

Garretson Weekly School Newspaper - Garretson, SD - Volume 2, Number 27

## This Week's Need to Know

**FACT OF THE WEEK:** The official name for the fear of Friday the 13th is paraskevidekatriaphobia.

**BRAIN TEASER OF THE WEEK:** Figure out what these abbreviations stand for.

5 F o a H

7 D i a W

Answer on back page

**JOKE OF THE WEEK:** Why are penguins socially awkward? (submitted by Kyrstyn Beck)  
Answer on back page

### UPCOMING EVENTS:

#### Monday, March 16

- Vocal Solo/Ensemble Contest @ Augustana College  
- Track Begins

#### Tuesday, March 17

- St. Patrick's Day

#### Wednesday, March 18

- FFA Contest @ Flandreau

#### Thursday, March 19

- PTO Rollerskating Party @ Carousel Skate 6:30-8:30

#### Friday, March 20

- No School—Spring Break

Blue Ink Student Editor: Katie Giesler

## Lifting Legends: SD High School Powerlifting

By Katie Giesler, student editor

207 lifters from 15 different schools came together in Madison, South Dakota on Saturday March 7th with one goal in mind: to beat their own goals.

The day started just shy of 8:30 in the morning. All lifters were called to sit in the high school gym bleachers as an official took the floor and began going through the rules and regulations for the day's events. He explained to the

participants how to correctly perform their various types of lifts they'd be doing throughout the day. He goes over form for squats, bench press, and deadlift. He includes details surrounding correct grip, stance, and what to do when help is needed.

The boys and girls participating are informed about the "red" and "white" lights that will signal if they have successfully followed the guidelines for their lift so it counts or not. Once the rules have been declared, the lifters are dismissed. The coaches were called for a meeting whilst their athletes stretched and mentally prepared for their gruelling day ahead.



Senior Bryce Wollmann performs well with his deadlift, picking up over 500 pounds. Wollmann placed first in the competition for his class.

Photo by Katie Giesler

Garretson sent two participants to Madison last Saturday: Bryce Wollmann, a senior, and Zeb Johnson, a freshman. Both Wollmann and Johnson lift with Steve Fergan of Next Level Fitness out of Sioux Falls. The boys train with others from Madison, Tea, and Sioux Falls.

Minutes before the official start time, lifters crowded the gym floor, donning belts, hand wraps, and knee wraps. They stretched and focused themselves into rhythm. The gym was filled with an excited, nervous energy, participants and spectators alike eager to start.

The girls had two weight classes;



Scan for the full upcoming event schedule

## March Madness is Closing In!

By Beth Schmidt

As college basketball came to an end for girls and boys, fans get excited to travel to Sioux Falls to watch the 2015 annual Summit League Basketball Tournament that has been one for the record book.

This year at the Denny Stanford Center there attendance was a record breaking with almost 50,000 fans. In 2014 their was about 37,000 people.

Our home colleges that played in the Summit League was SDSU Jackrabbits and USD Coyotes. The championship game for the boys was a tough game since the Jackrabbits and Coyotes have a long history of rivalry, SDSU played hard and beat USD 78-65 win.

The top speed Jackrabbits season was 23-9 wins and loses. As for

the Coyotes their season was 17-16 wins and losses.

On Saturday the boys first played WIU winning with the score of 87-50.

That game led the Jackrabbits to play against the Coyotes who they pounced on with the score of 78-65.

For the final game SDSU fell to NDSU by one point 56-57. As for USD they played against IUPUI making the score 82-73. They played SDSU which the score was written before. USD was out after losing to SDSU.

Women's basketball went well for the first game. SDSU women played against DU, beating them 79-61. For the semifinals that was on



Monday, the Jackrabbits played against ORU, who stomped out the Golden Eagles, 59-48.

The Coyotes went against IUPUI on Monday, making them bump up with a win and the score of 69-58. As for the final game, the Coyotes played against the Jackrabbits which made them fall 57-72.

This Sunday, the men's teams will know who makes it to the big dance and who they will play. The same happens for the women on Monday.



