



Staples World photo by Dawn Schimpp Timbs

Trophy winners

Students of Tae Kwon Do, offered by Staples Motley Community Education, were awarded trophies at the Hutchinson Open tournament March 21, held at the McLeod County Fairgrounds. Pictured, from left, are instructor Francisco

Jiménez, 1st place, Master Division; Lucas Jiménez, 1st in Breaking Board and 2nd in Forms; Macray Rodeman, 1st in Breaking Boards and 3rd in Forms; Ethan Williams, 2nd in Breaking Boards and 3rd in Forms.

Tae Kwon Do gaining popularity in Staples Motley area

Approximately 12 - 14 students have been studying 'Tae Kwon Do' this past year, one of the many classes offered by Staples Motley Community Education.

Taught by Francisco Jiménez of Staples, the class meets twice a week at Motley Elementary School gymnasium.

Francisco has been practicing Tae Kwon Do for 27 years, he said at a recent practice session. He continues to compete, but also enjoys his role as instructor.

"Recently, we competed in the Hutchinson Open," Francisco said. "I was very proud of our students, they worked hard and did well."

Francisco competed in the Master Division, placing first.

Other trophy winners from Staples Motley included:

- Lucas Jiménez; 1st in

Breaking Board, 2nd in Forms

- Macray Rodeman; 1st in Breaking Board, 3rd in Forms

- Ethan Williams; 2nd in Breaking Board, 3rd in Forms.

"It's a lot of fun," said Ethan, a third grader at Sacred Heart Area School in Staples who has been doing Tae Kwon Do for less than six months.

Ethan, who has earned a yellow belt, said he decided to try Tae Kwon Do because he has a friend that's in it. "It's nothing like wrestling," he added.

Lucas, a fifth grader at Staples Elementary School, said he was inspired by his instructor, who also happens to be his father.

"I'd watch my dad doing Tae Kwon Do and I always wanted to do it," Lucas said.

Lucas has worked his way up to a green belt. Someday, he hopes to have a black belt.

Macray is friends with Lucas and a fellow 5th grader at SES. "Lucas talked about Tae Kwon Do a lot and it sounded like fun," Macray said. "I'm glad I decided to try it."

Most of his students have only been practicing Tae Kwon Do for about six months, said Francisco.

"To compete at the state level is a big deal," Francisco said. "I am very proud of them."

The next competition for the SM Tae Kwon Do students is May 2, in Monticello.

For more information about Tae Kwon Do, call Francisco Jiménez at 218-894-0104.

ence the paralysis of choice, it will now be more difficult than ever to choose.

More birds arrive

It seems odd to be hearing predictions of another snowstorm heading our way, when the past week has seen the arrival of more and more bird migrants returning from the South. The jet-black grackles are back in abundance, and I've seen a good number of mourning doves. In cattail sloughs, staked out on the tallest points of vegetation, are redwing blackbirds eager to begin the mating ritual.

Some of the wildlife refuges where waterfowl and shorebird migrants congregate on their northward journey, have been reporting that these species - shorebirds in particular - are arriving roughly two weeks earlier than average.

One might think that the birds' chances of avoiding an unpleasant wintry surprise would be better if they would just wait a few weeks longer, until the odds of predictably fair weather are better. But the survival objective in nature is not for the individual, but the species. In the case of birds, this means successful nesting, or re-nesting if a predator destroys a nest or its young.

Generally speaking, the odds are best if nesting attempts begin as soon as possible in the spring. Thus, the strong migratory urge to push northward, to maximize time on the nesting grounds, whether it's a backyard in Bemidji or Brainerd, or the tundra above Hudson's Bay. In some years, some individual birds will be caught and buzzard to a season-ending slizzard, or an icy cold spell. But in the long run, its species is more apt to thrive, and that's what counts.

Cardinal girls begin track season indoors

By Kelley Kossan
Sports writer

The Staples Motley girls track team opened the 2009 season with an indoor meet last Saturday at Bemidji State University.

