



Congratulations to the one-act cast, crew, and director on their first place finish at region competition. State is Feb. 2

Blue Ink



How well do you know Garretson school and its people?

by **Sam Gonzalez**
staff writer

Introducing the **Garretson Guessing Game**, a game where you have nothing but pure luck and memory to figure out the answers to, who is wearing a certain item, where an object is, and then what something is. Winner who guesses all three and submits answers to the Blue Ink Snapchat (ghs_blueink) has the chance of winning a free candy bar of their choice by next Friday.



Answers will be in next week's *Blue Ink*. Good luck and happy searching.



This Week's Need to Know

FACT OF THE WEEK: 4 is the only number with the same number of letters as the meaning of its name.

LIFE HACK OF THE WEEK: If you accidentally close an internet tab press "Ctrl+Shift+T" to reopen it.

JOKE OF THE WEEK: Where did the writing utensil want to go on vacation?

BRAINTEASER OF THE WEEK: I can be found in water but am never wet?

Answers to joke and brainteaser are on the bottom.

Upcoming Events

- Friday, January 25**
- GBB @ BEC vs. Sioux Valley in Salem (6:00)
- Saturday, January 26**
- Wrestling @ Wagner Tourney (10:00)
- GBB @ BEC vs. TBD in Flandreau (TBD)
- Monday, January 28**
- HS Quad State Honor Band
- JH BBB v. DRSM (4:00/5:00)
- BBB v. DRSM (6:15/7:30)
- Tuesday, January 29**
- HS Solo/Ensemble Contest
- Wrestling Quad (5:00)
- Wrestling Parents' Night
- Wednesday, January 30**
- Early Dismissal (1:30)
- Thursday, January 31**
- JH GBB v. MCM (4:00)
- GBB v. MCM (4:00/5:00/6:30)
- Friday, February 1**
- BBB @ MCM (6:15/7:30)

Worth Mentioning

JH BBB & GBB competed in BEC tournaments. Boys (2-1) only fell short in the championship game, while girls went 3-0.

Choose Kind

- January Precept: "No man is an island, entire of itself." - John Donne
- December Precept: "Fortune favors the bold." - Virgil
- November Precept: "Have no friends not equal to yourself."
- October Precept: "Your deeds are your monuments."
- September Precept: "'When given the choice between being right and being kind, choose kind.'" - Dr. Wayne

A chance to break their streak

by **Oliviya Thornton**
staff writer

Garretson girls basketball went up against Parker last night in the hopes to break their losing streak after losing Peyton Hove, and potentially losing Kyle Greenhoff, two of their starters to move up in the Big East Conference Tournament.

Coach Shrank's plans for the game, "try to keep the ball away from #22 and #11 and limit their chance of scoring as well as push the ball and get some easy buckets."

Garretson started off strong bringing the game 18-8 by first quarter. They kept Parker down and kept pushing the ball.

Garretson had quite a strong transitions and intercepting Parker's passes and scoring on them. They pushed the ball and kept the momentum going until half time bringing the game 33-17.

Hopes and confidence were high for the Blue Dragons but Parker also felt the same. The Dragons just couldn't keep the Pheasants down and by the 3rd quarter the score was 37-34.

Garretson fought back against Parker trying to keep them down but Parker's offense broke through and Parker ended up winning 45-49.

Lauren Heesch, a sophomore, a new starter for varsity, said, "we need to remember to stay positive and think about the positive things instead of the negative. Also we need to encourage one another." she believed this is what the girls need to remember from this game even if it was a loss.

Tonight the girls have a chance to break their losing streak when they play Sioux Valley in Salem, at 6. Their hopes and determinations are high.

91st Oscar Awards

by **Malia Johnson**
staff writer

February is an exciting month for movie lovers! The Oscar Awards, a big family hit on ABC Television Network featuring some of the best and most wonderful films of the year, is just around the corner. Nominations range from anything from best picture to best costume design. The Oscars also include the best sound editing, production design, music, makeup and hairstyling, film editing, documentary's, directing, animated feature film, and best actor in a specific movie.

