

The Knight

Beat

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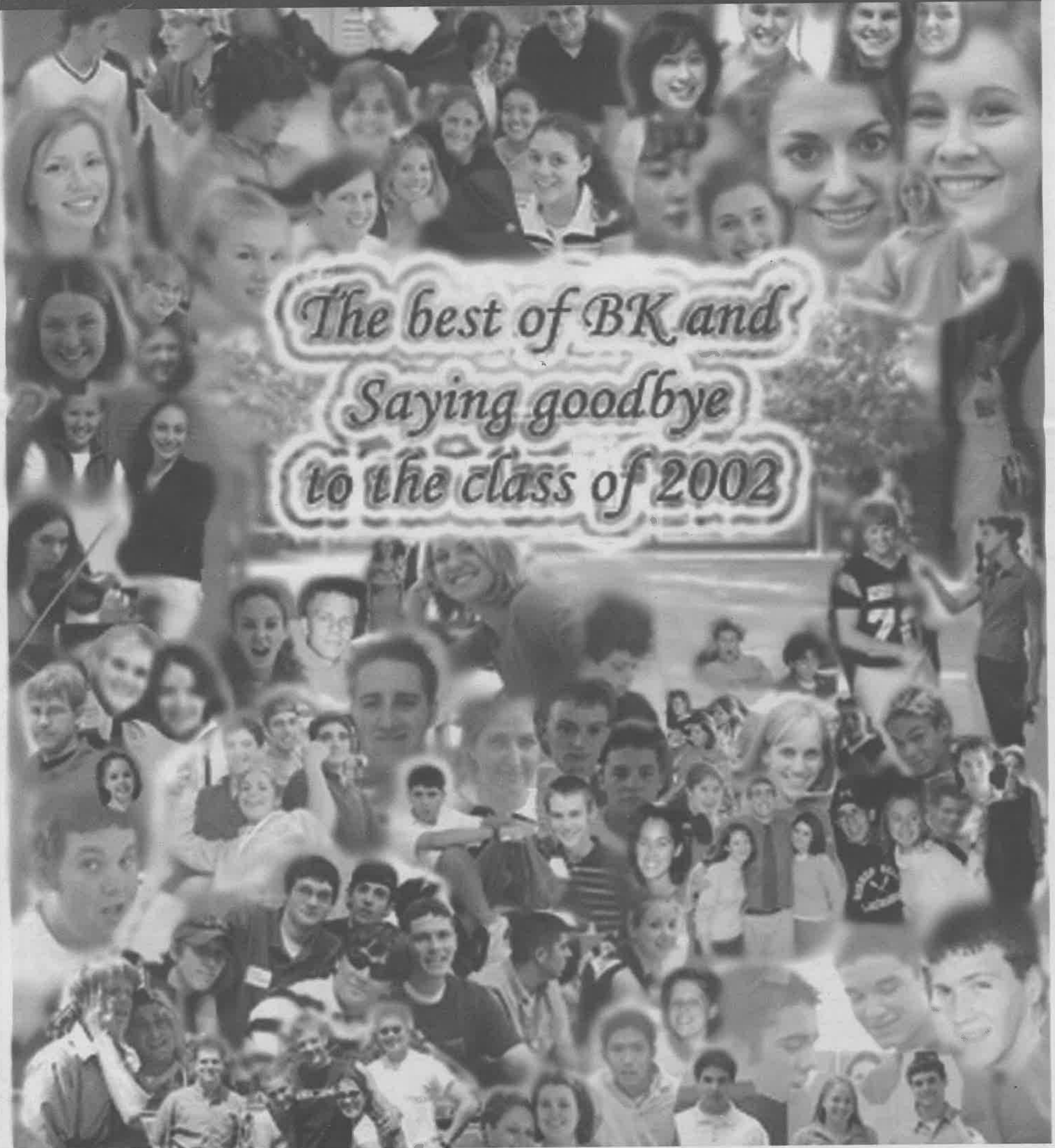


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KNIGHTBEAT

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The Knight Beat is a student publication serving the Associated Student Body of Bishop Kelly High School by informing, investigating and interpreting events of importance to the students.

Readers are encouraged to write letters to the editors. Letters should be 250 words or less and should be signed. The KnightBeat reserves the right to edit for length.

Editorials represent the consensus of the student board and are not necessarily the views of the advisers, administrators or advertisers.

Bishop Kelly High School
7009 Franklin Rd.
Boise ID 83709

MY OPINION...

Emotional Disorders: Are we measuring correctly?

by Merisa Rasmussen

Life for today's American teenager may seem easy. Some are financially stable, are given a good education, are well informed on the dangers that exist in the world and have loving parents. What about those teenagers who are without these necessities?

Some teens are physically and emotionally abused or dealing with drug and alcohol abuse personally or in their families. Some teens are poverty stricken, surrounded by violence, forced to repress their feelings or thoughts, given high demands to pursue a good education and a successful career to ensure a happy life.

These tend to be an issue for teens; this can sometimes cause clinical depression or manic-depression.

Manic-depression is when an individual goes on a severe high, and then comes down to a severe low.

Clinical depression is when someone may feel bad but does not understand why he or she always feels this way. Those who suffer may even have underlying thoughts of deaths even their own.

Both forms of depression can be caused by severe stress, chemical imbalance, state of environment or drugs and alcohol.

Research done by Andrew E. Slaby and Lili Frank

Garfinkel shows that approximately 10 percent of high school students suffer from depression and an unknown number are never even diagnosed.

More than 5,000 youths under the age of twenty-five kill themselves in the United States. Of these, 2,000 are teenagers. For every completed suicide between 300 and 350 serious attempts are made.

It is appalling to see such numbers as these. If this is the poll in the United States, imagine how big the numbers are here at Bishop Kelly?

Imagine how many could have depression and go unnoticed, or the individuals that may have shown slight signs that are on prescribed medication.

Yet, as a society how do we react?

Do we prescribe medication to any

child, teenager, or adult who may possibly fit a criterion of a disorder?

Do we wait until an individual attempts something serious, to have to go into a mental ward?

No. These are band aid solutions that solve the problem momentarily.

Prescription drugs can be over prescribed to those even without depression which could be compared to the same scenario for Attention Deficit Hyper active Disorder (ADHD.)

Many children and teens who do not show signs of this disorder activities or will have no affect on them.

The same may go for depression.

I have friends that are very hyperactive sometimes and then go on a low other times.

I also have friends that may seem depressed once in a while and are healthy teens. But psychiatrists may see this as a problem.

Teens may sometimes fall back on these last resort reactions and choose to look to things such as alcohol, drugs and even suicide as an answer to their problems. This, of course, can be prevented.

Teens can visit support groups or counseling to talk about their problems, get them out in the open and seek advice from others. Obviously the most helpful

solution is education.

Without education, students might turn to mutilation, attempt suicide, drugs or alcohol.

They tend to turn to these because they feel they are not heard, under more pressure than they can handle or feel they have no one to talk to.

There are many ways to potentially prevent such actions from happening.

Communities can create a support group for those who may be suffering from depression or manic-depression.

Allow individuals to seek out conseling to reveal their emotions and thoughts they repress.

