I could care less. You don't like me...ok that's cool? But, there are other people out there who literally are always worrying. "Oh what did he or she say about me? Are they mad? I'm going to cry!" Give me a break. I mean there is nothing worse than stupid high school drama. It is a never ending story. It's just like the soap operas on TV...only worse! Brock Pahlow commented "I don't care what people think, but it's when people think that they are sooo much better than everyone...that's when [poop] will hit the fan!" If you're one of those people who cares way too much, I have advice for you...umm change! Because life is too short to care what people say or what people think. Don't CARE!

By Jared Lee Besch