



Wrestlers are in action today for final quad before Regions next weekend.

Photo by Jacob Schmidt

# Blue Ink



## Rivalry strikes at the BEC wrestling tournament

*Blue Dragons show well at weekend tourney, take momentum into final matches*

by **Samantha Gonzalez**  
staff writer

Your muscles are aching, the intensity in winning the match is chanting in your head. You see an opening and boom you get the pin! Though most never find wrestling that exciting, the way that the Garretson Blue Dragons performed at the B.E.C. Tournament might have people reconsider. Especially with a nemesis on the mat.

On February 4, the Garretson Wrestling team went out to Howard for the Big East/Lake-Central Conference Tournament. The wrestling team took home three 2nd and two 3rd place wrestlers. Sophomore Hayden Pierret (25-16) placed 2nd in the 113-weight class. His first match was against junior Cody Sechser (27-11) from McCook Central-Montrose and his second was senior Haydn Gilbertson (27-2) from Kingsbury County.

Pierret was affirmed his first match with

a bye. His second went all three period, but Pierret came out on top with a close decision of 8-6. Now his last match is what you could call a pinning feud against Gilbertson, having faced him once before. Gilbertson took first in last year's Big East tourney and as well in this one.

"I wrestled him last year in Garretson, and he choked me out and pinned me. He tried doing it again this year and it didn't work. I kind of proved to myself how good of a wrestler I can be since I had a good match against him. Also I'm hopeful I can beat him on Friday...I don't like him," Pierret explained.

Although Pierret took a loss against Gilbertson, he was not pinned and lost with an 11-6 decision for second place.

Another wrestler who took 2nd was senior Jared Fitzgerald (18-10) in the 132-weight class. Fitzgerald, not going past two periods, got two pins in his first two matches but was pinned down in 3

minutes by an undefeated wrestler.

Wrestling in the 145-weight class, junior Jack Konechne (26-12) also had two profound pins in his two matches. Neither going past 50 seconds. Konechne lost the last match by a worthy decision (8-4) against a wrestler who was 30-1.

Junior Keaton Wagner (13-14) only wrestled twice losing the first one with a 4-2 decision but managed to come back with a pin in his last match in a minute and 57 seconds placing third in his division.

Lastly sophomore Dakota Johnson (8-15) placed third in the tournament with this being his first-year wrestling. Johnson was pinned in his first match but gave a pin on his second match in an intense and laboring five minutes.

The boys have one more quad before regions. The quad will be held in Colton at 5:00 p.m. tonight. If the wrestling team matched like they did in B.E.C. the quad will be one to attend.

## How to fight the "cold war"

*Eleven suggestions how to make it through the rest of winter without catching a cold*

by **Victoria Lippert**  
staff writer

Your head aches; you have a frog in your throat and you're wondering why you left the bed this morning. Wherever you go, you hear people sneezing and coughing. These nasty cold viruses and flu germs seem to be everywhere and there is no way out. If you are sick of sickness and want to know how you can strengthen your immune system? Here are six good reminders and five things you maybe didn't think of to boost your chances of staying healthy.

### GOOD TO REMEMBER

#### Sleep enough

Sleep is definitely underestimated. Jobs, homework and other obligations are all major causes of stress and eat up a lot of time in the day. In your free time, sleep has strong enemies in spending time with family and friends, watching movies, playing video games and all the other activities that seem more fun. But a lack of sleep weakens your immune system and you are therefore more likely to catch a cold, so stay well rested!

#### Get sunshine (or take at least Vitamin D pills)

Having the sun shining on your skin does not only make you happy, but it also helps your body producing vitamin D, which is known as the "sunshine vitamin". During the wintertime approximately 85 percent of Americans are deficient in Vitamin D. A lack of Vitamin D is a huge disadvantage to your immune system and a major cause of winter depression.

#### Eat healthy

Yeah, everybody knows about the im-

portance of nutrition, BUT...That doesn't mean that celery, cabbage and onions have to be your favorite foods, there are just days when it is worth biting in a "sour apple" to stay healthy, instead of being sick for days.

#### Wash your hands and use lotion

Cleaning your hands to get rid of germs is still a good idea, especially if you often touch doors, school desks, your phone and other areas with germ assemblies. Use lotion afterwards, so your skin doesn't dry out.

#### Prevent stress and stay relaxed

You always knew that all this stress is killing you? While being stressed, your immune system cannot work like it's supposed to. You are more likely to catch a cold and end up in a vicious circle: Being stressed - getting ill - being even more stressed - having a hard time recovering and so on. That's not worth it, so take it easy and stay healthy.

#### Stay warm

Being warm does not only feel comfortable, but it also supports your skin's resistance against bacteria and other nasty agents of sickness.