Educate the public about depression and manic-depression. Allow the public to understand the hazards of depression and how this disorder can be treated.

Do we wait until an individual attempts something serious?

Without education, students might turn to mutilation, attempt suicide, drugs or alcohol.

Goodbye, my friends

Knight Beat staff member Mary Klinger will be leaving for public school and wished to say goodbye to her BK family.

As I think over my last three years here as a student at Bishop Kelly High School, many memories come back to mind.

It has been a wild, fun and quick past couple of years that I wouldn't trade for anything in the world. My years at BK truly have been some of the best.

Bishop Kelly has been like a second home to me, a place that I can go to and know that I will be accepted. This truly is the place where "Everybody belongs."

As my time here slowly comes to an end, I try to think of the things I will always carry with me and the people I will always remember.

I couldn't have done half of the things I wanted to here if it wasn't for the teachers that guided me and taught me to go all the way and try my hardest.

Whether it was Mrs. Wickham's stories of almost being traded for sheep in the Holy Land, Mr. Crump's extreme conservative political talks, wearing fur coats in Ms. Small's

drama class, spending two hours on a 30 second clip of *Romeo and Juliet* with Mrs. Konst or making crepes in Md. Bettger's class, they are all great memories. All the teachers who taught me, are all my heroes that I will continue to look up to as I grow older.

But those who are most special to me are my fellow classmates.

Many of them I have known since the beginning of time, well, first grade, but even those that I barely know I consider friends. I have more memories with my classmates than I do with anybody else.

Who else could I have lip-synced in a red-sequence cocktail dress to Elton John for?

So as I move onto another school, new classmates and a whole new environment I will never forget where I came from. I will always consider myself a Knight of BK and hope that you will all miss me as much as I will you.

"You never leave someone behind. You take a part of them with you and leave a part of yourself behind."

*Thanks for everything BK!
Mary Klinger*

Mrs. Cushman discusses her reflections and hopes

This year, the Bishop Kelly community has faced challenges and welcomed changes. Sometimes in the quest of innovation, and at times taking the brunt of disgruntlement, Mrs. Cushman has weathered her first year as the school's new principal.

In a recent interview with The Knight Beat, Mrs. Cushman discusses her plans for the future and her growth from the year.

You have made a lot of changes to BK this year, which ones are you the most proud of?

- There are several things.*
- [The administration] improved the website and put school master on the web. I think that this is substantially better.*
- We have reviewed the calender for next year*
- Added a marketing committee this year*
- Think I have stabilized the dress code*
- I have encouraged the arts, especially the music programs*
- I have created an alumni alliance office*

How have you dealt with religion requirements?

I have adjusted theology requiremnts for next year. I am hoping this will lead to spiritual development in the upcoming students.

How have you grown personally?

My own spirituality has grown. There have been alot of circumstances. My husband and Mr. McCarthy have gone through personal dilemmas which have made my faith stronger. I have started going to the gym and I am on my way to being buff.

What new experiences will you remember from you first year?

I have tremendously enjoyed the musical talent

at this school. I also have enjoyed meeting all the parents and seeing how involved they are. I have several favorite memories of students:

- The football team beating Sandpoint in the fall*
- Senior Rob Bush yelling "Ooh ahh BK" at the football games*
- Senior Angie Gribble shooting free throws*
- Sophomore Jake Ineck playing at Mass*
- Chad Reiningger on stage in the spring play*
- Seeing my first lacrosse game*
- Sophomore Brian Apel request for finals before Christmas*
- Boys' basketball team sleepily arriving at morning Mass*

What are some of your goals for next year?

I hope to continue growth in spirituality and academics. I am looking forward to strong sports seasons. I am also looking at an office of development that would combine the alumni association with booster club. I am also looking to increase next year's enrollment from 670 to 720.

How do you see BK?

BK has a very solid image in the community. Continuing growth in academics and faith.

Any closing remarks?

Thanks for a great first year...time does fly when you are having a good time!

Each of you is a separate and exceptional individual with goals, desires and needs that are unique to you and you alone. Congratulations on the completion of the 2001-2002 school year. I look am looking forward to your return next fall. Be safe this summer!

Theology makes changes

by Erin Jensen

Juniors and seniors will have numerous choices for theology class next year. A Theology Department meeting called this spring solely for the purpose of updating the requirements in theology brought about these changes.

The juniors will be able to choose from a wide array of other classes in addition to the traditional Moral Decision Making and Comparative Religions requirements. Social Justice (formerly the senior requirement called Christian Life) and the former elective Philosophy, have been added to the list. Campus Ministry, which used to be only offered to seniors, is also an option.

Juniors will also be able to take Spiritual Awareness, a class that will be held at zero hour. Theology teacher Mr. Vitrano helped develop the new class designed to get stu-

dents more involved in Mass and the Church readings.

Next year Seniors will have the same choices, excluding Moral Decision Making and Comparative Religions, since those classes will already have been taken as juniors.

There has been no change to the freshman and sophomore curricula.

The Theology Department made the changes to make theology requirements less restricted.

"We just wanted to offer more options to students," said Theology teacher Mrs. Crum.

"The classes live and die on student involvement," Mr. Vitrano added.

Along with different choices, the department changed the requirement for Theology credits from three and a half years to four. This new requirement, however, will first come into effect for the incoming freshman.

BK says goodbye to teachers

by Erin Jensen

BK is constantly changing and that includes the faculty. Next year, Mr. Aspiri, Mr. Binder, Mrs. Gribble and Mrs. Saunders will be starting new phases in their lives. Their reasons for leaving are varied, but they will be missed by all.

Mr. Aspiri, the band director, will be working at Catholic elementary schools next year. He said his most memorable moments were when various musicians played solos or when the band was "jammin'." He will miss his students the most.

"They have always tried whatever I have asked of them," he said.

Computer engineering teacher Mr. Binder is leaving BK to work full time at Hewlett-Packard. He enjoyed working with "energetic, inquisitive kids and a great staff."

Mr. Binder, who is also a coach, will especially remember the freshman boys' basketball team beating Eagle in their tournament.

Mrs. Gribble, the attendance secretary wanted to spend more time with her parents and her youngest daughter. She will miss the BK activities such as dances, assemblies and games.

Her favorite memory of BK was when the girls basketball team got second in state by beating Mountain Home.

Orchestra teacher Mrs. Saunders has been working toward full-time employment for four years and has decided to teach full-time at Timberline High School, East Junior High and Liberty Elementary. She enjoyed hearing the orchestra rehearsing on their own when she was late coming to class.

She commented, "They're great kids, and I will miss them."



Seniors leave gift in shining armor

by Wendy Ko

The senior class gift this year was a steel knight imported from Italy. It is currently being displayed in the front office. The gift was based on the school mascot.

The class of '80, which included history teacher Mr. John Bieter, gave one of the trophy cabinets. It is the one in the front hall on the left as students enter and head to the main office. It is dedicated to Mark Larsen, a senior who tragically died during that spring.

Each graduating class of seniors helps build or sponsor many things around the school. The nature of the gift varies from year to year depending on what each class determines the school needs. Some gifts, like this year's suit of armor, serve more as decoration and inspiration.

