



**Today:**  
 Partly cloudy.  
 Breezy.  
 High 82°.

**Tonight:**  
 Partly cloudy.  
 Low 58°.  
**Saturday:**  
 Partly cloudy.  
 High 81°.

*Tuesday NOW is brought to you by: Boston's*

WASHINGTON HIGH SCHOOL • SIOUX FALLS, SD

**Happening today**

- Football:** 6 p.m. at Spearfish
- Softball:** vs. Stevens, Central and Douglas in Rapid City
- Girls Tennis:** Varsity, junior varsity 4 p.m. in Brookings

**Lunch time at WHS**

- Today's lunch:** Cheeseburger with fries
- A la carte lines:** Pepperoni hot pocket, cold sandwiches, chef salad, burrito
- Monday:** Barbeque beef sandwich
- Representatives visiting WHS:**  
 Today ..... U. of St. Thomas, Minn.  
 Sept. 23 ..... Minn. West Tech  
 Sept. 28 ..... USD, Vermillion

**Group meetings**

- Key Club Officers:** 3:15 p.m. Monday in E-105
- Key Club:** Organizational meeting 3:15 p.m. Tuesday place TBA
- SADD:** 7:45 a.m. Wednesday in A-113

**Other reminders**

- Blue Health Forms:** All forms are due now in the student services office
- AIDS Walk:** A fund-raiser for AIDS research will be held Saturday—pick up a form in the counseling center
- Mayor's Youth Council:** Apply now—applications in the counseling center

# Warrior Marching Band 'Livin' in the City' Saturday

By Kristen Burns, Kasie Hummel and Amanda Rasmussen

The marching band season has officially begun—this Saturday the Warriors will compete in the Pursuit of Excellence Competition in Marshall, Minn., at Mattke Field at 2:35 p.m.

Top-ranked bands from all over Minnesota and surrounding states will compete.

Senior drummer Eric Loy said he believes the band will be more competitive this season than in previous years.

"I think we will do well," Loy said. "Everyone is very excited to get started."

This weekend will also be the band's first competition in their newly purchased uniforms, their first new outfits in 15 years.

Junior Alex Zuke said he is excited to be in band at this exciting time for the group.

"I was really happy we received new uniforms because the others were older than I am," Zuke said.

"Livin' in the City" is the theme for the Warrior Marching Band's 2005 show. Music from "Livin' in the City" will be different from in previous years, Loy said.

Loy said he thinks the crowd will enjoy the show more this year.

"The music is more modern and sounds much better," Loy said.

The Warrior Marching Band has been prac-



Photo by Kristen Burns

**LINE UP**—Saxophone players including (from left) junior Mason Boutros and freshmen Landon Blow and Connor Quinn are "Livin' in the City" this morning.

ticating religiously every morning on the football field behind the school in preparation for this weekend's competition and others.

Zuke said he feels the band is ready to win the "Pursuit of Excellence."

"I think we will do OK because we are a lot farther along this time of the year than in other years," Zuke said.

# Football team travels west

By Emmylu O'Donnell and Miki Hopp

The varsity football team is traveling out west today where they will be back in action tonight in Spearfish at 6 p.m. or 5 p.m. Mountain Time.

The Warriors are looking to improve their season record to 3-1 with a Greater Dakota Conference win tonight. With the Spearfish Spartan's 0-3 record, the Warrior's are the favored team going into the

Greater Dakota Conference game.

Junior quarterback Jordan Lakatos said he is looking forward to going to work.

"We're looking at this game as a business trip, and plan on bringing home a win," Lakatos said.

Junior receiver Casey Smith said he hopes for as few mistakes as possible.

"I hope we will play well together as a team, with no

little mistakes," Smith said. "If we execute our game like I know we can, we'll come home with a win."

Coach Brian Hermanson also has faith in the Warriors' ability tonight.

"If we play to our potential, we will win," Hermanson said.

After tonight, the Warriors' will next be in action against the Mitchell Kernels, with Mitchell having home field advantage, Sept. 23.

