

# The CHS Forum

Corsica High School

Wednesday, April 3, 1985

Corsica, South Dakota

## Selections made for Girls and Boys State



Girl's and Boy's State Journalism City; Karla Plooster; Jeff Buntrock; Karol Spaans, Alternate. selections, from left are: Les Plooster; Kris Bordewyk,

by Tracy Van Den Hoek

Four students from the junior class at Corsica High School were selected to attend Girls State Boys State, and Journalism City. They will attend the conventions which are to be held June 2nd to June 7th.

Karla Plooster, the daughter of Mr. and Mrs. Dean Plooster, was chosen as the 1985 Girls State Representative. Karol Spaans, the daughter of Mr. and Mrs. Herman Spaans, was selected as the alternate.

Some requirements which Karla had to meet were leadership, character, honesty, scholarship, cooperativeness, and physical fitness. Each girl must also rank in the upper third of the girls in their class scholastically, be an outstanding member of the class, a citizen of the United States, and have a definite

interest in American government.

Girls State helps girls understand the fundamental principles of American government through actual participation and to have a better comprehension of the problems of government.

The Girls Stater was picked by the Corsica American Legion Auxiliary to attend the 39th annual Girls State Convention held on the South Dakota State University at Brookings.

This year the Corsica American Legion Post No. 274 picked two students to attend the 43rd annual Boys State Convention held on the campus of Northern State College at Aberdeen.

The two students selected are Les Plooster, son of Mr. and Mrs. Robert Plooster, and Jeff Buntrock, son of Mr. and Mrs. Larry Buntrock.

Guidelines in selecting a candidate were outstanding qualifications in character, service, initiative, and leadership. The candidates should be in the upper third of the boys in their class and should have a serious attitude toward an intensive training program.

The Boys State has a two-fold purpose. First, to help youth better understand and appreciate the American system of government and way of life. Secondly, to give a better knowledge of the fundamental principles of government within the State of South Dakota.

Kris Bordewyk has been selected to attend Journalism City during the 1985 Girls State session at Brookings. Journalism City delegates will be responsible for the printing of a daily newspaper and will report the happenings of each day on a local radio station.

## Cruz finishes fourth

by Kris Bordewyk

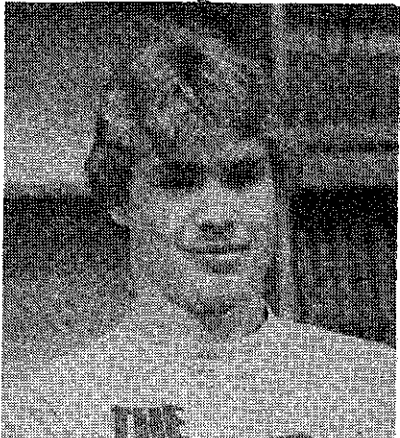
His hands slowly reached for the bar while his eyes concentrated heavily on it. He lifted the bar off its resting place and began to support it on his own. With a reddened face and a clenched mouth he raised the bar and held it at arm's length.

He placed it back on the rack. He sat up with a triumphant gesture and smiled. He had gone one step farther.

This was a typical scene in the elementary gym while Ron Cruz and several other high school students worked out to strengthen their power lifting abilities.

For Cruz, all the afternoons spent in the gym paid off. Cruz brought home 4th place in his weight division from the Sixth Annual Teenage Power Lifting Championships in Canistota, March 30.

The championship was sponsored by the Canistota Hawks football team and cheerleaders. Cruz competed against teenagers who were three to four years older and from bigger schools such as



Ron Cruz

Sioux Falls O'Gorman, who took first overall.

Cruz competed in the 165 lb. class, the largest class at the meet. There were 11 competitors in this division.

At the meet, Cruz was required to perform three lifts, the bench press, the parallel squat and the dead lift. In the bench press Cruz lifted 242.5 lbs., a personal best. Cruz lifted 303 lbs. in the parallel squat and 380.25 lbs. in the dead lift.

A combination of the best lift in each determined the placing.

Cruz lifted a combined total of 925.75 lbs. of the best lifts in each of the three required lifts to place fourth in his weight class.

Each contestant was allowed two lifts per each required lift and a wild card lift, which could be used at any time. Arend Kuyper, the strength coach, and Cruz used the strategy of saving the wild card lift for the last lift.

Corsica's program was started by Kuyper and Mark Noteboom last summer. It is not affiliated with the school as one of the athletic programs. The school is just providing a place for the equipment to be used in the elementary gym. Kuyper said that they organized the program "basically for high school students to help with their athletics and anybody who was interested."

To raise money to buy equipment, those interested in lifting held two car washes and several businesses donated money. "Businesses played a big part," said Kuyper, "if they hadn't donated, it wouldn't have been possible."



Laural Beukelman took first in the Typing I division at the NSC Business Contest and CBH Business Contest.

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