## Spring Back into Style

By Abriana Scholl

After a long, frigid winter, the time of year we all wished to come has made its way back into our lives. With the start of the fourth quarter and the return of spring weather, students can hardly keep in their seats from excitement.

The only question that remains is if students should be allowed to wear spring clothing all through the fourth quarter.

"The biggest thing for the spring is that shorts are of the acceptable length and that we don't have any inappropriate tops like tank tops or

spaghetti straps," advised middle and high school principal, Chris Long.

With the concern about shorts, the requirement is to keep your shorts at fingertip length or longer. Along with tops, the requirement is "That we don't have any inappropriate tops like tank tops or spaghetti straps," explained Long.

Another few factors of the dress code requires students to keep hats and sunglasses off during school hours. The only time they are acceptable is if it is for a medical or

safety related issue.

Regardless of the weather, any student can wear shorts and/or open-toed shoes throughout the first and last nine weeks of the school year. "Only with appropriate weather unless it's blizzarding," stated junior, Annika Hanson.

Only two months remain until the school year comes to an end, but with good weather, along with the proper attire, we can come to a successful end of another year.

## Powerlifting

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Nike (lightweight) and Athena (heavyweight). The amount of female competitors was both surprising and somewhat refreshing. It's a nice touch, having them there, as it brings something new to a once male-dominated sport.

The day started with all stations starting out on squats. All those in the lightweight class went first by increasing order until the heavyweights.

Between taking pictures and figuring out what went on, I found myself watching these beefy muscle-men in awe. A spotter was on either side of the lifter, as was one standing behind. The spotters were a nice, reassuring touch. Watching some of these guys lift an impeccable 480, sometimes 500 or 550 pounds, was enough to make my eyes pop out of my sockets. (They nearly did when a lifter in a lighter class squatted a state-record-making 600 pounds!)

The lifter's red faces, pulsing neck veins, and purple thighs (complimentary of the skin-tight squat suit and legs wraps the lifters wear; to prevent joints from sliding around, and to give spring when standing back up) were prime-time examples on how excruciatingly difficult the sport truly is.

Stance is crucial. One participant attempted to squat a gargantuan amount of weight, but was denied success because he failed to squat down far enough.

Wollmann squatted an incredible 550 pounds in his heavyweight division, and Johnson pulled out an equally impressive 325 pounds in



Wollmann squats 550 lbs in the powerlifting competition on Saturday in Madison on his way to a first place finish.

his own weight class.

This sport obviously wears on the mind and body. It is also very dangerous, too. A competitor from Washington High School attempted to squat 525 pounds, but the weight proved to be too much for him. On his way back into a standing position, the weight fell behind him. Both spotters at his sides, as well as the one in back, narrowly evaded the falling pounds. Silence fell throughout the gym. The lifter struggled to stand on his own. It was a clear reminder to all that this was not a sport anyone could do.

The lift following squats was a bench press. Now competitors needed to shift their focus from not dropping an immaculate amount of weight on their back and shoulders, to not dropping the weight onto their chests. (Mind you, if they *were to drop it on themselves completely, the chances of slipping away unharmed are somewhere*

*around 2%.*)

Wollmann put out a strong 285 pounds in his division, and Johnson was behind him in his own weight class, putting up a solid 185 on the board.

Deadlift was perhaps the most fun to watch. This lift well deserved to be put last, as it really was the greatest to witness.

Watching these guys with Herculean strength grasp and lift 330 to 485 pounds, and then hold it, standing straightly with that weight for two to three seconds at a time, absolutely astonished and bewildered me to extended proportions. I couldn't wrap my brain around how easy some of these guys make it look. Deadlift is truly as intense as it gets, and is a one-of-a-kind kind of experience.

It also makes me feel like I need to hit the gym more often; especially after strongmen like Wollmann can hold up an eye-popping

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## Powerlifting

*continued from page 4*

510 pounds! Johnson also impresses with his 285, continuing to amaze.

Johnson is only five months in to his powerlifting lifestyle, versus Wollmann who has been on the train for the last few years. Both are alike in strength in the respect that theirs is well above average. Although their experience levels have quite a gap, both of them have a similar level of intense devotion to the sport.