Many of the movies that have been nominated for the Oscar Awards are all movies that have qualified for one or more of the previous categories. The 2019 Oscar Award nominees are: *Black Panther*, *Vice*, *A Star Is Born*, *Roma*, *Incredibles 2*, *Ralph Wrecks the Internet*, and *Spider-man*.

This year, The Oscars are taking a new approach with no host. Anne Hathaway stated "Sometimes its better to go with no host."

The 91st Oscar Awards ceremony will take place on Sunday, February 24, 2019 in the Dolby Theatre in the heart of Hollywood.



JOKE: "Pencil"vania

BRAINTEASER: A reflection

Why cut weight

A brief insight into wrestling habits

by **Nobel Nothstine**
staff writer

According to a recent ComRes poll, the most common New Year's resolutions include:

- Exercise more (38 percent)
- Lose weight (33 percent)
- Eat healthier (32 percent)

But for wrestlers, this is already a way of life. Imagine having to lose 10-15 pounds for a weigh in, then attempting to gain it all back in less than 2 days! Wrestlers are pros at gaining/losing weight, and it's evident even in a small town like Garretson.

Overall, there are 14 nationally mandated weight classes for wrestling. Over the years, wrestling has changed in terms of people "cutting weight."

In the past, competitors could cut any amount of weight to try and reach the lowest class. This would better their chances of success, if they could gain all the weight back in a few days. Doing this would make them bigger and stronger than their opponent, who likely was regularly that weight. A 10-15 pound difference means everything in a tough match, and opponents want any

edge up possible.

However, this adventitious method began being looked down upon, as people tried to cut too much weight and were hospitalized, or had died. Obviously, something had to be done.

Now, wrestlers must be certified by a doctor to tell coaches what the minimum weight class is that the mentioned wrestler can compete in. They take into account height, weight, and body fat percentage.

In Garretson, not many wrestlers are allowed to cut an extravagant amount of weight. But to lose a few pounds, Garretson wrestlers have to maintain a lifestyle of healthy eating and regular exercise. Wrestling practice also helps the athletes maintain their weight throughout the season. As the season reaches Christmas break, the state allows weight classes a 2lb growth increase. So, a wrestler who wrestles the 106 lbs weight class can weigh up to 108 and still compete at the 106 lbs weight class. The reason behind this is merely because teenagers are eating and growing more, and thus putting on weight.

Mr. Ruml, Garretson's head wrestling coach said, "Over my last num-

ber of years training combat athletes, probably the biggest weakness in terms of knowledge about training had to do with their nutrition." Not much is known or utilized about weight manipulation in a small town, yet it's something both models and wrestlers have in common.

Cutting weight is mainly categorized under nutrition knowledge because of how closely the two are related, but cutting weight does not just entail changing your diet. This umbrella term, "cutting weight" is talking about the rapid drop in body weight and rapid weight gain before and after a weigh in for a competition.

It takes knowledge, skill and practice to effectively cut weight. Sometimes athletes have horrendous performances by cutting too much weight, cutting weight too fast, cutting weight too slow, not rehydrating correctly, or eating incorrectly after their weigh in.

Overall, this habit is dangerous when incorrectly utilized, but can be very helpful for competitors when monitored and properly implemented.

Charity challenge champion



by **Jayden Clark**
staff writer

The fourth annual Walter Payton Man of the Year Charity Challenge rocked Twitter over the past several weeks. To better promote and celebrate the individual nominees for the Walter Payton Man of the Year Challenge, football fans were encouraged to post #WPMOYChallenge with their favorite nominees last name on social media as a means of casting a vote for them. Whoever receives the most hashtags and mentions wins the charity challenge and is granted \$25,000 toward a charity of their choice.

This year, Kyle Rudolph, tight end for the Minnesota Vikings, won the Walter Payton Man of the Year Charity Challenge piling up more than 400,000 mentions. The

Minnesota Vikings tight end, Kyle Rudolph, wins Charity Challenge

\$25,000 Rudolph received as a result of winning the challenge will be donated to his chosen foundation. Rudolph and his wife have volunteered most of their time to the University of Minnesota Masonic Children's Hospital, which caters to families that had children undergoing treatment. His viral video, "Dear Kyle," showed the world the impact he had on the children and families in this hospital.

