



Prom is tomorrow. This includes grand march, the dance, and after prom. Grand March begins at 7:30, doors at 7:00



# Save the planet

*Plastic trash ruins more than just aesthetic views*

by Jayden Clark  
staff writer—  
editorial

How would it make you feel if others made the choice to throw garbage into your home every day of every year without stopping or seeking alternatives, despite knowing it was wrong? This is the situation



Photo by Waterframe, Alamy posted in the *National Geographic* article "Ocean Trash: 5.25 Trillion Pieces and Counting, but Big Questions Remain" published on January 11, 2015

most sea life find themselves facing.

According to Seastewards, approximately 14 BILLION pounds of trash, predominantly plastic, is thrown into the ocean every year. This garbage causes distress in the lives of the marine animals; some die when they eat it while others die because they get stuck in it.

There are numerous stories documenting various dead marine animals washing up on shores with plastic in their stomachs. A recent story has surfaced detailing a pregnant whale who was found dead off the coast of Italy. Scientists found nearly 50 pounds of plastic inside the whale. Although it is not confirmed, the scientists believe the plastic played a significant role in the death of the whale and her fetus. If you think this is just a coincidence, think again. This is one of many stories about marine animals dying only to have their autopsy reveal large amounts of plastic and other disposable items in their internal organs that were unmistakably dumped into the ocean by humans.

While Garretson, South Dakota certainly is nowhere near any ocean, we can still contribute to the solution and do our part in saving the earth and protecting ma-

rine and other animals by limiting our use of plastics and increasing recycling efforts.

As a result of a recent rule change in our school, banning all water bottles that are not translucent, the amount of plastic water bottles being used has dramatically increased. The majority of these bottles find their way into a trash can, and potentially down "the

chain" into the oceans or other areas that can negatively impact animals.

In addition, a few years ago most of the recycling bins in the school were removed, limiting the options for students and teachers to choose to recycle old paper and notebooks, water bottles, and other materials in the majority of classrooms.. Placing recycling bins for both plastic and paper in strategic areas around our school would undoubtedly increase the recycling rates in our school and allow staff and students to contribute to solutions instead of being part of the problem.

I know you have heard me say it before, and I will say it again... "Save the trees!" But, why stop there? Save the trees. Save the oceans. Save the animals.

Did you know that 60 million plastic water bottles end up in landfills every day, but just one recycled plastic bottle would save enough energy to power a 60-watt light bulb for 3 hours! So, keep that in mind the next time you are contemplating whether to make the small effort to recycle instead of simply throwing your plastic water bottle in the closest garbage can.

## This Week's Need to Know

**FACT OF THE WEEK:** Parents average 400 miles for prom endeavors.

**LIFE HACK OF THE WEEK:** To prevent splashing when pouring milk in your cereal, turn your spoon upside down.

**JOKE OF THE WEEK:** What kind of dancing do you do in a sink?

**BRAINTEASER OF THE WEEK:** Can you solve this rebus puzzle?



Answers to joke and brainteaser are on the bottom.

## Upcoming Events

- Friday, April 5**
  - Culture Club—Building Bridges
  - Golf @ Mitchell Classic
- Saturday, April 6**
  - Prom—Grand March (7:30)
- Sunday, April 7**
  - FFA State Conv. @ Brookings
- Monday, April 8**
  - FFA State Conv. @ Brookings
  - JH Track @ West Central (4:00)
  - School Board Mtg (5:45)
  - PTO Mtg (6:45)
- Tuesday, April 9**
  - Golf @ Garretson Early Bird (12:00)
  - Track @ Salem (3:00)
- Thursday, April 4**
  - JH Golf @ Chester (10:00)
  - JH Track @ Tri-Valley (3:45)
- Saturday, April 13**
  - Track @ Jesse James Invite (9:30)

## Worth Mentioning

- Choose Kind**
- March Precept: "Kind words do not cost much. Yet they accomplish much." - Blaise Pascal
  - February Precept: "It is better to know some of the questions than all of the answers." - James Thurber
  - 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 Dyer

# Legislature passes life-changing bill

*South Dakota Legislature bans ABA therapy from insurance coverage*

by Sam Gonzalez  
staff writer

In honor of Autism Awareness Month, it has come to light that the South Dakota Legislative has passed a bill in which insurance no longer will be required to cover ABA therapy. In 2015, the bill that allowed ABA therapy to be paid by insurance was passed, but now on January 1, 2020, the new bill, in which insurance coverage is no longer required becomes effective.

So, what is ABA therapy? ABA Therapy stands for Applied Behavior Analysis. This is a therapy that focuses on working with skills of one who is diagnosed with autism. Depending on what spectrum of autism, ABA therapy helps with any communication skills as well as attention



focus and problem behaviors. ABA focuses on rewarding good behavior through repetitive exercises in which a therapist gives a command, and if followed, the person will that gain a treat. Although there is no cure for Autism, it is something that can be monitored and controlled, which is why having this therapy is very important especially those of a young age.

Medicare is required to cover ABA therapy, but it only covers those 19 years or younger, which put older adults at a heart wrenching predicament in which they will no longer be covered by insurance to pay to help better their health. About 46 states has passed the same law South Dakota did in 2015; to have insurances cover any autism health coverage which included ABA therapy. Now in 2019, South Dakota has taken away relief from many families, including those in our own town.

Yet there is still one company that understands the importance of autism's health coverage and will continue to cover ABA therapy; Avera Health. Everyone, including the State Legislature need to realize that passing this bill will put families in severe stress. As a community, it is important to shine light on the need for having health solutions available autism.