Perhaps support was the almost overwhelming feeling engulfing the participants more-so than the overall excitement. The crowd, filled with family members, friends, and fellow athletes alike all watched with never-ending intensity and focus. Their eyes were transfixed on their favorite lifters all throughout the course of the day.

The day came to a close after a final award ceremony, where outstanding lifters were rewarded for all of their months of hard work in training.

The day ended well for both Wollmann and Johnson. Wollmann lifted a total of 1,345 pounds between all three of his lifts. Johnson's collective total was a solid 795 pounds; not too

shabby for his first state!

For anyone who has never been to a powerlifting competition in their life, I will tell you from my personal experience, that yes, the day is long, and you will need to have a few things explained to you. But, if you're like me, you'll become very interested very quickly in something so alien as powerlifting is. The experience is definitely unique, but it's nice when you take a couple of friends and a nice camera with you.

And, ya know. Lots of people who

make your typical high school guys humbling, and I strongly recommend and gals look like noodles. It's quite seeing it, or you might not believe it.



Freshman Zeb Johnson works to push the 300+ pounds back up during his attempt at the squat.

## Preview into Golf

By Lana Braswell

The weather is getting nicer now, we all know what that means! It's time to put away those winter coats, and put on your shorts. But it's also the time of year where all the sports that you can't play in the winter happen to be in the summer. One such as golf.

This is one of those sports that you like or you don't like. In this case, golf is one of those well-liked sports that is an excuse to not only get out of class, but also an excuse to get outside in the nice weather.

Most students, like Isaiah Mader, who has been on golf since middle school.

Other students who have joined golf seem to love it. Getting out of school to be able to go play the sun-bathing sport in the sun (until a golf ball hits a window). But who is the director of the sport? Mrs. Stoltenberg, the middle school English teacher, happens to love the sport.

"The golf course was built in 1990, we put our team together in 1992." Stoltenberg quoted. She also stated

how they have twenty-two kids on the team, but by the time it comes to playing, they take out those who aren't on varsity or junior varsity. "Our first meeting was [Wednesday], but we plan on getting to the course Monday."

Unfortunately, the students have to have their own golf clubs, balls, and tees. The school, however, does provide some golf shirts, and holders that will last the season. So have fun on the course and let this season be a hole in one!

## The Dragon

By Sylvia Larson

Have you seen that cool dragon statue that had taken residence in front of the Jesse James gas station? The statue may be donated to the school by some benevolent people.

The reason that it's being brought up is that there are couple of folks who may be willing to purchase it and then donate it to the school, according to Superintendent Guy Johnson.

The school board met on Monday and discussed if they should accept the dragon and where it could sit.

"I suspect that the place [the statue] will probably end up will be by the entrance to the new gym," stated Johnson.

Sophomore Abriana School has her own opinion. "I think we should

put it right on the side in the front of the school; around that turn between the main doors and the Kindergarten door. I think it would fit perfectly there and just greet everyone like 'Hey, What's up?'"

"We felt like if we put it out there by the entrance, that's where the most people would see it, and it would really be a nice focal point

for that entrance for people to look at as they're coming up to the building," added Johnson.

"Although it's just a statue, I think the dragon will be a very interesting artifact to add to the school; making it a little bit more special," continued Scholl.

One thing's for sure, people are excited for the possibility of a statue to be admired by not only opponents, but community members.



## Friday the 13th

By Zeb Johnson

Friday the 13th. For some, the day reeks of superstition and false beliefs; but for others, the day is one to stay inside and play it safe. Friday the 13th supposedly brings bad luck whenever it comes.

Although Friday the 13th instills fear into some people, the number 13 itself is more cause for alarm in most cases. Throughout history, 12 has been the preferred number for anything, civilizations have had 12 gods, 12 hours on the clock, 12 Descendants of Muhammad, 12 Tribes of Israel, and 12 Disciples of Jesus among other stories. 12 has always been the number of completeness, while 13 has always been an outlier.

The number 13 has always had negative connotations, many traditions have legends associating 13 with death. Many myths say that if 13 people dine together, one will

die in a year. The origin of the legend can be traced to the beginning of Christianity, in which Jesus had the Last Supper with his 12 Apostles before he perished.