After finding out he had won, Rudolph tweeted, "My wife Jordan and I are extremely honored to have won the #WPMOYchallenge and also very humbled by the overwhelming support from Vikings fans as well as fans all across the League. You [sic] effort will make a difference in the lives of patients and families @UMNChildrens!"

The Walter Payton Man of the Year Charity Challenge is not to be confused with the Walter Payton Man of the Year Award. For almost 50 years, the Nationwide Insurance Company has sponsored the Walter Payton Man of the Year award to recognize NFL players who demonstrate excellence on and off the field, and who have created a positive impact on their community. All 32 NFL teams get to select a representative from their respective team.

The winner receives \$250,000 that will be put toward expanding Character Playbook, a program that tries to "bully-proof" schools in America. The winner will also receive \$250,000 to donate to a charity of their choice. The remaining 31 participants each receive \$50,000, which is put toward Character Handbook and an additional \$50,000 to donate to a charity of their choosing. The winner of the Walter Payton Man of the Year award will be announced on February 2 on CBS.

Click on this link to watch the "Dear Kyle" video:
<https://youtu.be/YYYvNldM37Y>

Controversy on the gridiron

by **Mason Hofer**
staff writer

After a controversial football Sunday, the Super Bowl is set, kind of. Towards the end of the Saints, Rams game, there was a blatant missed pass interference call. This had a huge impact on the game and caused the Saints to lose the game. The corner who delivered the blow even admitted that it was a pass interference. This has football fans furious, so furious in fact, they want a rematch.

Rule 17 Section 2 Article 3, "The Commissioner has the sole authority to investigate and take appropriate disciplinary and/or corrective measures if any club action, non-participant interference, or calamity occurs in an NFL game which he deems so extraordinarily unfair or outside the accepted tactics encountered in professional football that such action has a major effect on the result of the game." This would give Roger Goodell the ability to call for a rematch or replay from a certain point. Currently there is a petition with 500,000 signatures and counting supporting this.

The NFL is also considering making pass interference calls challengeable by coaches.

On the other side of the NFL, The AFC Championship, the Chiefs and Patriots fought a long fought battle that also went to overtime. After going scoreless in the first half, the Chiefs rallied up and made a successful comeback just to lost in OT.

At the moment the Super Bowl matchup is Patriots, Rams. The game is scheduled to February 3rd at Mercedes Benz Stadium.

Boys basketball

by **Mataya Trower**
staff writer

The boys basketball team's record is now 3-11 after a tough loss against Flandreau. Garretson lost by 20 points having a final score of 39-59. Flandreau now has a record of 7-5. There are six more games on the Garretson Blue Dragons' schedule for before post season play.

The Blue Dragons' next game is at home in the Dragons' Lair against Dell Rapids St. Mary Cardinals (8-3).

The Garretson vs. Dell Rapids St. Mary's game junior varsity plays at 6:15 on Monday, January 28 with varsity to follow around 7:30.

Garretson's JV pulled out a six point win over the Flandreau Fliers last Tuesday.



Wrestling sweeps triangular

by **Nobel Nothstine**
staff writer

The Garretson Blue Dragons wrestled in a triangular at Lincoln High School on Tuesday, January 22. First, they wrestled Parkston and won 39-36. Mr. Ruml has stated that this was a very close dual and that it was a true team effort to pull off this difficult win. Two wrestlers, Hunter Abraham, and Dominic Abraham, had key wins for success.

For their last dual, the wrestlers went up against Sioux Falls Lincoln. Preston Bohl went into overtime 3 separate times during his match but sneakily pulled out a win scoring 11-9. The overall odds were not in good favor; Lincoln had a full lineup, and the Dragons had 4 open weights. However, the GHS wrestlers performed very well, (winning 7/10 matches) and the final score ended up 37-36, with a Blue Dragon victory.

Both of the duals were very close, but many readers may not understand the basic fundamentals behind wrestling and its scoring.