The class of '74, which included Mrs. Gribble, gave an engraved stone and a tree for similar reasons.

"We had a big tree planted because at that time there were not very many around," she commented.

"I remember us gathering around it at the time of the donation and saying a prayer and our class president said a few words," she added.

Senior Thesis winners

Megan Larrondo

Mrs. Symmonds AP English IV

"Macrocosmic Egotism: The Relative Nature of Truth in 'Gulliver's Travels'"

"Lady Liberty: An End to the Welcome?"

Jim Nowierski

Mrs. Freeman English IV

"Rejection and Simplicity: Major Themes of Henry David Thoreau"

"The Existence of God"

Maureen Shea

Mrs. Symmonds English IV

"John Donne"

"Military Tribunals: September 11"

**ENJOY
THE SUMMER!**

Science Olympiad competes at Nationals

by Nathan Murphy

By winning the state competition, Bishop Kelly qualified to compete at the National Science Olympiad tournament held May 18 at the University of Delaware in Newark.

Bishop Kelly has a long standing tradition of success in the Science Olympiad competition, so the bar was high for this year's team going into the state competition on April 8.

The team came through, posting a resounding win over longtime rival Timberline High School.

The team competed at Nationals this past weekend and, in the school's sixth national trip, coach Dr. Larry Neznanski's team turned in what he called the best showing yet.

While the team failed to win any medals, they did post their second-best team finish ever placing forty-sixth out of 60. The best finish was forty-second in 2000.

Bishop Kelly's team members had a record four events place in the top twenty and three of those were in the top 15.

Senior Allison Hingtgen and sophomore Eileen Bassiri placed eighth in the Boomilever competition. Senior Petra Carlson, and juniors Rachel Record and Nick

Tratz placed twelfth in Mission Possible.

Junior Nathan Murphy and freshman Alec Williams finished fourteenth in the Sounds of Music event, and Tratz and senior Rob Bush placed twentieth in From a Distance.

What made this competition BK's best ever was the team's reception of the spirit award, an award voted on by judges and officials and given to the school that most exemplifies the spirit of Science Olympiad—sportsmanship, courtesy and teamwork.

"I am especially excited about the spirit award," said Dr. Neznanski. "It's the most significant thing we've ever accomplished at a national meet."

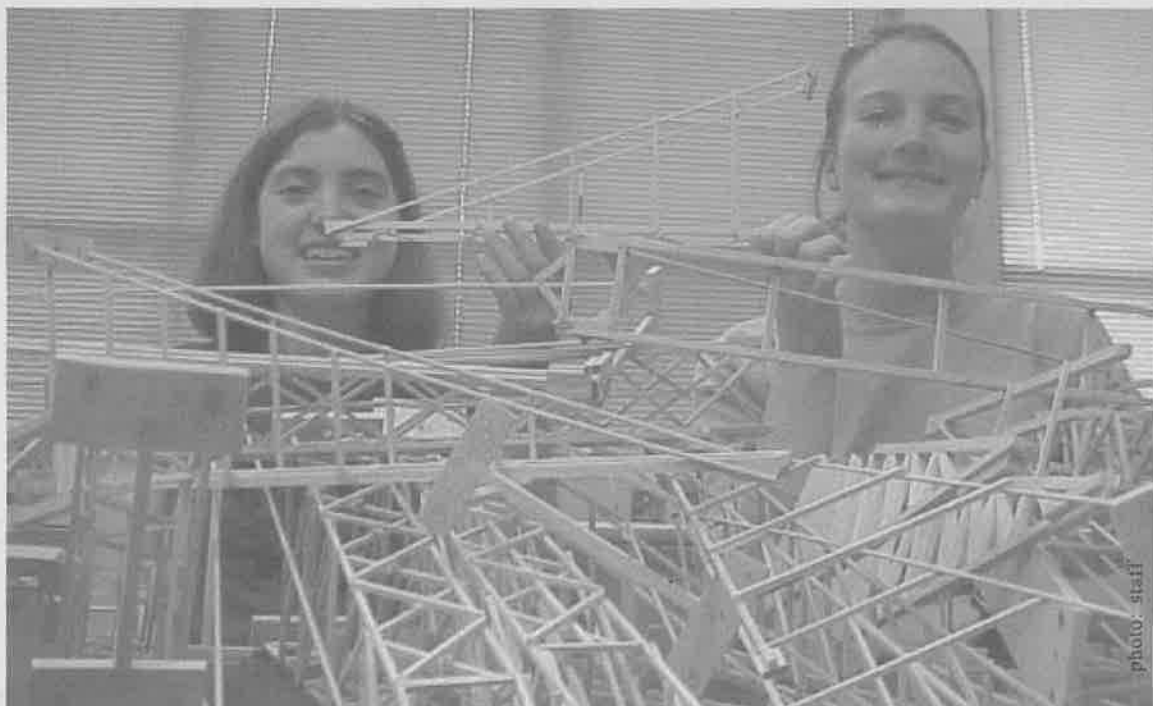
Neznanski also expressed being very

pleased with his team's performance throughout the competitions.

"I'm really proud of our team and how well they worked together at State and at Nationals," he commented. "We gave a great

team effort."

Neznanski also said that he and his team had every intention of returning to the national meet next year, to be held at Ohio State University.



Eileen Bassiri and Alison Hingtgen are proud of the winning boomilever that held 33.3 pounds at Nationals.

Secrets revealed in A-7

by Melissa Brown

French students may have noticed the latest addition to Madame Bettger's bulletin board. The board is covered in student notes that she has collected over the past three years and has posted up this past week.

Madame Bettger enjoys putting the notes up for students to read and put the notes she gathered in her classes three years ago as well. She shows compassion for those notes that may be too personal to be displayed and has blocked out students names in the notes.

"This year when I hung up the notes, I even returned one to a student. It was a very personal note, so I didn't want to hang that one up," Mme. Bettger commented.

Students should stop by the French room to see if they may find a note that pertains to them or if they simply need a good laugh to start off their day.



Notes posted on Mme. Bettger's back wall bulletin board.

National Mock Trial results

According to Mrs. Freeman, the Bishop Kelly Mock Trial team is to be commended for their stellar performance at the National competition.

With an overall record of 2-2, losing by a mere 2 points to Pennsylvania (the second place team), the BK team battled not only two of the top ten finishers, cancelled flights and lost luggage, but did so with dignity, integrity and acumen.

Special kudos went to Martha Miller who won an "Excellent Performance" award.

Mrs. Cushman and Mrs. Freeman are proud of the team members Makenzie Phillips, John Gray, Jim Nowierski, David Kornfield, Andy Sperl and Martha Miller who represented Bishop Kelly so well.

New Knight Beat staff chosen

The 2002-2003 Knight Beat staff was named recently.

Co-editors will be Melissa Brown and Nathan Murphy. Others with prior Knight Beat experience who were appointed positions were Dani FitzGerald as Managing editor, Lauren Boisvert and Erin Jensen as Sec-

tion/copy editors and Wendy Ko as Computer guru.