13 is so feared that many cities will not have a 13th street or avenue, hospitals will avoid labeling rooms with that number and airports often do not have a gate 13. People not using 13 can even be traced back to Ancient Babylon, in which Hammurabi omitted the 13th law from his Code.

While the number 13 has negative connotations among many people, the day of Friday does as well. According to Christian scriptures, Jesus was crucified on a Friday, which made the day one of misfortune and bad luck.

Combining the two to make Friday the 13th a negatively auspicious day first came in 1907, when

a few novels were published displaying the day this way. One event that strengthened the image of bad luck on Friday the 13th came on October 13th, 1989. On that day, the Wall Street Stock Exchange experienced its second largest crash ever.

While the superstitious will tell you that it is unsafe to be out on this day, some sets of data say otherwise, with fewer people dying on Friday the 13th due to vehicle accidents. One set of data may say that it is safer on the 13th compared to any other Friday, but others will tell you the opposite, that you are better off staying inside. Either way, Friday the 13th is still a Friday like any other, and that's a gateway to the weekend.

## Eighth Graders Experience Science Hands-On

By Tabi Klingenberg

Wednesday, March 11th, the eighth graders headed to South East Technical Institute for the annual Women in Science Day from 9:00 a.m. to 2:30 p.m.

The purpose of Women in Science Day is for eighth grade students to become more enlightened about the numerous opportunities in S.T.E.M (Science, Technology, Engineering, Mathematics)-based careers for women.



Eighth graders who participated in the Women in Science day at Southeast Tech this past Wednesday.

Women in Science is also a non-profit organization that connects the students with mentors and career information in the day-long event. It is

### Senior Spotlight

**NAME:** Sadie Paul

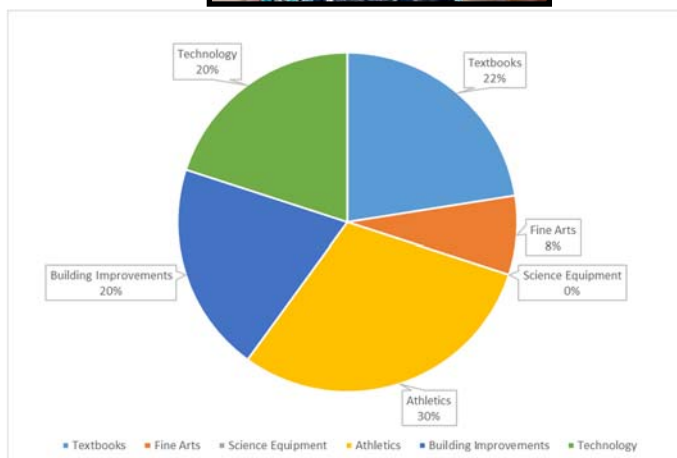
**SENIOR PROJECT:** Photography

**PLANS FOR NEXT YEAR:** Attend USD with an undecided major

### Student Opinion Poll

This week students were asked what they would like the school's budget to focus on next year.

Take a moment to vote on the student opinion poll for next week's *Blue Ink*. Polls are located inside Mr. Hughes' room and Mrs. Buchholz's room.



Rakell Gnadt and Maria Mendoza get a chance to test out a stethoscope during a session on the medical field.

shared.

This career-developing event begins with a welcome presentation where the students divided into two groups of twenty to

twenty-five. Thirty-four women delivered hands on presentations

while talking about their career and its benefits on Wednesday, each presentation lasting approximately fifty-five minutes each.

Furthermore, the students had the opportunity to learn about how the landscape is changing, information technology, medicine, and electrical engineering, and C.P.R.

Eighth-grader Rachel Gnadt explained, "It taught me that good grades are very important and volunteering at hospitals or nursing homes would help."

Not only does this trip inspire young women to consider going into S.T.E.M.-based careers, but it teaches them about how the way it operates. Hopefully Women In Science continues young women to these careers for years to come.

### Scholarship Corner

- Alliance Communications Scholarship—Due **Mar 13**
- Home Builders Association of the Sioux Empire Scholarship—Due **Apr 1**
- David L. Profilet Scholarship—Due **Apr 1**

Please check your email for links to these scholarships along with more information.