### GOOD TO THINK OF

#### Give up ice cubes

Workers in restaurants are often in a rush to clean and get out for the day, so certain tasks may be overlooked. Cleaning the ice cube machine is one of them. Which, as a consequence, means that those machines are really fun places for germs to live.

A study by the U.S Department of Health found in 87 percent of their samples exceeded allowable limits of bacteria and in 28 percentage mold. Do you consid-

er now ordering your coke "without ice please"?

#### Do something fun

You probably don't need any reason to do something you really enjoy. But isn't it nice to know, that having fun, laughing and enjoying yourself is great for your body? Dopamine, also referred to as the "happiness hormone" strengthens you against germs and activates your self-healing powers. Isn't it incredible what happiness is all good for?

#### Warm and cold showers

Changing the temperature while showering might not be really pleasant for most people, nonetheless it's a thing you should consider if you want to boost your antibodies. The difference in temperature strengthens your blood circulation and activates your immune system.

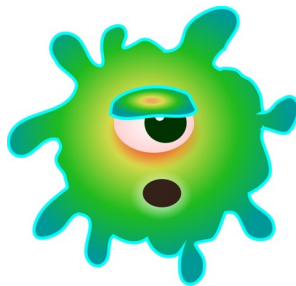
#### Apple instead of coffee

You feel extremely tired and you just want to have a coffee to stay awake? STOP - grab an apple instead. It will not only energize you better than coffee, but has nutritional value as well.

#### Ginger shots

Some people suppose them to be nothing else than new age hocus-pocus, while others believe they are the only "medicine" that actually works. Fact is that ginger is beneficial to your immune system and you can find easy 5-10 minute recipes on the internet to make your own. Why not try it?

So when you feel the next time like you are getting sick, following these tips can actually help you to stop the cold before it really catches you.



## This Week's Need to Know

**FACT OF THE WEEK:** Eating a small bit of chocolate in the morning jumpstarts your metabolism and can help your body burn calories & lose weight throughout the day

**GERMAN WORD OF THE WEEK:** sickness = die Krankheit (dee Krrahnk-hite)

**JOKE OF THE WEEK:** What did one boat say to the other on Valentine's day?

**BRAINTEASER OF THE WEEK:** Unscramble these Valentine's Day themed words.

Etrah, elov, cmonrae, adcny, ahotccole

Answers to joke and brainteaser are on the bottom.

### UPCOMING EVENTS:

#### Friday, February 10

- Wrestling @ Colton v. Flandreau, Kingsbury County, Tri-Valley (5:00)
- GBB v. Howard (4:00/6:30)
- BBB v. Howard (5:15/8:00)
- Military Night
- Cheer camp participants perform during double-header

#### Saturday, February 11

- GBB @ Hills-Beaver Creek (12:30/3:30)
- BBB @ Hill-Beaver Creek (2:00/5:00)

#### Sunday, February 12

- MS Choir sings National Anthem @ SF Stampede game

#### Tuesday, February 14

- JH BBB @ Chester (4:00)
- BBB @ Chester (6:15/7:00)
- GBB v. Parker (6:15/7:00)

#### Thursday, February 16

- Early Dismissal @ 1:30
- Parent Teacher Conferences @ 2:30-8:30
- JH GBB @ Sioux Valley (4:00)
- GBB @ Sioux Valley (6:15/7:00)

Scan for a look at the district activities calendar.



## Worth Mentioning

**Girls Basketball** travelled to Elkton-Lake Benton on Tuesday. They lost to the Elks 37-46.

## Nostalgia this, nostalgia that

*The good ol' days that we yearn for maybe aren't as good as we think*

by **Sylvia Larson**—editorial  
staff writer

"I was born in the wrong generation!" a floral-clad teen cries as she clutches a Beatle's vinyl and stares at the Ronettes poster on her wall. "I wish I lived in the old days."

Old people gush about times that have passed, but when they talk about 'the good

ol' days', what do they really mean?

#### Possibilities include:

1. Clotheslines
2. Floppy discs
3. Dinosaurs
4. Mail order brides
5. Challenging someone to a duel
6. Hauling up water for the yearly bath
7. Bringing hens to the King so he won't

banish you

8. Mercury poisoning
  9. Marrying your cousin at 13 and then dying in childbirth
  10. Protecting your village from pillagers
  11. Killing a mammoth for dinner
  - And, perhaps the most missed,**
  12. Dying of the Bubonic Plague
- Aw, sweet, sweet nostalgia.

## No sweetie? No problem!

*A few ideas for Valentine's Day if you are flying solo or hanging out with best friends*

by **Jaden Braaten**  
staff writer

Who needs a valentine? Right? We're always told to spend Valentine's Day with that "special someone" but who really does that? Our generation nowadays would rather spend their days watching Netflix and having a whole pizza to ourselves. Here's a few tips on how you could spend your Valentine's Day if you are "bae-less."

