

- Varsity boys golf city meet fourth round 4 p.m. at Willow Run
- Freshman boys golf city meet 4 p.m. at Kuehn Park
- Variety show rehearsal 3:15 p.m. in auditorium



Weather

Today: Mostly cloudy. Showers and thundershowers. High 70°.

Tonight: Cloudy. Thundershowers. Low 55°.

Thursday: Cloudy. Rain. High 58°.

Campus

Lunch today: Special dinner

A la carte lines: Sausage pizza, chef salad, hamburger, taco hot pocket

Thursday: Chili

Meeting announcements:

•Variety show participants will meet to rehearse at 3:15 p.m. today in the auditorium.

•Upward Bound students will meet at 3:15 p.m. today in A-143.

•The Principal's Advisory Council will meet at 7:30 a.m. Thursday in the administrative conference room.

•The Photography Club will hold an organizational meeting at 3:15 p.m. Thursday in C-104.

•Diversity Committee members will meet at 7:30 a.m. Friday in the administrative conference room.

Yearbooks still available

Students who purchased a 2004 Warrior yearbook but have not yet picked it up may do so in the student services office or A-134 before or after school.

A small number of books are also still available for \$50.

Orange Letter Days

Dress up on Wednesday

This week is Orange Letter Days homecoming week at WHS. The week will feature dress up days.

•Today Dress-Up Day

•Thursday . . . Support Your Troops

•Friday Orange and Black

Students need to buy tickets to events at a table in the commons during lunch this week. Tickets to Thursday's coronation and variety show are \$2. Tickets to Friday's Pizza Feed are \$3 and dance tickets are \$5.

Group photos taken

Photos of various activity groups will be taken all day today at WHS.

See a teacher or activity adviser for the schedule.

Drink to your health. . .

Diet soda part of plan to make students healthier

By Alex O'Hara, Haley Vellinga and Mike Merry

Lately the vending machines at WHS have looked a little slimmer as diet soda has taken over the options.

A school district committee has recommended limiting choices to diet soda by the end of this year, eliminating soda from schools completely by the end of the 2005-06 year and removing sports drinks by the end of the 2006-07 year. The plan is still pending approval by the school board, but the WHS Principal's Advisory Council decided to take the plunge now instead of waiting. WHS now features only diet soda in the school store and vending machines. Regular soda is still available at events.

The recommendations, which also cover snack vending choices, came from a committee concerned with student health, principal Bill Hoff said.

"It was based on the choices and preferences of a committee that was made up of students, including some from WHS," Hoff said. "They decided this would help make the students healthier."

While students are adjusting to the change, many are not happy about it.

Junior Megan Fiedler is one student who is not an avid fan of diet pops.

"I like regular Coke, and I don't understand—if you can't watch your own calories yourself or stay healthy, the school shouldn't have to do it for you," Fiedler said.

Biology teacher Brent Eliason, on the other hand, said he supports the decision.

"I agree with the decision that was made," Eliason said. "We need to live healthier and drink more vitamin enhanced Propel Fitness Water."

But with only diet choices available, the question that remains is which diet pop tastes better—diet Coke or Diet Pepsi? To find out, the NOW offered a taste test recently in the commons as Diet Coke came out ahead 11 to 4.

Junior Andrew Beck said he liked the exper-

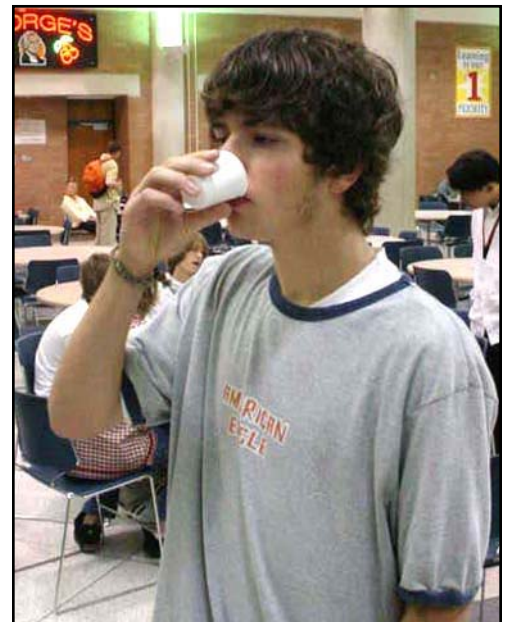


Photo by Alex O'Hara
DRINK UP—Sophomore Ben McCoy takes a taste test between Diet Pepsi and Diet Coke recently in the commons. Diet Coke came out on top in the blind test.

iment.