"We usually like to do one indoor meet a year," said assistant coach Ron Beachy. "They've been practicing inside for a while and want to do something, so we like to do these for a change. We've been to Bemidji several times over the past few years, so we're familiar there."

Because of choir and speech events, there were three or four girls missing from the team, mostly from the distance events. Although the numbers were down the girls still did very well.

Junior Ashley Lisson set two indoor records for Staples Motley High School. Competing in the 50 meter and the 200, "She looked

pretty good." Beachy commented. "As the season goes on we're expecting some good things from her." Lisson finished the 50 in 7.32 seconds, placing second, and ran the 200 in 27.75.

Other highlights included second place finishes for seniors Natasha Wenzel in the 800 meter and Liz Wilgohs in the pole vault.

The 4x200, 4x400 and 4x800 relay teams all finished third.

Eighth grader Kelly Pearson competed in the hurdles with a time of 9.86, setting a class record. "She ended up placing fourth and I think she had a pretty good time. We were happy about that." Ron Beachy said.

Brooke Simonson in the triple jump and Emma Pogreba in the 3200 meter both finished in third.

"We're still working out who is doing what. This year's team is hoping to qualify for state, and we're still working out where to put which girls."

Results:
4x200m Relay: 3rd. Kelly Reese (31) Emma Koskineimi (29) Andrea Koskineimi (30) Brooke Simonson (29); 1:59.28

4x400 Relay: 3. Kelly

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4x800 Relay: 3. Emma Pogreba (2:39) Emily Fuhrman (2:39) Logan Peterson (2:38) Natasha Wenzel (2:34); 10:45

Triple Jump: 3. Brooke Simonson; 31'1 1/2" Andrea Koskineimi ; 28'2"

Pole Vault: 2. Liz Wilgohs 8'7"; 7. Jaelin Beachy; 7'6"

50 meter Dash: 2. Ashley Lisson; 7.32 9. Josie Pilgrim; 8:10

200 m Dash 3. Ashley Lisson; 27.75 10. Josie Pilgrim; 30:17

400 m Dash: 6. Logan Peterson; 68.75; Marya Cook; 78.4; JoAnna Burton; 80.5

800 m Run: 2. Natasha Wenzel; 2:39.46

1600 m Run: Lacey Fellman; 6:56.98; Jenna Ziegler; 6:59.91

3200 m Run: 3. Emma Pogreba 13:37.7; 4. Emily Fuhrman 13:38.0

High Jump: Kelly Pearson 4'4"; Ashley Lisson 4'4"; Emma Koskineimi 4'2"

Long Jump: 6. Nikki Pearson 13'11" ; 8. Josie Pilgrim 13'7 3/4"

100 m hurdles: 4. Kelly Pearson 9.86; 7. Nikki Pearson 10.06; Liz Wilgohs 10.91.

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Minnesota: Land of 10,000 outdoor passions

Okay; that might be a slight exaggeration. It's a paraphrased theme that has been carried on our state's license plates for as long as I can remember, the legend "10,000 Lakes" stamped into reflectively painted sheet metal.

There is a deviation from this standard license plate legend. Some plates instead carry the themes "Reinvest in Minnesota" and "Critical Habitat." Both are found on the same license plate, carrying a colorful image of a loon or a whitetail deer. They've been at the heart of the state's Critical Habitat license plate program, under which motorists make a donation of \$30 or more to have this special license plate on their vehicle.

Over the years the program has raised some \$25 million. These monies have been used for habitat improvement projects, to acquire more than 7,000 acres of land that's of special wildlife or natural resource importance, to fund DNR nongame wildlife research, and to conduct outdoor education programs.

The program is going to see an expansion, and will now offer outdoors-minded motorists a total of four license plate designs from which to choose. To get the public involved and raise awareness of the program, the Minnesota DNR recently conducted an online poll to determine Minnesotans' favorite themes for these future Critical Habitat Program license plate designs.

