

DO YOU CHOOSE TO SNOOZE?

BEEP. BEEP. BEEP. BEEP.

One response is hitting it, then pulling the covers up wishing for just one more hour of sleep.

This "loud, annoying, ear piercing alarm," as Senior Nicole Silm calls it, usually has her up right away and out of bed where a race is on to the bathroom "to beat my brother to the shower."

Snooze buttons are inventions considered almost as important as electricity by those who utilize them more than once in the morning. This is the case for Senior Karl Koneval, who normally hits his snooze twice.

Most people don't truly wake up right after they get out of bed

and exercise routines are often used to help.

Stretching makes Senior Sunshine Rasdale "feel good and refreshed" when she gets up every morning.

Morning is Senior Suzanne Chant's favorite part of the day because she "can get more things done in the morning than any other time during the day"

It is not the favorite part of the day for Senior Sara Roberts because she is "always really edgy in the morning."

Some morning people make the ones who hate morning edgy just by being so cheerful.

"It's really annoying when

you're still dead tired and someone is asking you a trillion questions, and in the meantime you're not even awake enough to remember your name," said Senior Julie Morrison.

"My mother is a morning person and she's always so happy and won't shut up. I have to try and avoid her," says Senior Rachel Nihart.

Mornings have to be dealt with even if despised. Most students find ways to survive mornings either by a few stretches, avoiding the grouchy ones or hitting the snooze button again and again and again...

Jennifer Bottum

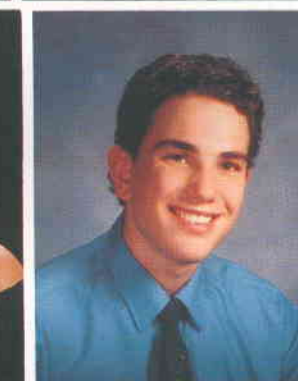


Kara Joy

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Karl Koneval

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