New members include Melinda Giacalone as Section/copy editor, Katie McLemore as Head of design, Amy Lee as Business manager, Erin Cox as Advertising and community relations, Jill Christofferson as Head of

photography and Reporters Ashley Cefalo, Stephanie Finch and Jimmy Hoyt.

The new staff is already planning any changes to be made in the format for next year. Plans are also underway for the first 2002-2003 issue which should be distributed August 20.

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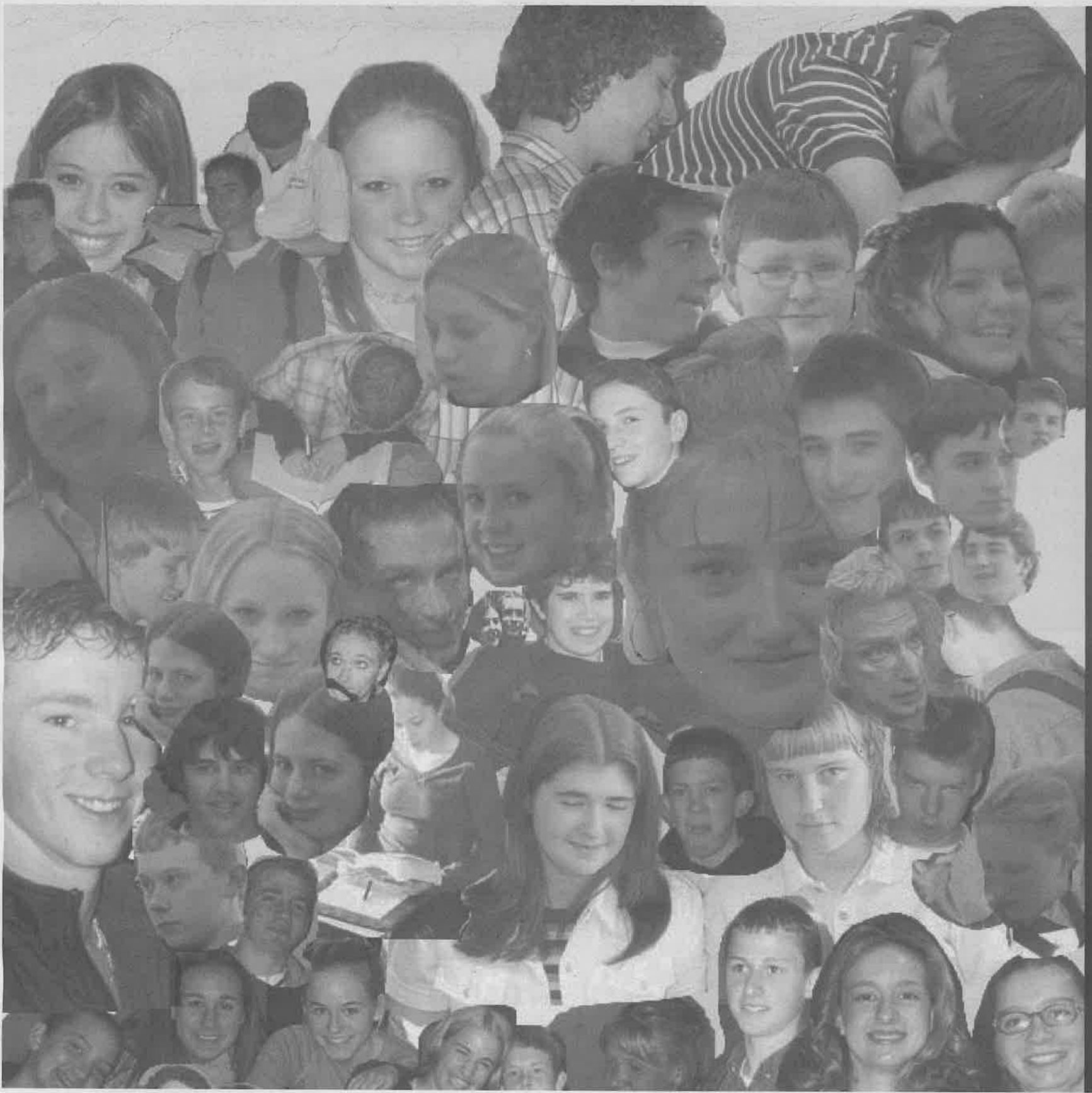
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Class of 2005

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Treasure Valley Alcohol/Drug Coalition

Be a good
role model.
Volunteer!

THE B

PARKING PLACE

Gym

"There aren't as many people and I don't have to walk as far."

-Laura Smith
Sophomore

RADIO STATION

100.3 The X

"The X is radical."

-Joe Eiguren
Senior

CAFETERIA

Fries

"They taste like potatoes"

-Monica Jones
Senior

STUDENT CAR

Tyler Newman

"I bought my truck so that I could fix it up, but I ran out of money before I could get a new paint job, so basically I bought it like that."

-Tyler Newman
Senior

ST OF BK.

BOOK ALIKE

Harry Potter
I had a kid
to me and ask
y autograph
he thought I
Harry Potter."
Tom Crotty
Freshman

MOST ACTIVE CLUB

Pep Club

"Because the club is
fun and peppy."

-Ann Barton

Senior

KELLY PRIDE/FUNNIEST

Mr. Tacke

"I'm grateful for the people who
voted for me being peppy and for
me being funny. I think you are
peppy and funny too. I sometimes
don't feel very funny or peppy.
Sometimes I feel sad and tired. I will
try to be more peppy and funny in
the future if I don't feel too tired and
sad."

-Mr. Tacke

THROATROOMS

Office

the only
m that isn't
ness"
h Siron
Senior

DANCE

Sock Hops

"Because no one sees
your socks until your
shoes are off... We pick
the tunes. It is not
formal and being with
friends is rockin'."

-Sara Weber

Senior

CHEER

OLE!

"I think it was in an
AC/DC song"

-Tim McEntee
Senior

Boise takes on Nickelback

by Dani FitzGerald

On Thursday, May 16, Nickelback played at the Idaho Center Amphitheater. It was the first outdoor performance of the year.

Nickelback put on an excellent show.

The concert was full of excitement, synchronized lighting schemes, fireworks and my personal favorite, pyrotechnics.

Hundreds of fans crowded as close to the stage as they could. There were mosh pits and an occasional crowd surfer.

After playing a couple of songs, Nickelback surprised their audience with a "complimentary hose down" to cool them off, which we enjoyed immensely.

They played such songs as "Too Bad,



Hero", the theme song for the new hit movie Spiderman, and held a sing along to "How You Remind Me" in an encore performance.

All in all, this was an awesome concert. I would have loved it if they had played longer, however.

Next time they come to Boise, I will be first in line to buy tickets.

Holy Roller Rolls into the Big Easy

by Mary Klingler

Even before the main act had taken the stage, my voice was already hoarse from excessive screaming with excitement.

What was I excited about? In the words of Jimbo [band mate], "He's beautiful, all the way from Corpus Cristi, Texas, The Reverend Horton Heat!"

No, this was not some 'raising the demon' spiritual experience. It was a 'psychobilly freak out' of pure rock and roll.

