



Student Newspaper

St. Patrick's Day Edition
March 11, 2009 Issue 2 Vol. 6

USA dominates Vancouver Olympics

By Emily Hutchison

This year marks the year for the 21st Winter Olympics. This year they are being held in Vancouver, British Columbia, Canada. These Olympics are making history for the U.S. with many events making history.

Evan Lysacek is the first male U.S. figure skater since 1988 to take Olympic gold. "I think my program had a lot of difficulty. I tried hard to make it look as easy as possible. We're doing our job if it looks easy," said Lysacek in an interview with Vancouver2010.com. Lysacek beat out Russian skater Plushanko by 1.31 points. He only beat him in choreography, which is his strong suit. "I probably knew it was my best skate ever. It was not just one section of the program that was strong, but it was strong from start to finish and I guess that was key."

Lindsey Vonn was another American to take gold in the Vancouver Olympics. She is one of the best

known skiers in the U.S. She is also the third American skier to win multiple medals in Olympic history.

Shaun White, also known as "The Flying Tomato," is another famous name here in the U.S. On his run on the half-pipe, he was leading on the first run. Because of that, he was the last to go on the second run. As all the other snowboarders



Apo Ohno after winning the silver medal photo from nbcolympics.com

went, no score matched his. The entire world knew at that moment that Shaun White was going to take back-to-back Olympic gold in men's half-pipe.

Last, but certainly not least, is male speed skater Apolo Ohno. "It's hard for me to judge myself. It's kind of hard to say 'Oh, this guy is the greatest.' I just do what I do," said Apolo in an interview with Vancouver2010.com. With these Olympics coming to an end, Apolo Ohno is the most decorated winter Olympian in history with eight medals, three of which were won this year. "I said, 'If this is the last hurrah, I want to make sure I have no regrets and there's nothing else I could have done'".

These are just a few names on the list of athletes the United States took to the Olympic Winter Games. You can almost guarantee at a medal ceremony a U.S. athlete will be atop the podium in either gold, silver, or bronze standings. If not the U.S. athletes are not far behind.

ST. PATRICKS DAY

By Taylor Thomas

It's the day you must wear green or else you'll get pinched; the day of leprechauns and pots of gold. This day only happens once a year, on March 17, and it is known as St. Patrick's Day. Teacher, Mr. Moser says that his most memorable memory of St. Patrick's day was, "There isn't just one in particular, any time that I can spend time with good friends would be a good St. Patrick's Day. I don't celebrate it because I'm neither Irish nor Catholic."

St. Patrick is the patron saint of Ireland and one of Christianity's most recognizable figures. At age 16 he was brought prisoner to Ireland, where he claimed to have heard God's voice in a dream. He later escaped from Ireland to go back to Britain. There he became a missionary and was then

sent to Ireland with a dual mission: to minister to the few Christians already living there and to begin to convert the Irish. St. Patrick's day is believed to be the date of St. Patrick's death, one of the reasons why the holiday is so widely known.

Katie Butcher was asked what St. Patrick's Day meant to her, and she answered, "Leprechauns." Everybody has a different interpretation of things, whether it's because of how you were raised or your religion, but your interpretation is never wrong. So whether you celebrate with friends or wear green on this day, just make sure to think about why it's celebrated.



Snowfall

By: Pat Conner

Iowa has seen a lot of snow over its time, but this winter has been one of the worst in recorded history. According to WHO Channel 13's February 15th news broadcast, we have reached number nine in the recorded history of Iowa's weather at 58 inches total this winter. The record has jumped to number five since that broadcast. There are many theories attempting to explain the excess snow in Iowa. A few of them being El Nino, global warming and regular cycles of the earth.

The most widely accepted of these theories being global warming. This is the most popular, and

the most widely accepted of these theories, but in recent light of the exposure of the e-mails of English scientists has also become more widely debated than before. So the next likely possibility would El N i n o .

El Nino is the warming of the Pacific Ocean by .9 degrees F. This causes an increase in the amount of rain/snowfall and could possibly explain the dramatic increase of snowfall throughout the United States. The only downside to this idea is that it would most likely only affect the western coast, so it wouldn't explain a majority of the increased snowfall in the rest of t h e U . S .

