

THE HOOFPRIINT

BUFFALO HIGH SCHOOL

BUFFALO, MN

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Cover Photo by Molly McMullen

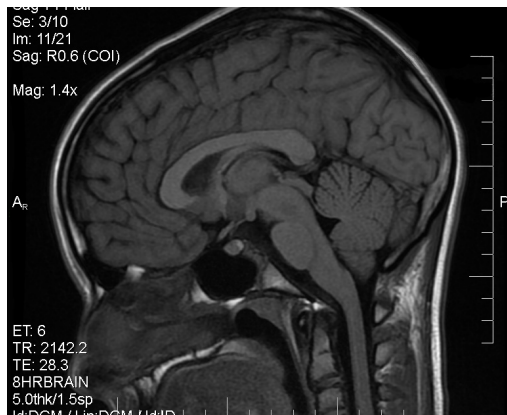


#IAMMORETHANADISTRACTION

“I didn’t feel like a slut, I wasn’t dressed like a slut, and I didn’t know that what I was wearing [was] sluttish.”

–Megan Lowell

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HEADS UP: CONCUSSIONS

“There is a great responsibility for the player to be truthful concerning symptoms,”

–Steve Doimer

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ADDERALL ABUSE

“Adderall is becoming so popular because it has yet to be stigmatized by American culture”

–Cole Shuherk

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THEHOOFPRINT

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**7:45 pm — 18 November 2014
Junior Allison Roethke skates
down the ice in a game against
Cambridge-Isanti. The Bison
went on to win the game 11-3.**

Photo By Molly McMullen

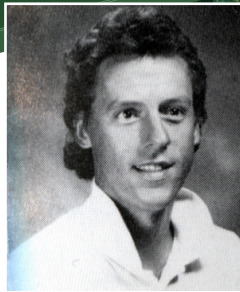
CALLING IT A CAREER

Two long-time teachers are set to retire at the end of the semester, capping decades of inspiration and impact at BHS

Left: Keifenheim in 1987.

Center: Keifenheim posing with his bike.

Right: Keifenheim with Nancy Einyck as Mixing Spoon in 1997.



Charley Keifenheim Chemistry Teacher

Calista Susa - Staff Writer

How long he's been teaching: 34 years overall and 30 years at BHS.

What got him to be a science teacher: "I was the youngest of six kids, so I think I like the idea of having something to contribute to someone younger than me," said Keif. "I was always impressed by my older brothers and sisters when they taught me things, and so maybe I had a little sibling envy."

Impact on students: "Keif taught me to be more independent, and to be a problem solver, which is a great quality to have in the future. He prepared me for the real world," said Junior **Morgan Doimer**.

Reason behind retiring: "They call it rule of 90 for certain public employees who were hired back when I was hired. What that means is that when how many years you've taught plus your age totals up to 90, you're eligible for full retirement benefits."

What's he's going to miss: "Students for sure - the youthfulness that they give us teachers," said Keif.

Impact on other teachers: "Well, Kief is just steady as a rock and I'm kind of opposite, like a spazz. I learn to be a little more even keel so maybe some of that rub off on me," said Art Teacher **Jon Holtz**

What he's going to do with his free time: "I'll be really busy," said Keif. His wife and he like to ride the motorcycle together. He plans to stay busy with playing golf and tennis while working around the house on yard work and house projects. Keifenheim hopes to volunteer in the community and hopes to still be involved in tennis, perhaps asxtent as a volunteer coach.

What's something you don't know about him: "We played in a band together had a lot of fun with that. Not many people may know that Keif a great guitar player," said Holtz.

Denise Whalin-Fiskum English Teacher

Below: Whalin- Fiskum rafting while on vacation

Right: Whalin enjoying free time with teachers and friends

Lower Right: Whalin with family at a Twins game



Whalin- Fiskum's school picture from 1984



Right: In a filing cabinet in her classroom Whalin keeps grade books from every class for the last 30 years.

How long she's been teaching: 34-and-a-half years, all at BHS.