For nearly two hours at The Big Easy in the 8 Street Market Place, the trio, consisting of Scott Churilla on drums and percussion, Jimbo on the big mouth bass and Jim Heath (The Reverend) on lead guitar, played to a tightly packed crowd.

Stepping out in one of his signature suits (beige with fire-orange flames going up the sides), the Rev was ready to rock and play many of his hit songs.

For the most part, the show sounded like the track list for "Holy Roller."

The crowd went wild every time the first chords of a familiar tune were played. He also played some songs from his latest album, *Lucky 7*.

The music was just half of the show with the Rev doing many of his signature on-stage moves including playing his guitar on the big mouth bass while it continued to be played by Jimbo.

When the show was over, after my rock and roll soul was sanctified and after my voice was shot after screaming "J-I-M-B-O" one too many times, I felt like I had been rocked like no other.

The Reverend Horton Heat is truly an experience unlike any other. From his catchy songs and sharp sense of style to his Texan good looks, the Reverend is truly something special.



Pull into Westside Drive-in

Drive up for fifties decor and great food

by Melissa Brown

Westside Drive In has a great atmosphere to have a good time with friends and eat excellent food at a reasonable price.

Westside is located on 21 street and State Street next to hard to miss bright fluorescent lights and fifties décor.

As a drive in, there are two drive through lines and ample seating outside.

The restaurant is locally owned by Chef Louis Aaron, who is a well known chef in the Boise Valley. He has made this restaurant unique and attracting a large variety of customers.

You can look up Chef Lou's recipes and several other aspects of the restaurant on the company's web site www.cheflou.com.

Westside Drive In has a large variety of food offered going beyond the traditional hamburger and fries. Westside also offers pasta, special dinners for each evening, submarine sandwiches and a large selection of desserts.



photo: staff

One dessert that is unique to this restaurant is the Idaho Ice Cream Potato. The ice cream potato is not your traditional dessert. It is made out of vanilla ice cream in the shape of a potato, covered in chocolate powder and topped with whipped cream, coconut sprinkles and chocolate syrup.

On my last trip to Westside, I ordered a grilled turkey sandwich, a strawberry shake and an ice cream potato to go.

I found the food to be in one word excellent. It was the best drive in restaurant food I have ever had.

The food is more expensive than McDonalds but worth the extra couple of dollars spent.

Another special thing about Westside is that on the weekends people come to dinner in their hot rod cars. This makes the casual dining a lot more exciting.

Westside is a great place to go with your friends, a date on a Saturday night or even on a hot summer afternoon for ice cream.

learning to live WELL



**Saint Alphonsus
Regional Medical Center**

J U N E 2 0 0 2

WELLNESS CLASSES

Babysitting Safely 101

June 13, 9 AM - 4 PM; June 14, 9 AM - 4 PM; June 20, 9 AM - 4 PM;
June 21, 9 AM - 4 PM; June 28, 9 AM - 4 PM. Teaches the basics of babysitting safely, taking temperatures, measuring medications and more. Classes held at 900 N Liberty, Suite 100. (Ages 11 - 13) \$30

Adult CPR (Heartsaver AED Rescuer Program)

Tuesday, June 18, 6 - 9 PM. Teens and Adults. American Heart Association course that includes basic Adult CPR and Automated External Defibrillator (AED) training. Designed for the general public. \$20

Diabetes Self Management Classes

Ongoing classes available for all diabetics. Call 331-1155 for schedule. Fee

5 Minute Club

Thursday, June 27, 9 AM - 1:30 PM. The first five minutes are critical in an emergency situation. Class includes proper CPR techniques, choking management for infants and children, plus first aid basics. (Ages 11-15) \$20

Headache Seminar

4th Wednesday of each month, 4 - 6 PM, 901 N. Curtis Road, Suite 204. Come visit with a headache specialist. Call 367-3315 to reserve a seat. \$10

Massage Therapy - by Appointment

Massage therapy for men, women, pregnant women, infants, children and seniors. What do you do when you have tired, aching muscles...headache, tension in your neck and shoulders? Even your instinct is to rub these painful areas. Come visit the relaxed atmosphere of Saint Alphonsus Women's Center. In a clinical setting, ground floor, easy parking. Our certified massage therapists, specializing in various types of massage, can help you reduce tension and anxiety and promote a sense of relaxation and renewed energy. Cost: \$47/hour, \$35/ 1/2 hour, \$58/ 1 1/2 hour. For more information and to schedule an appointment call: 367-7380.

FAMILY/PARENTING

Baby & Me - Educational Support Group

Babies Ages 0-9 months, FREE, Tuesdays, 10:00-11:00 a.m. For new parents and their babies ages 0-9 months of age. Ongoing FREE educational support group for new parents and their babies. Topics include: Adjustment to Life with Baby, Developmental Milestones, Infant Massage, Sleep...Is There Hope?, Common Childhood Illnesses, Got the Blues?, and Carseat Safety. For more info call: 367-7380

Beyond Baby & Me - Educational Support/Play Group

Babies Ages 9-18 months, FREE, Tuesdays, 10:00-11:00 a.m. For new parents and their babies ages 9-18 months. Ongoing FREE educational support group for parents and their babies. Topics include: Safety in the Home, Toddler Development, Share Favorite Products, Potty Training, Discipline Questions, How to Involve Dads, First Aid Basics. For info call: 367-7380.

Bosoms, Babies & Bonding! - Breastfeeding Support Group

Thursdays, 1:00-2:00 p.m. For parents and their babies. Ongoing FREE lactation support group facilitated by a certified lactation consultant. For more info, please call: 367-7380.

Babysitting Safely 101

Children 11-13 years of age, Time: 9:00 a.m. - 4:00 p.m. June 13, 14, 20, 21, 28. Do you love kids? Then sign up to learn the basics about babysitting safely. This seven-hour course is designed for girls or boys ages 11-13 and is interactive, hands-on and fun!! Learn about child development, feeding and diapering techniques as well as, games, songs, safety tips and activities for young children. We will be visiting the Saint Alphonsus Day Care Center on campus to observe professionals at work and see how to interact with the children. Cost: \$30. For more information and to register, call the Saint Alphonsus Education Line at 367-3838 or 1-800-494-3131.

Our Miraculous Bodies - This workshop consists of five classes.

Preteen Girl's Classes: Summer hours: 7:00-9:00 p.m. Tues: June 11, 18, 25
Preteen Boy's Classes: Summer hours: 7:00-9:00 p.m. Wed: June 12, 19, 26

These classes are for preteen girls and boys (ages 10-13) and parent(s). If you want to be the primary sexuality educator for your children, this is the class for you. These five-week sessions are designed specifically to prepare children for puberty. These classes gently guide parents and children towards an understanding of body changes, sexuality, how abstinence enhances one's life, self esteem issues, sexual abuse/ harassment laws and the importance of respecting others. Cost: \$50. Call the Saint Alphonsus Education line at 367-3838 or 1-800-494-3131 to register and for more information.