The next idea is that the increase in snowfall is actually caused by the earth's n a t u r a l c y c l e s .

There is an idea out there that the Earth goes through a cycle of heating and cooling every 10 years or so. If we are in a cycle of global cooling that could affect the amount of snowfall not only on the coast, but for all of the U.S. So this could also explain the strange amount of snowfall Iowa has been e x p e r i e n c i n g .

All in all, these are the three most likely ideas as to why Iowa is getting so much snow.

I'd like one order of state basketball, please.

By Emily Hutchison

Once again it's state tournament season and the Lady Blue Devil basketball program is in the class 1A State Tournament. The Lady Devils go into the tournament with a record of 25-1, which is one of the best records in the 1A bracket. Coach Alexander said, "I'm glad that the girls have another opportunity to play at the state tournament. It makes me happy."

The qualifying game for the Lady Devils was against the Harmony Lady Rockets of Farmington. The game was intense all the way through. It seemed like every time that the Lady Devils scored, the Rockets were right there with another basket. With only 30 seconds left in the game, the lady devils were up by about 20 points. "All I could think of was 'don't foul,'" said Coach Alexander. He also

said that he's happy the girls made it to the state tournament because there was a lot of pressure on the girls to do so. He said that he could tell they were nervous, but he's glad they came through.

The week before the state tournament is always the hardest. It's all practice and strategy: "We will practice hard for one straight week for preparation," said Morgan Halverson.

Everyone is wondering how the Lady Devils are going to beat Lynnville-Sully in the first round. Coach Alexander said, "We aren't doing anything new, there's nothing special. We are who we are and we are going to try to get the ball inside and if that doesn't work then we'll kick out and shoot some threes. But in the defensive aspect it's all ball pressure. That's the name of the game." In a nut

shell that describes exactly how the Lady Devils have been playing all year.

The Lady Devils have a long and tough road ahead of them next week. But you can be sure that no matter how many games they end up playing next week, they'll give each game all they have.

The Lady Devils played their first round of state tournament ball on Monday, March 1 against Lynnville-Sully. Morgan Halverson was five for six on her three pointers on that game putting up most of the teams points. The final score of the game was 57-32 and they are now scheduled to play conference competitor Mount Ayr on Wednesday March 3 at 8 for the semi-final game.

The Lady Devils kept with the Mount Ayr Raiders the entire game. The score was tight, but unfortunately the Lady Devils fell victim to Mt Ayr ending the season on a 26-2 record.

The Blue Devils had an abrupt ending to a fabulous season. Though they didn't make the final game this year, the championship is in reach for next year.

Congrats on a fine season Ladies!



Lady Devils look on as Lynnville gets their participant medals. Photo from kcci.com

Zach Wood makes the Z3 team

By Kara Kibbe

Zach wood has made the Junior Elite Triathlon team for Z3, which is Iowa's leading USA Triathlon High Performance team. This team is a USA Olympic Development team. There are currently 15 teams around the nation that help develop elite junior triathletes and prepare them for the Olympics.

The Z3 high performance triathlon team was created by Jenny Weber of Zoom Performance, a professional endurance coaching company in Des Moines, and is funded and supported by many sponsors such as the YMCA, Zoom Performance, Des Moines Triathlon Club, Oakley, Giant bikes, Zipp wheels, Cyclops, SRAM, and many other supporting companies in Des Moines. Z3 encourages a healthy lifestyle while pursuing performance goals for each Z3 athlete. These athletes

are required to complete a minimum community service commitment and follow academic and sportsmanship guidelines. In 2009 the first year that the Z3 program was in operation, it produced the national female champion and many other athletes that ranked in the nations top ten.

To make the team, athletes are required to try out and be able to complete the tests in swimming, biking, and running. Athletes also must go through an interview process to recruit well rounded individuals. Being on the team consist of training with the team throughout the summer and racing not only in Iowa, but California and the national championship in Colorado.

They train typically throughout the metro area but the YMCA in Clive is a ma-

ior resource for their training, especially for swimming. This April they will begin there swimming clinic, which will lead into May as they begin full practices throughout the summer. The athletes on the team will be working out 5-6 days a week with online training programs as well as one-on-one practices with coaches.