### 5 Things to do at home on Valentine's Day:

**1. Netflix-** This always seems to be the answer whenever you are alone or have nothing to do especially in our generation. So go ahead, order that large pepperoni pizza and sit in your bed with 27 pillows & blankets, don't worry about feeling any remorse, it's all good.

**2. Buy yourself flowers and chocolate-** Who said you can't spoil yourself? Buy the biggest heart-shaped chocolate box you can find and the most aesthetic flowers, you could even write yourself a cheesy little love note on the card.

**3. Watch the movie Valentine's Day-** This movie is a 2010 American romantic comedy, with major movie stars such as, Jamie Foxx, Jennifer Garner, Taylor

Lautner, George Lopez, and Emma Roberts. This movie is mainly about Los Angeles residents who experience the good and bad of love through their day, as Valentine's Day is unfolding the characters experience first dates, longtime relationships, past dates, and connections to old flames.

**4. Baking Night-** Some baked good always make your cold-hearted soul feel better, well maybe somewhat, especially when you have no one to share your baked goods with. Get out some frosting and cookie dough never hurt anyone!

**5. Go to a Sporting Event-** This may not be everyone's "perfect" Valentine's Day but it's a good way to get out and socialize especially if you've been watching *Grey's Anatomy* on Netflix for countless hours. This Valentine's Day Garretson girls basketball will be playing at home against Parker and Garretson boys basketball will be playing at Chester.

Single junior, Erynn Fink gave some input on what to do for all the singles out there, "What I usually do is I chill at home, watch some movies, eat the candy that was bought for me by me, or sometimes I find a single friend that I can hangout with and watch movies with. Or you go to the movie theater by yourself

and 'hopefully' find a single guy there. The only person you have to buy stuff for is yourself."

### 5 Things to do outside of the house this Valentine's Day:

**1. Go shopping for yourself-** Treating yourself is the way to go, if you have the money, even if it's something small anything is better than nothing.

**2. Night out with friends-** This night could consist of dressing up in your best clothes and going to dinner and just doing some random things such as taking aesthetic pictures at Falls Park, go off and show the tri-state area that you don't always need a boyfriend on this "special day."

**3. Karaoke Night-** Can you think of anything better than spending the night screaming "Wanna Be" by the Spice Girls with some of your best friends? Especially singing it extremely out of tune and sweating all over because you are just that hardcore.

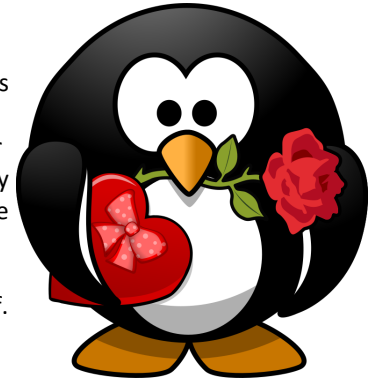
**4. Sleepover with life-long friends-** You're never too old for a sleepover! Spend your night cuddled up in blankets and eating endless snacks while gossiping about what all the couples are doing. Not that you really care right?

**5. Sky zone is always the answer-** Re-

lieve some stress and get your jump on, do flips, jump into the foam pit, or even play basketball or dodgeball. Even though your pores will have exceeded the amount of sweat they can produce, this is an excuse to get ice cream with your friends to cool down.

Single junior, Isaiah Mader has opinions about what one should do on this Valentine's Day. "My plans are to stay in and watch "Cheers." I don't really care about this day honestly, it's just a Hallmark Holiday, it's just a day for America to make money, all I can say is treat yourself."

There are plenty of things to do this Valentine's Day even if you are the loner with no boyfriend or girlfriend, remember the Valentine's Day candy is always cheaper the day after the holiday. Treat yourself.



## Ten romantic date ideas this Valentine's Day

*Ideas to make Tuesday special for you and your sweetheart*

by **Tabi Klingenberg**  
staff writer

**1. The Movie Date-** This option is an obvious suggestion. However, it doesn't necessarily mean that you need to go out to make it happen. Pop some popcorn, grab your favorite drink, turn off all the lights, and pretend you're at the movie theater. Rent a movie you've never seen before, set it on mute, and improvise dialogue.

**2. The Animal Date-** The zoo can still be a fun experience even when you are not a kid. Take the time to really see the exhibits, walk around,



take some tours, eat some snacks. You can also see if you can find a nearby aquarium or just visit an animal shelter.

**3. The Dinner Date-** It's always nice to treat yourselves by going out to eat at a romantic restaurant. However, let's be honest, we are only in high school so you don't need to spend your last dollar on this. Go out to where you did on your first date or even to the first place you think of. It doesn't need to be expensive to be romantic. It just matters that you enjoy your time together.

