

Hayden Pierret keeps his dominance and works to flip his opponent over in recent action. Pierret finished 3rd





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# Stress inducers may help in the long run

# Semester tests stress out students

by **Peyton Sage** staff writer

Semester testing has finally came to an end. For most high school students, this is a gift from the heavens.

Semester testing seems to get more and more stressful for students as each year passes, but that's mostly because the amount of time spent studying becomes lesser and lesser.

Freshman and sophomores usually take semester testing more seriously than their upperclassmen counterparts, but that's because the younger students don't have the whole thing down to a T.

Juniors and seniors, on the other hand, are basically pros when it comes to semester testing. While the underclassmen students might think that it's just because the 11th and 12th graders are wiser, the truth is they're just better at hiding their stress as each semester passes.

Unfortunately, semester tests never get easier with time. But on

the bright side, they do become easier when students try one little thing: studying.

That's right! Studying is proven to increase test scores. Although it's not proven by how much test scores improve, it's pretty hard to fail a test by studying.

The best thing students can do, aside from studying, is get an adequate amount of sleep the night before and eat a filling breakfast in the morning.

With that being said, now that the first semester is finally over, students will have plenty of time to recover. That is, however, until the second semester testing season rolls around.

# Senior projects right around the corner

by **Isaiah Miles Mader** staff writer

Senior project presentations are finally here for the class of 2018 who will find themselves in front of the

judging panel next Wednesday afternoon from 12:30 until 5:30.

The senior class is required to complete a senior project in order to graduate. The experience must be a stretch that they spend 30 hours on, 10 of which must be with a mentor who is at least 25 years of age. The students also have to journal and photograph their progress and write a corresponding research paper.

The idea behind senior projects is to push the students to do something they have never done or to dive deeper into a previous interest. They also force the kids to learn communication skills with their mentor and get them more comfortable with public speaking.

Senior Ryan Fick said, "Senior projects are a great thing that can teach you something new that you can use for the rest of your life."

After presenting, this year's seniors will get one more thing off their slate as they prepare for the future.

## This Week's Need to Know

FACT OF THE WEEK: Martin Luther King, Jr's birth name was actually Michael.

**LIFE HACK OF THE WEEK:** Learning from your own mistakes is wise; learning from others' mistakes is quicker and easier.

**JOKE OF THE WEEK:** How does a penguin build it's house?

#### **BRAINTEASER OF THE WEEK:**

What has to be broken before you can use it?

Answers to joke and brainteaser are on the bottom.

#### **Upcoming Events**

#### Friday, January 12

- GBB v. Baltic (6:00/7:15)

#### Saturday, January 13

- Border Clash (12:00)
- JH BBB @ BEC in Volga (9:00)
- Wrestling @ Tri-Valley (10:00
- GBB v. Adrian (6:00)
- BBB v. Adrian (7:30)

#### Monday, January 15

- No School—MLK Jr Day
- Staff In-Service @ West Central
- BBB @ Dell Rapids (6:15/7:30)

#### Tuesday, January 16

- Bus Routes Reverse
- JH GBB @ DR St. Mary's (4:00)
- GBB @ SF Christian (6:15/7:30)

#### Thursday, January 18

- Wrestling v. Dell Rapids & Sioux Falls O'Gorman (5:00)
- Wrestling Parents' Night

### Thrillers on the mat and court

Girls basketball hits the hardwood, ready for a busy week ahead

by **Heather Huether** staff writer

Girls basketball (2-4) had a home game against Flandreau (6-2) on Tuesday. Throughout the whole game they played from behind as Flandreau's tough offense was difficult to slow down.

At each quarter break the Blue Dragons were down close to half of Flandreau's score, 6-12, 14-27, 24-46, and ending the game 32-61.

There were a few bright spots for the Blue Dragon ballers as freshmen Mattea Fiegen and Lizzie Olson paced the defense, pulling down over half of the rebounds. Junior Kyley Greenhoff scored nine points on the night's effort.

JOKE: Igloos (It glues) it together

The Lady Blue Dragons are in action tonight against Baltic (1-6). Then have a busy schedule next week playing Tea on January 22 in a makeup game, then competing in the Big East Conference tourney. The girls are ranked seventh and open up play against #2 McCook Central-Montrose.

### Boys basketball secure their first win, gain redemption

by **Heather Huether** staff writer

**BRAINTEASER:** an Egg

The Blue Dragons capped off their Big East Conference tournament with a win but was a difficult road along the way.

Garretson was ranked #6 going into the tournament which pitted them against #3 Parker. Despite Garretson holding the lead at half time, the Pheasants second half offense and lock down defense propelled

them to the 59-39 victory.

In a tight game for the second round, the Blue Dragons squared off against McCook Central Montrose. Garretson almost pulled out their first victory of the season once again holding the lead at half. Second half proved to once again be their nemesis and Garretson was two points short, dropping the game 49-51.

The final match up of the tourney for the Blue Dragons was the seventh place game against Chester.

Garretson already played Chester earlier in the year and lost 47-51. They were looking for redemption. For the third time in the conference tourney, Garretson held the lead going into the locker room. This time though, it was different. Garretson was able to keep their lead despite a late game threat by the Flyers. The Blue Dragons pulled out their first victory of the season, 45-36.

The Blue Dragons dropped a tight game last night to West Central, 73-79. They are back in action tomorrow for the Border Clash against Adrian.

#### **Worth Mentioning**

Wrestlers placed high at the Dan Pansch-Jesse James Invitational last Saturday. Junior Hayden Pierret took third, seniors Jack Konechne and Keaten Wagner finished fourth, while junior Ben Konechne ended sixth. Wrestlers continue competition tomorrow at the Tri-Valley tournament

**Bundle up** another cold snap is in store for the area this weekend. Single digit highs with dangerous below zero wind chills.