It was a close race for the top spot, but the state bird - the loon - took top honors in the end, with 19,487 votes. It was followed by a silhouette of two anglers in a fishing boat with 17,844, the state flower - the showy lady's slipper - with 13,919 votes, and the state fish - the walleye - captured 13,267. There was also a wood duck with 13,074 votes, whitetail deer with 12,964, ringnecked pheasant at 12,214, and that favorite bird of backyard feeders - the chickadee - with 11,682.

This may tell some folks that the loon is the most popular wild creature or outdoor image in Minnesota. But what it also tells me is that there's an awful lot of diversity in outdoor interests here in the Gopher state. (No, the 13-lined ground squirrel, better known to sports fans as the Golden Gopher, was not among the DNR's design choices.)

When you compare the loon's total of 19,487 votes to the total of 114,451 for all designs, the loon captured only 17 percent of the vote. That's less than rascal Jesse "The Body" Ventura captured when he won the Minnesota governorship more than a decade ago against both Republican and Democratic opponents. The counterpoint is that, during these past years when just the loon and the whitetail deer plates have been available, the loon has racked up about 75 percent of the sales.

Inside the Outdoors



Mike Rahn

Ultimately, there will be four designs from which to choose. The "powers that be" don't have to stick to their nonbinding poll, but it's my guess they will. Unlike the governorship, we can have as many "winners" as we wish. There's no need for a runoff election to settle things. Of course, for some of us who experi-

SMHS boys begin track season indoors at BSU

By Kelley Kossan
Sports Writer

The 2009 Staples Motley boys track season is underway.

Starting out the season was the Bemidji State University indoor meet, a meet that the Cardinal teams have competed in several times over

the last few years.

The Cards numbers were down quite a bit, due to some boys attending a speech tournament and several basketball boys that had taken a week off between winter sports and weren't ready to compete yet.

"Altogether, I think there were 4 or 5 boys that didn't participate," said assistant coach Ron Beachy. "Even with all those missing we still got pretty good marks."

The Staples Motley boys are a young team, with only one senior, Trevor Lisson, coming out this year.

Beachy said, "He is looking really strong in the hurdles and we seeing him qualifying for the state meet this year."

"As for the younger kids, we're still working at getting them in the proper events for them to compete and do well, and be able to feel good about themselves."

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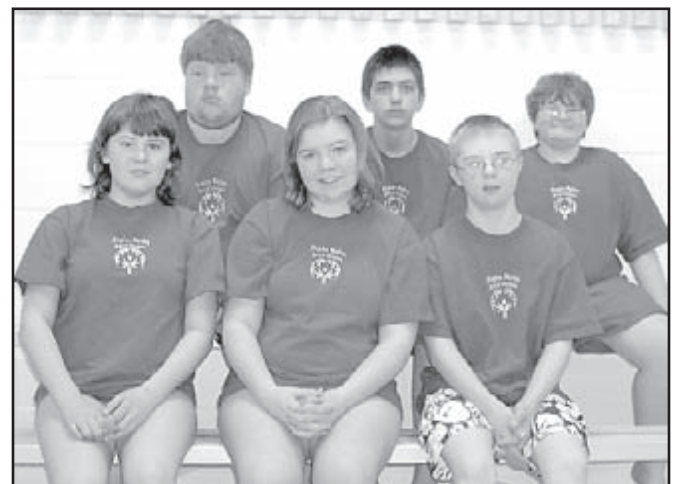
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Submitted photo

Swim competition held

Six Staples Motley Special Olympic athletes competed in the Area 5 swimming meet in Little Falls March 25. Rosie Matthews, front, left Jenna Shaffer and Gaven Christensen and Josh Schultz, left, Trey Salthe and Brian Mitts.

Region IV Golden Gloves Tournament