**4. The Baking Date-** Get creative and bake something together. Make it fun and romantic. Challenge each other to a cook off while you go head to head with your date and test their kitchen skills. If it doesn't go as planned, take-out's always an option!

**5. The Photo Date Shoot-** Some fun photos of you and your special someone. Not only will this be a fun activity to do with one another, but it will create something lasting mementos for you both to look back on. Have fun with it! Find a

pretty location to use as a backdrop, or dress up and use funny props!

**6. The Ice Cream Date-** Go out for ice cream or make ice cream together at home. Sit at the counter of an ice cream parlor and enjoy a root beer float. Junior Kayla Bottelberghe mentioned, "I think it's super cute, not necessarily going out, but having a guy surprise a girl with flowers, chocolates, and a big teddy bear".

**7. The Skating Date-** Whether it's ice skating or roller skating, this is such a fun idea to try something different.

**8. The Stargazing Date-** Fill the bed of a truck with pillows and blankets and go stargazing in the middle of nowhere. You could always turn this into the "outside date" by going camping afterwards and roasting marshmallows by a bonfire.

**9. The Challenge Date-** If you can, pull up YouTube and treat yourselves to a little friendly karaoke. Go to war with a Nerf gun or water gun fight. You could break out the kids toys and go to "war" with each other. Challenge each other by playing "truth or dare", a fun board game, pool, or some intense video games. Last-

ly, build a fort out of furniture and blankets, and wage war with paper airplanes. You could even have a cook-off and the loser has to wash the dishes.

**10. The Driving Date-** It sounds so simple, but just get in the car and drive. Enjoy the face time together. Explore the city and find something new and unique to do. You might discover a new restaurant or place that you didn't even know was there.

To name a few other options, you can go bowling, visit a live show, paint balling, window shopping, mini golfing, kite flying, or going to an art gallery are always fun options, as well.

"I appreciate the fact that it's a day to spend time with your significant other or to do special activities when it's not your anniversary or a similar special occasion. It's just a day to celebrate couples and that people can form those bonds together," junior Zeb Johnson added.

Date nights or days aren't always possible. Make the most of this Valentine's day and of every moment you have together.

## Are professional sports teams rigged?

*An influx of improbable comebacks and perennial winners begs the legitimacy of championships*

by **Mason Hofer**— editorial  
staff writer

Even though most people say, "This is rigged" just because they can't believe at their team's failure, some people are firm believers that professional sports leagues are rigged. After 2016 (2016-2017 for NFL) they have some pretty good evidence to back that up.

For example, Golden State Warriors were 73-9 on the regular season, the best record in NBA history; and the Cleveland Cavaliers who were 57-25 came back from a 3-1 deficit in the NBA Finals after Cleveland went on a 52 year championship drought (this means Golden State only needed to win one more game).

Not too long after that the Cleveland Indians make it to the World Series and blow a 3-1 lead to the Chicago Cubs after the Cubs went on a 108 year championship drought. That means the Cubs didn't win

the World Series for 108 years!

A few months later the Atlanta Falcons make it to the Super Bowl for the first time ever! Only to blow a 25 point lead after halftime. The score was 28-9 at the end of the third quarter and the Falcons 'mysteriously' fell apart in the fourth quarter. Is this all a coincidence some might ask, I think so.

I believe that if these leagues were actually 'rigged' it would have been leaked to the public by now. In my opinion there is no way possible that it wouldn't have been leaked by now; because there are so many people that work or have worked for these leagues that would want to get back at them for whatever reason. They might not have even wanted to get back at them, maybe they just wanted to get some publicity.

Even though this year was full of "1st time in history" I still think that it is all legit. For example I think that Cleveland was able

to comeback from that deficit because of the emotion from LeBron James. I think that they used that emotion and used it as motivation.

Then I also think that the Indians were able to make it to the World Series because they used all the hype from the Cavaliers as motivation. LeBron came on the field and gave a huge pump up speech in the post-season for example. I believe the Cubs came back because they were just flat out the better team, and they used the energy from the drought.

A lot of people think otherwise, according to debate.com 83% of people think that sports are rigged (with exemption to WWE).

"I think that it's rigged sometimes," states freshman Trey Buckneberg. "They probably pay the other team to blow the game."

Lots of people have different ideas on how they are manipulated. Some people

believe that the games are real but the refs are paid to lean towards a certain team. A lot of people think that the ENTIRE season is just staged, including playoffs/postseason.

I guess we will never really know if they are rigged or not for sure. In the meantime everyone is going to keep watching and going to the games no matter what they believe in. The leagues will continue to make money off us.