"I thought it was a cool, delicious activity," he said.

Sophomore Steven Lindquist said one soda was the obvious choice.

"The other pop tasted flat," Lindquist said about the soda he drank.

"The pop with the 'X' tasted like fake sugar," senior Aaron McGuire said. The "X" labeled the Diet Pepsi.

Some individuals are not big diet pop fans. Teacher Doyle Becker had a negative reaction toward both pops.

"They were both awful," he said.

Although some changes have already been implemented, WHS students are taking it in stride and will hopefully be healthier as they turn to non-carbonated choices soon.

Warrior opinions

If there was one person that you could play hopscotch with, who would it be and why?

Photos by Sara Hughes assembled by Nicole Gruhot and Dzenan Berberovic

Kyle Dressing freshman



"I would play with my brother, senior Eric Dressing because he's cool."

JoAnna Halverson sophomore



"I would play with Adam Sandler because he would make it fun."

Amy Ritter junior



"I would play with Ashton Kutcher because he is really good looking."

Eric Dressing senior



"I would play with Dave Matthews because he is a great musician."

Jamin Ratzlaff staff



"I would play with Abraham Lincoln because he is a national hero."

U.N. to deliver aid to Haiti

GONAIVES, Haiti (AP)—Bodies lay in growing piles outside morgues as U.N. peacekeepers planned the first major distribution of food and water Wednesday in this city devastated by floods that have torn apart families and left hungry crowds that have mobbed truckloads of aid. The death toll from deluges unleashed by Tropical Storm Jeanne climbed to the more than 700.

Here's what's happening in your world



Airlines told to turn over passenger data

WASHINGTON (AP)—Information on passengers who took a commercial flight within the United States in June will be turned over to the government so it can test a new system for identifying potential terrorists. People will have a chance to tell the government what they think about the plan during a 30-day comment period, federal officials said on Tuesday.

Studies: walking may ward off Alzheimer's

CHICAGO (AP)—The health benefits of regular walking may include helping prevent mental decline and Alzheimer's disease, research in patients aged 70 and up has found, bolstering evidence that exercise needn't be strenuous to be good.

Volleyball team falls to O'G in three games

Volleyball

By Lisa Jarovski

It was a Whopper of a night for the WHS volleyball team Tuesday as the varsity team fell to the O'Gorman Knights in three hard-fought games 20-25, 25-27, 27-29 and fans enjoyed Booster Club Whopper Night in the commons.

Senior Jill Rasmussen led the attack for the Warriors with 13 kills along with 36 assists from senior setter Katie Farritor.

Senior Christina Ulvested said she felt the team just wasn't up to the task Tuesday night.

"I felt we needed to pick up our intensity a bit to defeat the Knights," Ulvested said.

Things went better for the Warriors in sub-varsity action as all teams won. The junior varsity swept 25-18, 25-18. The sophomores also took two straight games 25-22, 25-20. The freshman 'A' team won 25-20, 25-14. The 'B' team split two games, winning on total points scored 25-10, 21-25.

The volleyball teams are at Roosevelt Monday.

Tennis

By Jayson Horstman

The Warrior tennis team was in action Tuesday at McKennan Park in the last day of the Greater Dakota Conference Tournament.

The team finished third overall behind Rapid City Stevens and

O'Gorman.

The Warriors defeated Rapid City Central and Spearfish, but fell to Stevens.

The tennis team will next be in action Thursday against Yankton on the WHS courts.

Softball

From staff reports

The Warrior softball team took two games from O'Gorman Tuesday night, winning 5-2 and 4-2.

In game one, sophomore Melissa Johnson pitched a complete game, allowing four hits and two earned runs while striking out seven Knights.

In game two Johnson also pitched a complete game allowing six hits and two earned runs.

Freshmen win 28-7

Football

By Jayson Horstman

The freshman football team defeated Lincoln 28-7 Tuesday at Lincoln.

Scoring for the Warriors were freshmen Tim Marlette and Matt Haight.

Freshman Kelby Bayne said he thought the team's effort was great.

"We played well, but didn't do our best," Bayne said.

Soccer

The WHS soccer teams were in action Tuesday as the varsity girls won 1-0 and the boys lost 1-0.

In girls action, senior Ashley Elbers scored the lone goal while senior Lisa Jarovski held the shutout in goal.

The junior varsity girls also ended up with a win while the boys were defeated by Yankton.

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