Childbirth Preparation

Tuesdays, 6:30-8:30 p.m. May 21-June 25, June 12 - July 10
For first-time parents or those who have not previously attended childbirth classes. This is an extensive course especially designed to provide information on prenatal care, labor, delivery and breastfeeding. Cost: \$60. Call the Saint Alphonsus Education line at 367-3838 or 1-800-494-3131 to register and for more information.

Christian Childbirth Preparation

Thursdays, 6:00-8:30 p.m. June 27 - August 1
For first-time parents or those who have not previously attended childbirth classes. This is an extensive childbirth education course on prenatal care, labor, delivery and breastfeeding with a Christian emphasis. Learn skills necessary to make the best choices for your birthing experience. Cost: \$60. Call the Saint Alphonsus Education line at 367-3838 or 1-800-494-3131 to register and for more information.

Saturday Childbirth Preparation

Saturday, June 29. For first-time parents or those who have not previously attended childbirth classes. This condensed education course is especially designed to provide information on prenatal care, labor and delivery. Learn skills necessary to make the best choices for your birthing experience. Does not include breastfeeding information. Cost: \$60. Call the Saint Alphonsus Education line at 367-3838 or 1-800-494-3131 to register and for more information.

Beginning Breastfeeding

6:30-8:30 p.m. June 25. For parents who have questions and concerns about breastfeeding their newborn. Learn how you can get your baby off to a good start and avoid common problems. Successful breastfeeding often depends on the help and encouragement you receive, therefore, we recommend you bring your support person with you. Cost: \$15. Call the Saint Alphonsus Education line at 367-3838 or 1-800-494-3131 to register and for info.

Parenting Classes

Redirecting Children's Behavior - a five-part course
6:30-9:00 p.m. June 17-July 15. This class is for parents who want to learn to become a positive, calm, effective parent. A comprehensive course that will provide you with practical tools to create a more cooperative family environment, prevent sibling rivalry, teach respect and responsibility, reduce power struggles, and prevent misbehavior and learn open communication. Cost: \$110/single or \$130/couple. Call the Saint Alphonsus Education line at 367-3838 or 1-800-494-3131 to register and for more information.

Lactation Consultations Available by Appointment

For families who need help breastfeeding their baby. Lactation consultations are available with a board-certified lactation consultant. Receive individual assistance with breastfeeding to ensure your baby's health by providing breastmilk. Call 367-7380 for appointment, information and cost.

SENIOR FOCUS

Foot Clinic

Senior toenail cutting service. By appointment. Fee

SHIBA-Insurance Claims Advice/Assistance

Help with solving insurance problems. Call for appointment, 367-6565. FREE

Living Will/Durable Power of Attorney for Health Care

Assistance with completing documents. Call for appointment, 367-6565. FREE

55 Alive Mature Driving Class

Thursday & Friday, June 6 & 7, 9 AM - 1 PM (2 Sessions) 415 N Curtis. \$10
Saturday, June 15, 8:30 AM - 4:30 PM - (1 session) Saint Alphonsus, Dining Room B. AARP's 8-hour refresher course for drivers age 50 and older. Registration required.

Parkinson's Support Group

Meetings held 4th Wednesday of the month, 1:30 - 3 PM at 2301 Nez Perce (Whitney Baptist Church Activity Center) For more information, please call 367-6570.

3rd Annual Centenarian Spirit

June 8, Doors open at 8 AM. Location: Saint Alphonsus Campus, McCleary Auditorium
8:30 AM - Continental Breakfast - Information Tables
9 - 11:45 AM - Breakout sessions on health related information
12 - 1 PM - Lunch buffet with keynote speaker
7 - 10 PM - "Senior Prom" dance to the music of the 25th National Guard Army Band. No registration required. FREE event for seniors 60+

Brown Bag Lunch: "Tai Chi and Yoga Demonstrations"

Wednesday, June 12, 12 - 1 PM - Program Coordinators: West Y Staff. Location: Activity Room - West Family YMCA. Bring a sack lunch. Open to the public, focused on adults 55+. For more information, call Barb at the West YMCA 377-9622 ext. 506. FREE

Senior Blood Pressure Screening

June 13, 10 - 11 AM. Every second Thursday of the month, 10 - 11 AM
Saint Al's Senior Health Services - 415 N. Curtis. Drop-ins welcome. FREE

LOCATIONS

Humphrey's Diabetes Education Center, 1226 River Street, 331-1155. Diabetes community programs sponsored by Saint Alphonsus and St. Luke's Regional Medical Centers. Individual consultations are by appointment. Financial assistance is available.

Women's Center, 900 N. Liberty, Suite 100.

Health Promotion Institute (HPI), Senior Health Services, and Home Health, 415 N. Curtis.

West Family YMCA
5959 N Discovery Place



**Saint Alphonsus
Regional Medical Center**
1055 N. Curtis Rd. • Boise, Idaho 83706

For more information call: (208) 367.3454 or
Toll Free: 1 (888) 813.0053

For more complete class information,
log on to our Web site at:
www.saintalphonsus.org/healthy/calendar.html

NUTRITION SOLUTIONS

Sensational Salsas

June 20 (Thursday), 7:00-9:00 p.m.
Summer is the season for barbecues, picnics, and outdoor entertaining. In this class, you'll learn several new salsa recipes that taste great with fish or chicken as well as chips.

Nutrition Consultations Available by Appointment

For people of all ages who want to learn more about how nutrition can improve their health. Individualized nutrition consultations are available with a registered dietitian. Receive the answers to your nutrition questions, receive a personalized action plan and optimize your health. Call 367-7380 for appointment, information and cost.

Undefeated champs check into State

by Melissa Brown

The BK boys lacrosse team is heading to the State finals as an undefeated team. The boys are strongly unified and have a good chance at being state champions.

"We had a great undefeated season, and I hope that we don't lose our edge at State," commented a senior member of the defensive line up, Bill Dillon.

Dan Valasek, number 27, said, "I love being on the lacrosse team. It is very exciting and the seniors are great to the sophomores."

The boys who are on the team thoroughly love the sport that they play.

"When I hurt my knee, my world would have been over if I hadn't of been able to



play lacrosse this year," Dillon commented.

The team is especially proud of senior Blake Gaudet, the team's current goalie.

"Blake is one if not the most vital part of the team. He must be the best goalie in the league," said Valasek.

Lacrosse has become a wide-ranged fad at Bishop Kelly, that has had a lot of attention recently surrounding it. Dillon said the reason for this is there is nothing in the world like cross checking a guy with a titanium shaft.

Boys' baseball slides to State

by Wendy Ko

Our baseball team will go to State since they won their games last Saturday in Twin Falls.

This has been a difficult year. Former coach Paul Chehey lost his daughter to an accident in Italy. In tribute, the players are wearing her initials on their shirts.

Despite this sadness, the team members have enjoyed the season.



Softball Results



RESULT	OPPONENT	SCORE
	4-A District III Tournament	
Won	Mountain Home	13-0
Won	Skyview	3-2
Won	Emmett	2-0



Track team races to State

by Melissa Brown



The Bishop Kelly track team will be attending the State meet on May 23 and 24 at Boise State University.

The members of the team that qualified at districts are numerous.