The main point of the sport is to put an opponent on their back -- to "pin" the opponent. This is when they are put on his/her back with any part of both shoulders touching the mat for two seconds. When an opponent is pinned, the match is over and the pinned opponent automatically loses.

If nobody is pinned, the winner becomes the wrestler who scored the most points throughout the match. There are five different ways to accomplish this.

1) Takedown - (2 points) Two points are scored for taking down and controlling an opponent.

2) Escape - (1 point) One point is scored for the other wrestler getting into a neutral position when the opponent has the other wrestler in a potential takedown.

3) Reversal - (2 points) Two points are awarded when an opponent has the other wrestler down on the mat and the other wrestler regains control of the opponent.

4) Near Fall - (2 or 3 points) Near fall points are given out when a wrestler almost succeeds in pinning an opponent.

5) Penalty Points - (1 or 2 points) The opponent is awarded points if a wrestler commits the following offenses:

- Illegal Hold
- Going off the mat or forcing an opponent off the mat to avoid wrestling ("fleeing the mat")
- Grabbing clothing, the mat, or headgear
- Locked or overlapped hands
- Leaving the mat during the match without the referee's permission



Braxten Rozeboom looks to use leverage and take control of his opponent in recent action in Dell Rapids.

Photo by Ms. Anna Uhl

- Unsportsmanlike conduct
- Flagrant Misconduct (Ejection, the match is over)
- Stalling (There is one warning before a wrestler is penalized and points are awarded)
- In—correct starting position or false start (The are two cautions before points are awarded)

One other issue that causes confusion for readers is how duals are scored.

- If a match has one side fall, forfeit, default, or get disqualified, 6 points are awarded to the other team.

- If a match ends with one side winning by 15+ points, it's considered a Technical Fall ruling and 5 team points are awarded.

- If a match ends with one side winning by 8-14 points, it's considered a Major Decision ruling and 4 team points are awarded.

- If a match ends with one side winning by fewer than 8 points, it's considered a Decision ruling and 3 points are awarded.

While the Garretson grapplers are versed in this, not everyone who wants to cheer them on is. The next Blue Dragon wrestling event is tomorrow in Wagner.

- Reporting to the mat not properly equipped or not ready to wrestle, or equipment that is detected as being illegal after the match has started
- Unnecessary roughness

Isaiah Robinson, in recent action, looks to the ref for the slap of the mat, signaling a pin. Robinson and the other wrestlers are in action again tomorrow at the Wagner tournament.

Photo by Ms. Bly



Honoring our veterans

Garretson basketball hosts 4th annual military appreciation night

by **Kennedy Buckneberg**
staff writer

The double header, held at home, against the Vermillion Tanagers was Military Appreciation Night, where veterans and people in our community who have served in the past are honored. This was the 4th annual Military Appreciation Night. The game was originally scheduled for Friday the 18th but got rescheduled for Saturday the 19th, due to the snowy and cold weather.

"We do it because we think that it's important to get our high school and youth involved and that they understand the importance of veterans and what they do for us." Says Athletic Director, Kevin Steckler. "Not a lot of people really understand how much veterans do for us and what actually goes on when they are away".

Kevin Steckler, thinks it's important for us younger students to understand. Bob Bennett, former History teacher, veteran, and a very big help to the Garretson school, says "It was a great experience and I'm very glad I served."

Previously in the past, a poster was made of graduate veterans and community members who have served, all veterans who have served got the chance to stand as the community honors them, and there has been money raised and donated to the Legion of both schools.

After hard effort the Garretson Blue Dragons were not able to defeat the Vermillion Tanagers. Although both varsity's and boys JV and C team were not able to pull out a win, the girls c team and JV came out on top. Shirts were worn at the game as a way to say thank you to the veterans.

We may not think about how much veterans do for us in our everyday lives, but in the end, then are wiling are willing to make the ultimate sacrifice for our country.

