



**Today:**  
 Mostly sunny.  
 Wind NW 5-15 MPH  
 High 37°.

**Tonight:**  
 Partly cloudy.  
 Low 14°.  
**Thursday:**  
 Mostly sunny.  
 High 36°.

*Wednesday NOW is sponsored by Sioux Falls Family Vision*

WASHINGTON HIGH SCHOOL • SIOUX FALLS, SD

**Lunch Time at WHS**

- Today's lunch:** Chicken nuggets
- A la carte lines:** Lasagna, chef salad, chicken nuggets
- Thursday:** Fish and cheese sandwich
- Representatives visiting WHS:**  
 Wednesday . . . . . Mount Marty-Yankton  
 Thursday . . . . . Creighton U.-Neb.  
 Monday . . . . . Iowa Lakes C.C.  
 Nov. 9 . . . . . U. of Minn.-Morris  
 Nov. 14 . . . . . Middlebury College-Vt.  
 Nov. 14 . . . . . N.D. State U.

**Group Meetings**

- Renaissance Committee:** Members will meet during lunch periods today in the administration office.
- Freshman Girls:** Who are interested in playing basketball this winter will meet at 7:45 a.m. Thursday in A-116.
- Human Sexuality:** Group will meet during fourth period Thursday in the counseling center. Sign up there if you wish to attend.
- SALSA:** Members will meet at 3:15 p.m. Thursday at a site TBA.
- Book Club:** Members will meet at 3:10 p.m. Thursday in the library conference room to discuss "Maus."
- Peer Helpers:** Will meet at 7:40 a.m. Friday in A-251.
- Boys Basketball:** Organizational meeting for all grades 5 p.m. Friday in the gym.

**Other Reminders**

- Josten's:** A company representative will visit today during lunch to take orders.

**NOW Wednesday Staff**

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**APES students take water samples from Big Sioux River**

**Project designed to reveal quality of local water source**

By Jon Economo and Will Erstad

Students in teacher Ross Blank-Libra's AP Environmental Science (APES) class braved the icy temperatures and took a field trip to the Big Sioux River Oct. 12.

Around 45 students were dismissed from their first period class and rode a bus out to various points on the Big Sioux River.

Once the class arrived at their first stop, Lien Park, they retrieved water samples from the river and water temperatures were recorded. The APES students then tested the pH, phosphate and nitrogen levels. This process was then repeated in surrounding parks including at Rotary Park and Falls Park.

Students also collected invertebrate samples such as worms, leeches and snails. In addition to invertebrates, the students also collected vertebrates such as fish and crayfish.

Senior Dylan Spader said he enjoyed the trip.

"My favorite part of the field trip was getting to go outside of the classroom and still observe



Photo by Bryce Viereck  
**SAMPLE—Junior Jeremy Barta examines a sample of water from the Big Sioux River during the APES field trip.**

and learn about nature," Spader said.

Blank-Libra said he felt the trip went well, aside from the unfortunate weather.

"The field trip went great, and the students were well behaved and had fun, despite the rough weather," Blank-Libra said.

**Cold weather running club organized**

By Kylie Huether and Brett Cosand

On Oct. 23 the 2006 WHS Running Club began meeting next to the trophy case at 3:30 p.m. to start a running program.

In past years the club, previously named the Polar Bear Running Club, began running in January, but this year several students were interested in early training for the Regional Footlocker Cross-Country Meet.

Five to seven Warrior runners are expected to compete in Racine, Wis., on Nov. 24 and 25 in the meet.

Freshman Josh Heitkamp will be competing in the fresh-

man/sophomore 5K regional event, which is a 3.12 mile race.

"The workouts after school have really helped my performance," Heitkamp said. "I feel better than I did during the season and can't wait to test myself during the Footlocker Meet."

As many as 12 students have started training and more are encouraged to join.

Senior Alex Zuke plans to get involved in the running club to prepare for the track season," Zuke said.

"There is no better way to train," Zuke said. "The coaches and other runners are the motivation I need to keep run-

ning every day. It is a lot easier to take the winter off, but I want to be fully prepared for a great final track season."

Adviser Mike Schultz said the group has great potential.

"The club is a great way to get in shape or stay in shape for the winter and fall sports," Schultz said.

In December the club will begin a stretching and strengthening program to improve the runners' flexibility and overall strength.

Students should bring warm clothing, running shoes and a positive attitude to begin training. Schultz said it is never too late to join and new members are always welcome.

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

**Warrior opinions**

What is your favorite Halloween candy?

Assembled by Emily Gaster and Sydney Schulmecht

Juan Campos  
Freshman



"Hershey's chocolates are my favorite candy because I love the taste of dark chocolate."

Markisha Webbs  
Sophomore



"Kit Kats are the best because they give me a break from everyday life."

Taylor Steinborn  
Junior



"Reese's Peanut Butter Cups are my favorite because they are chocolatey and tasty."

Christine Hoglund  
Senior



"I enjoy eating Smarties because they are a quick sugar high."

Shane Reilly  
Teacher



"Nestle's Crunch bars are definitely my favorite because they are crunchy and have a fun texture."

**Driving you nuts... Identify this movie quote**

Don't you just hate it when you can almost remember something, but then it slips away? And then it nags at you until you get it settled? Well, we're here to create that experience for you.

Here's a quote from a movie that was popular sometime in the past 100 years. You can figure out which movie it is, or you can just keep whispering the words to yourself all day long trying to link them to something. (And yes, we know you could just Google it, but that's a little something we call "not in the spirit of the challenge.")

**"I am a leaf on the wind. Watch how I soar."**

Driving you nuts gets stuck in your craw every week.

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ANSWER  
"Hobart 'Wash' Washburne in 'Serenity'"

# Let's revive the square dance

Our parents' generation, while they did some good things, did ruin a lot of things. They made us cook our red meat until it was brown in the middle, they wore flamboyant clothing, and worst of all, they made square dancing un-hip.



Hear me...



Jake Brakke

Square dancing, the recreation of choice in the 19th century, has been relegated to a required chore we must all complete in

middle school gym class, and not much else.

I'm sure that some of our local middle-aged folk will claim that by the time they were born square dancing was already an antiquated form of entertainment, and had been replaced by such cool dances as the Charleston

or the tango, and if they square danced they would have been mocked.

This, however, is a lame excuse. How are we supposed to learn to square dance if our parents never even took the initiative to learn the moves when they were young? Square dancing is in danger of becoming a lost art, and it is up to us—the young, vibrant and ironic youth of America—to resurrect this lost art before it is too late.

So I am now making a call. Some brave Washington student needs to step-up and take the first steps to form the WHS Square Dancing Club. Once someone does, a plethora of students—and even staff who would like to make up for lost time—must join and square dance until they can square dance no more. With a little luck, it could turn into a source of school pride.

Don't expect to see me there, though—square dancing is pretty lame.

Senior Jake Brakke loves to do the Virginia Reel.

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