The senior members of the team who qualified are Claire Bleymaier, Molly Corbari, Ashley Hawkins, Nick Symmonds, Andy Hackett, Steve Giles, Eli Schmoeger, Zach Middleton and Allison Hingtgen.

The junior members are Paul Thomas, Kyle Grode, Jerry Neal, Richard Knapp, Tom Steiner and Brandon Stevens.

The sophomore members are Jackie Carter, Lauren Symmonds, Cassie Shoebridge, Katie O'Neil, Christina Gamboa and Michelle

Obrochta.

The freshmen members are Alison Belzer, Jena Carpenter and Amanda DeHaas.

"The best part of being on the track team is being friends with all of the awesome people on the team," commented sophomore O'Neil.

"I think that the team has a great chance at the State meet, especially the boys' team," said Gamboa.



BK golf teams drive for State

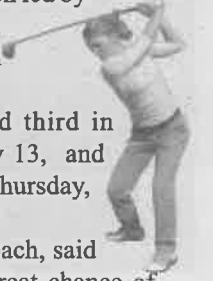
by Wendy Ko

Both golf teams head off to State. Our girls' golf team has been led by seniors Sarah Gallant, Dana Beechie, and Megan Larrondo.

Both teams placed third in districts Monday, May 13, and will be going to State Thursday, May 23 in Jerome.

Mr. Crump, girls' coach, said that they had had a great chance of winning since everyone played well.

Strong performances are expected from such players as Gallant, Beechie, Larrondo, Ashley Lindstrom, Jordan Peterson, Josh Paulson, Tom Czarniecki, John Chalfant, Wes Coulter and Kyle Rhodes.



Tennis team set it up at State

by Melissa Brown

Tennis is a sport at BK that is very active and deserves more recognition. The team recently did extremely well at the State meet at Vallivue. The BK team took second place overall.

Senior Jake Berriochoa won first place in boys' singles, and senior Morgan Keller and sophomore Andrew Williamson took second and third places in the same event.

Senior Bryant Jones and Sophomore Daniel Semenduew took first place in boy's doubles.

Other members of the team that made it into the state finals were junior Kerry Hogan and Williamson for mixed doubles and juniors Kate Konopacky and Gabbie Gray for women's doubles.

"Everybody played really well and with a lot of determination. There was a lot of support from the team during State finals," commented Konopacky.



Future leaders of tomorrow



Class of 2003



Best Of Bishop Kelly Pride

Faith Hope and Love

Faculty and staff were asked to choose two senior knights who represent what BK envisions for its students



A student unlike the rest

by Dani FitzGerald

Senior Dana Beechie was chosen for her exceptional school spirit and dedication by the faculty.

Dana is very involved in school events and is proud to wear her Bishop Kelly colors.

"I am a firm supporter of athletics. I love sports and enjoy going to the games to cheer on my friends," she commented.

She is currently a member of History Club, Pep Club, Key Club and National Honor Society. She also plays golf. She has also been a member of girls' basketball for Bishop Kelly.

Dana has been a student at BK since her freshman year.

"I remember when I was a freshman, it was so scary," she commented. "But over the years, the atmosphere has really changed and is much more friendly."

Her friends and teachers admire her friendliness.

"Being friendly and having a lot of enthusiasm are some of the best qualities of BK students," Dana commented.

Dana hopes that Bishop Kelly will expand and gain a larger number of students with more athletic teams in the future.

"After I graduate and leave BK, I will take with me, all of the knowledge and memories of my friends and teammates who mean so much to me."

Taylor Smith: Not your average Joe

by Amy Alvord

Often described as a young man with nothing to offer but promise and smiles, Taylor Smith is one outstanding Bishop Kelly student. He is looked up to by underclassmen and respected by the members of the upper classmen and faculty.

Taylor found coming to Bishop Kelly from a public school a hard change. But little did he know, he was in for a life-changing experience.

"I've gotten more than just an education at Bishop Kelly. I've grown as a person. Everyone, teachers and classmates, taught me that there's more to life than just school," Taylor commented.

In previous years Taylor has participated in both wrestling and lacrosse, but his participation in lacrosse has stopped because of his job at Albertson's.

His devotion to the school and community can be seen everywhere. Taylor is very active in the

Big Brothers Big Sisters organization and also organizes drives for the less fortunate.

Organizing, serving and volunteering are just some of the numerous qualities that Taylor encompasses.

"Taylor has the right mix of humors. He's confident, competent and funny. Those are all required to be a good person," English teacher Mrs. Freeman stated.

Taylor has joined the Coast Guard looking for a great experience and schooling.

"He has a really promising future. He's just a great guy who is eager to help, is responsible and shows integrity. He'll go far," secretary Kelly Cleary stated.

Looking to be helpful wherever he may be, Taylor Smith is just one student who has made a big difference at Bishop Kelly.

Showing nothing but heart and dedication to others, Taylor has made a significant addition to the senior class of 2002.



Flying away . . .

Air Force Academy

Bernadette Tavelli
Albertson College - Caldwell, ID

Amy Alvord
Chelsea Cammann
John Chalfant
Justin Chown
Sarah Gallant
Angie Gribble
Tiffany Kerns
Conner Shinn