Good times never seem so good

by **Kylie Uhl**
staff writer

Iconic song turns 50 this year

The famous song "Sweet Caroline" sang and performed by Neil Diamond turns 50 years old this year! Does everyone know the inspiration to this song? I bet you didn't know this song was inspired by Caroline Kennedy the daughter of the late John F. Kennedy. Neil Diamond's Sweet Caroline was originally written for his then wife, Marsha Diamond. Diamond however needed a three syllable name that would rhyme with the song and "Sweet Marsha" didn't have the beet he was looking for. Trying to get the name Marsha to rhyme he looked at a picture of Caroline Kennedy "dressed to the nines" next to her pony, and thought the picture was innocent. Diamond then modified the song around the name Caroline, the now 50 year old song is played everywhere.

In 2013 Diamond announced that he would donate a large sum to One Fund Boston to help those affected by the Boston Marathon bombing. In Honor of that donation his song Sweet Caroline is played at every red Sox's home game. For Caroline Kennedy's 50th birthday she attended a Red Sox game and Diamond performed the song in her honor. She was as happy and overjoyed seeing him perform it as she was hearing it the first time.

Winter Freeze

E G I I Q F I C Z C
H T W R A S R E G C
M W N R I C J O R W
F T O E G F O S S W
I S L L I H C L A T
Y D O R E Z M G D Q
W Z W L U B O K S X
I V H Y C I D N R V
N W K F N V O I F X
D C E P C W Z H N F

WIND
COLD
SNOW
CHILLS
FROST
ICY
BELOW
ZERO

created by
Sam Gonzalez using
atozteacherstuff.com

Viral video confrontation may not be what it appeared

by Riley Altman
staff writer

One week ago, people of all ages and races gathered at the 2019 March for Life, where a confrontation between a Native American veteran and a U.S. high school student occurred. The video of the confrontation went viral on many different news sources including CNN, Fox, CBS, *The Washington Post*, and *The New York Times*.

Nathan Phillip, the Native American veteran, walked over to high school student, Nick Sandmann, and played his drum in his face to diffuse what Phillip thought was increased tension between the two.

Nathan Phillip's perspective

Phillip was marching in March for Life and claims to have heard racist comments made by high school students. He reported he heard students say, "Trump 2020" and "build that wall." He also claims to have heard students say "In my state those Indians are nothing but a bunch of drunks." Phillip accuses the students of "mocking us while we're having discourse."



Nick Sandmann's perspective

Sandmann, a high school student, says he and his friends got called racist and incest kids by the group of African American protestors. Sandmann said, "Because we were being loudly attacked and taunted in public, a student in our group asked one of our teacher chaperones for permission to begin our school spirit chants to counter the hateful things that were being shouted at our group." He reported, "I was not intentionally making faces at the protester. I did smile at one point because I wanted him to know that I

was not going to become angry, intimidated or be provoked into a larger confrontation." That's when Phillip walked up to him and started playing the drums loudly in his face.

In the past couple days, news stations have been admitting they have exaggerated the story, or had not gotten all the detail. Although the news stations are admitting this, not many people know this due to the confession not being a front story. They stretched the truth for wishful thinking to give their audience a good story.

New elementary spelling bee champ crowned

by Ms. Teresa Johnson
contributor

Fourth grader, Carter Siemonsma, is this year's spelling bee champion. He was one of 24, third through fifth graders who participated in the event. Carter won with the correct spelling of the word "fugitive."

The spellers went 11 rounds this year. Carter is pictured with Kathi Brady, PTO representative, who awarded him a \$25 gift certificate to Barnes and Noble. The regional spelling bee is in Sioux Falls on February 2nd.



On Thursday morning, fourth grader Carter Siemonsma correctly spelled "fugitive" after 11 rounds of competition. For winning, Carter received a \$25 gift card to Barnes & Noble from the Garretson PTO.

Photo submitted by Ms. Teresa Johnson



Above: Fifth grade spelling bee participants



Above: Fourth grade spelling bee participants



Above: Third grade spelling bee participants

Senior Spotlight

Dominick Krueger

SENIOR PROJECT:
Room makeover

ACTIVITIES INVOLVED IN:
Volleyball stats

WHO/WHAT WILL YOU MISS MOST:
Mrs. B and Mrs. G

PLANS FOR NEXT YEAR:
Going to DSU