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**Please share—leave on tables until 5B**

# Q Warrior & A

A profile of a WHS staff member

**Editor's note:** *The Warrior Q & A is a weekly profile of a Warrior staff member with the goal of helping members of the WHS community come to know each other better. Subjects are chosen at random by the NOW staff.*

- Name:** Jason Rygg
- Position at WHS:** I am the WHS assistant director of bands.
- Who are your family members?** My family consists of my wife, Beth, who is a music teacher at Hawthorne Elementary and a daughter, Shanna, who is 7 and my son, Kyle, who is 3-years-old.
- What is your favorite activity outside of school?** Does eating count as an activity? If not, then I'd say golfing.
- What is something fun that you did this summer?** What is summer? I completed my second of three years of graduate school in Ashland, Ore.
- What is your favorite part about WHS?** WHS has the best people on



Jason Rygg

planet Earth. I have really enjoyed working with the students, staff and administration here.

Assembled by  
Dzenan Berberovic

## Second-hand smoke can harm a fetus

By Stuart Eskenazi  
The Seattle Times  
(KRT)

SEATTLE—Trish Kump enjoyed working behind the bar at the Tides Tavern in Gig Harbor, Wash., pouring drinks in front of a lineup of ashtrays—and the smoking customers who used them.

An air purifier helped suck up some of the errant smoke, but not all of it. Newly pregnant, Kump began thinking about a story told to her

## Science Friday



by a pregnant co-worker at the Tides: After her first visit to her obstetrician, the doctor was convinced that Kump's co-worker was a smoker, when in fact she had never touched a cigarette in her life.

Kump began eyeing those ashtrays more perilously, concerned about her exposure to secondhand smoke and the consequences to her health and that of her unborn child.

"It's not like I could just walk away from the smoke," Kump said. "The bar, where most people smoke, was my designated area to work."

Doctors routinely warn expectant mothers about the dangers of secondhand smoke—that it can increase the risk for miscarriage, sudden infant death syndrome, low birth weight and premature birth. Now, new research suggests that secondhand smoke might be every bit as damaging to a fetus as if the mother were inhaling the smoke directly from a cigarette.

The research was published earlier this summer in the online journal BMC Pediatrics.

*The NOW is printed on paper purchased by the WHS Booster Club.*



# High school students need naps, too

Remember back in our kindergarten days when the teacher would say, "All right children, it's nap time," yet none of us wanted to sleep? We all wanted to play. In the end, we would end up lying down and just pretending like



Hear me...



Callie Mowry

love to hear the words "nap time" in one of my teacher's classes every day. So many kids come to school exhausted with the need of 15 or 20 more minutes of sleep. I mean, why do teachers think we students try to sneak a nap in

their class? Duh—we were up late last night trying to complete the assignment we were given. Well, that and jobs and just staying up too late.

It is proven that our brain is the most used organ in our body, so why not give it a little break? Going from class to class and making our brain skip from subject to subject causes the brain to wear out. The longer we continue with this rule, the harder it is to remember everything we had studied the night before for that up-coming test.

Teachers, I see you walking around in the halls like you could use a nap, too. I've even heard a few of you talk like you could use a short nap. Come on, you teach the same thing over and over—you deserve one too!

I believe it's time we helped our brains out. Let's "give 'em a nap!"

Junior Callie Mowry wants to take a nap now!

## Runners travel to Huron

By Jon Economo and Whitney Weber

Cross country teams hope to leave Huron in the dust Saturday.

After suffering a hard loss during the most recent city-wide meet, the Warrior varsity and junior varsity cross country teams want

to bring home a victory.

This Saturday, they will travel to Huron to compete in the Huron Invitational.

Sophomore Scott Ritter said he thinks the team will do well.

"In the end, we'll come out strong," Ritter said.

## Freshman football, volleyball teams in action at WHS, Luverne Saturday

By Amanda Rasmussen and Kyle Dressing

Freshman teams will be going strong this weekend as both the freshman football and volleyball teams compete.

On Saturday the freshman football team will host Brookings at 10:30 a.m. on

the Warrior field.

The freshman volleyball team is heading to Luverne, Minn., for an invitational tournament beginning at 9 a.m. Saturday.

Freshman athletes hope for some Warrior student fan support at the games this weekend.

# Advertise Here!

Sponsorship of the Thursday NOW is available. Call 367-4245 or see a staff member for details.

## NOW Un-Classified ads:

**FOR SALE:** 300-pound Olympic weight set with bench press and leg lift \$250/OBO. Phone 338-9636 or 331-6778.

NOW Un-Classified ads listing merchandise for sale are available to WHS students and staff for \$1 per day. All ads must include a price and contact information. Submit ads to Jason Lueth at WHS.