Arizona State University - Tempe, AZ

John Gray
Makenzie Phillips

Art Institute of Chicago - Chicago, IL

Jamie Krier

Baker University - Baldwin City, MO

Zach Middleton

Barnard College - New York, NY

Liamon Blasing

Bellvue Community College - Bellevue, WA

Chasen Napa

Kelsey Tracy

Berklee College of Music - Boston, MA

Steve Riley

Bible State University - Idaho, ID

Emily Anderson

Katy Hibbard

Colt Stevens

Hayley Butler

Alex Carr

Chris Campbell

Andy Hadden

Krista Herring

Elaine Huth

Heather Marrs

Tyler Newman

Jill Sanchez

Ben Schaffner

Ben Schoelkopf

Maria Sermonia

Mo Shea

Lindsay Stallings

Tu Tran

Shannon Voshell

Samy Whiteleather

Carl Wilson

Patty Wold

Cal Poly - San Luis Obispo, CA

Camille VanDinter

Dustin Williams

Carleton College - Northfield, MN

Allison Dwyer

Carroll College - Helena, MT

Ann Barton

Kimberly Bergey

Brian Moreaux

Meghan Richards

Central Oregon Community College - Bend, OR

John Gibson

Colby College - Waterville, ME

Colleen McGee

Colgate University - Hamilton, NY

Colin Riley

Colorado State University - Fort Collins, CO

Andy Pressman

Colorado College - Colorado Springs, CO

John MacKinnon

Creighton University - Omaha, NE

Jessica Koep

Gonzaga University - Spokane, WA

Rob Anderson

Dave Arkoosh

Bryant Jones

Christie Stoll

Riley Wilcox

Tori Wolf

Great Basin College - Elko, NV

Anthony Blinn

Idaho State University - Pocatello, ID

China Bechtel

Carlie Tomason

Jameson College - Jamestown, NJ

Keen Howell

Kean College - Lodi, NJ

Jana Aversa

Lane College - Jackson, TN

Dave VanDuzer

Linfield College - McMinnville, OR

Molly Corbett

Montana State University - Bozeman, MT

John Bernhoefer

Samir Blochman

Montana Tech - Butte, MT

Talia Chason

Greg Sheridan

Northern Idaho College - Coeur d'Alene, ID

Wes Cuffler

Bill Gillon

Brianne Tinker

Northern Arizona University - Flagstaff, AZ

Kevin Harris

Northwestern University - Evanston, IL

Andy Collins

Oregon State University - Corvallis, OR

Raine O'Hara

Oregon State University - Portland, OR

Kaitlyn Neuman

Reinhardt University - Dawson, GA

Allison Hingham

Rochester Institute of Technology - Rochester, NY

Byron Davis

George Priver

Santa Clara University - Santa Clara, CA

Tim Seyer

Sam Towell

Seattle Art Institute - Seattle, WA

Phil Reed

Seattle University - Seattle, WA

Rob Smith

Kate Olson

Simpson College - Indianola, IA

Kevin Lingolet

Soldmore College - Saratoga Springs, NY

Ann Mitchell

South Pole University - The South Pole

Adam Lynch

St. Mary's College of California - Marquette, CA

Ashley Hawkins

Tulane University - New Orleans, LA

Anna Lynch

U of Arizona - Tucson, AZ

Margaret Hobbie

Katie Saff

U of California, Davis - Davis, CA

Amber Palsin

U of Hawaii - Honolulu, HI

Allison Smalley

U of Idaho - Moscow, ID

Britni Borgna

Holly Brown

Amy Budzianowski

Nicole Coleman

Tom Czarniecki

Joe Eiguren

Eric Frisk

Brien Gollis

Kaitlyn Hicks

Jeff Holm

Megan Lorrondo

Tim McEntee

Christal McKay

Erin Nowierski

Anton Schlegel

Rob Schmeppeler

Barbi Soren

Trevor Stuhler

Karl Wallace

Chris Williamson

U of Michigan - Ann Arbor, MI

Dave Kornfield

U of Nevada, Reno - Reno, NV

Scott Weber

U of Northern Colorado - Greeley, CO

Kyle Keill

U of Notre Dame - Notre Dame, IN

Albert Lacharido

U of Portland - Portland, OR

Clare Heywood

Peter Chalkin

Nicole Carrapano

Megan Kintles

Eric Furrer

Kim Stephenson

U of Puget Sound - Tacoma, WA

Wally Dowley

U of Southern California - Los Angeles, CA

Morgan Keller

U of Utah - Salt Lake City, UT

Blake Gaudin

John Martin

U of Virginia - Charlottesville, VA

Mathia Miller

U of Washington - Seattle, WA

Curie Brown

Amy Foster

Utah State University - Logan, UT

Laura Wenzel

Yeshiva College - Poughkeepsie, NY

Rochelle Capponi

Walla Walla College - Walla Walla, WA

Bob Postawski

Washington State University - Pullman, WA

Tyrene Spruce

Western State College - Gunnison, CO

Tatiana Sofonova

Westminster College - Fulton, MO

John Van Duyvendijk

Willamette University - Salem, OR

Jake deGlee

Nick Symmonds

Taking the Year Off

Sellan Bune

Monica Jones

Undecided

Adam Lincoln

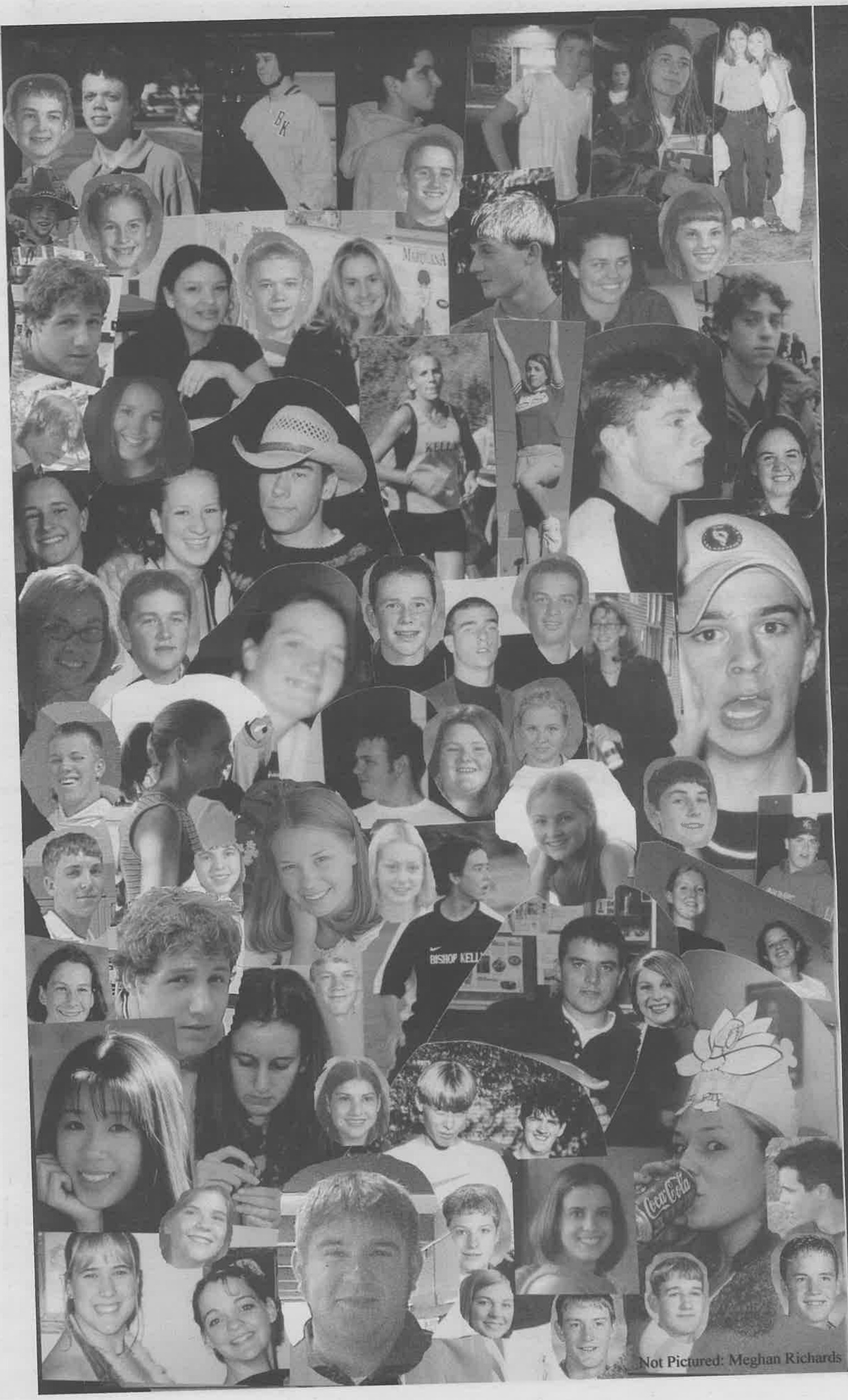
Greg Neznanski

Working

Emily Davis

Jeremy Phipps

2002



The class of 2002

Not Pictured: Meghan Richards