# Track and Field

*First contest in the books for runners, jumpers, and throwers*

by **Oliviyah Thornton**  
staff writer

Tuesday, April 2 Garretson High school track and field had their first meet of the season. The Blue Dragon athletes travelled to West Central. Of course with it being the first, many nervous chatter was heard throughout the halls, as well as many hoping for a cancellation because of the chilly weather conditions, especially for the newcomers on the team.

Freshman, Samantha Shellum was quite nervous for her first track meet. This is Shellum's first year ever participating in track and was feeling the nerves but after was all said and done, "I felt relieved and not that nervous after the meet."

Most were relieved after the meet, especially because they realized they have the rest of season to get better and learn, and that many of their competitors are in the same spot they are.

Throwers as well were feeling a little nervous but one of the upperclassmen was not this season.

"I don't get nervous for throwing anymore because I know as long as I do my best and give it my all, I wouldn't be able to do any better. It also helps knowing a lot of the other girls from the other schools who throw too," said Madden Lardy.

Track members get a real assessment of where they are and how far they must go to improve themselves. With this assessment coaches also know what they need to work on with the athletes.

"We got to get into better shape and work on our base and our steps," Jason Bohl, the long distant running coach, said.

With very few seniors going out, the Blue Dragons are missing some experienced runners. That may cause a little bit more shuffling early on in the lineups and placements but all

will settle in as normal after coaches have more time to train the younger athletes.

"I think it's a good thing. I enjoy it, they all have a good attitude so practice has been going pretty good." - Mr. Bohl stated.

"The youth on our team is a lot of fun. We have a lot of young athletes that are going to get a lot of opportunities to put their name on the map early in their track careers. They will be fun to watch!" jumping coach. Mr. Schrank said.

Already qualifying for the state meet was senior Trevor Fiegen. He jumped 6'4" in West Central, (qualifying was 6'0"). Fiegen placed third in state high jump last year.

High school track and field will be having the next meet on Tuesday, April 9, in Salem and then host the Jesse James Invitational on Saturday, April 13.

# Garretson Pride Pool March Madness brackets

by **Malia Johnson**  
staff writer



The end of March brings a worldwide, all-time favorite basketball tournament, March Madness. March Madness began on Tuesday, March 19 in Dayton, OH and ends Monday, April 8 in Minneapolis, MN.

The tournament starts off with 64 teams in a single elimination tournament, playing regional games dependent on where they were placed in the bracket. The remaining teams come together when it reaches the final four which then leads into the championship.

Many people enjoy filling out a March Madness bracket to see if who they're "rooting" for wins. Garretson High school students and teachers got to fill out one of their own. Forty-seven teachers and students filled out a bracket. The rankings from how many points they get, based off of their wins, are recorded on a sheet and the winner receives a 100 grand...candy bar!

The Duke Blue Devils were liked and chosen by many on their bracket to be make it into the final four. Although many people thought Duke had it in the bag, the Blue Devils had scares against UCF in the second round and Virginia Tech in the Sweet Sixteen. Duke fell short to Michigan State, with the final score ending up 67-68, in the Elite Eight, allowing the Spartans to punch their ticket to Minneapolis..

This upset didn't matter to one individual in particular, Rave Uhlich. Uhlich chose three out of the four right for being in the final four. He chose Michigan State, Virginia, Texas Tech, and Kentucky. Kentucky was eliminated by Auburn in the Elite Eight. With Uhlich's guesses, he sits in a tie for third place in the school bracket. But with the best potential for finishing first.

The Final Four begins this Saturday at 5:00 in Minneapolis at the U.S Bank Stadium.

### CURRENT STANDINGS

1. Dylan Kindt—80
2. Aftyn Heitkamp—78
3. Peyton Hove—76 (Tied for 3rd)
4. Rave Uhlich—76 (Tied for 3rd)
5. Mr. Schrank—75
6. Tryston Olund—71 (Tied for 6th)
7. Allison Ebbing—71 (Tied for 6th)
8. Brady DeBates—71 (Tied for 6th)

## Senior Spotlights

### Sam Gonzalez

#### SENIOR PROJECT:

Fight for Yourself: Learning How to Box

#### ACTIVITIES INVOLVED IN:

Yearbook/Journalism, Basketball Statistician, Soccer Statistician, Choir, NHS, USA Boxing

#### WHO/WHAT WILL YOU MISS MOST:

Friends and teachers

#### PLANS FOR NEXT YEAR:

Attend college for a bio, pre-med major



### Kelsey Keegan

#### ACTIVITIES INVOLVED IN:

Art Class  
Helper in Kindergarten

#### WHO/WHAT WILL YOU MISS MOST:

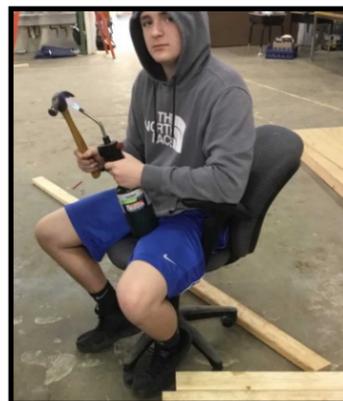
I will miss seeing my friends everyday

#### PLANS FOR NEXT YEAR:

I will be going to Pathways to Life Specialty School



## Answers to last week's guessing game



Whose Is This: Brayden Beaner's shoe



Where Is This: Mr. Mudder's office



What Is This: The light under the exit sign