Reason behind retiring: "We have what's called the rule of 90. Which means our years of experience plus our age when those two add up to 90 then we can retire with full benefits," said Wahlin-Fiskum. "So actually, my rule of 90 was in September. The reason why I just did half of the year is that I wanted to finish out the term with kids."

What got her to be an English Teacher: "I didn't ever think of being an English teacher before I went to college. I actually started college originally going into psychology. I knew I wanted to work with people. But my first semester, I did what so many other people do in college and just took a class," said Wahlin-Fiskum. "So I took a literature class my first semester just cause it fit in. I had such a good professor, and about halfway through I thought, 'maybe I should be a teacher'." Wahlin-Fiskum will admit it was sort of unplanned, but looking back it was meant to be and unsurprising, because in her childhood she read like crazy.

If she wasn't a teacher: "I would love to be a librarian. I think I would work part time at the public library even after I retire," said Wahlin-Fiskum

Impact on students: "She taught me to look deeper into every situation — not to just take the easy way and be done, but to go deeper to try and solve a problem," said 2014 Graduate **Wilson Anderle**

What are you going to miss: "Thinking like a teacher. With everything I hear and read, the constant thought is, 'how can I use this in my class?' I'm also going to miss the teachers here," said Wahlin-Fiskum.

What are some things we don't know about her: "Wahlin and I are a part of a group of six teachers that hang out and we've done trips together," said Assistant Principal **Kris Thompson**. Thompson spoke of Wahlin liking the TV show *Sons of Anarchy*.

"She's an outstanding cook. She makes an Almond Joy cheesecake that can stop traffic. Incredible quilter and sense of humor," said English Teacher and Wahlin-Fiskum's former college roommate **Tracy Hagstrom Durant**.



Photo by Molly McMullen

#IAMMORETHANADISTRACTION

IS THERE A DOUBLE STANDARD WITH DRESS CODES?

Samantha Westrum - Staff Writer

One thing that many people struggle with is dress code. Author Christyl Rivers protests that, “Any regulated dress code, from bikinis to burqas, assumes that men are weak, impulsive, and untrustworthy,” and that “we shouldn’t have our self expression restricted because some people ‘can’t handle it.’” In the student handbook here at BHS the dress code policy says that “Clothing is generally acceptable for school wear as long as it does not disrupt the teaching or learning process and is not immodest in any respect.” Now, this being said, we know that it is much more difficult for males to dress ‘immodestly’ so usually girls are the ones who feel targeted.

“If I have a problem with a boys clothing it’s mostly that his pants will be below his butt, in that case, I’ll tell him to hike ‘em up,” said Activities Director **Tom Bauman**.

Now, I don’t know about you but school would be a lot less stressful if the only dress-related thing we had to

worry about was the ‘sagginess’ of our pants, and the biggest consequence simply being told to ‘Hike ‘em up.’ But unfortunately, that isn’t the case.

There is a lot of talk on social media and a few girls from a high school in New Jersey started a movement on Twitter called “#iammorethanadistraktion”. They started it to put a stand against ridiculous high school dress codes. They made posters around their school, ordered t-shirts, and encouraged kids via Twitter to share their unfair dress code stories and to site it with “#iammorethanadistraktion”.


This went viral and even caught the attention of local news stations. They were interviewed for what they did and one girl had a message to relay to all high schools. “When you interrupt a girl’s school day to force her to change clothes, or send her home because her shorts are too short or her bra straps are visible, you are telling her that hiding her body and making sure that the boys have a ‘distraktion free learning environment’ is more important than her

AMERICAN NARCISSISM

THE AMERICAN WAY OF LIFE REWARDS SELFISHNESS

education. Instead of shaming girls for their bodies, teach boys that girls are not sexual objects.”

This view is shared with most girls I have asked about the subject; we are more than a distraction and what we wear shouldn't affect how boys view us as people. Walking down the halls of the high school, it is no secret what people think about girls who 'show too much skin.' If you are wearing leggings or a low cut shirt some people say 'you should expect to get those types of comments.'


Anonymous Tweet 

We shouldn't have our self expression restricted because some people can't handle it.
#iammorethanadistractio

“[...] We live in a world that relies on women to be tidy in all ways, to be quiet and obedient and agreeable and available (but never aggressive), those of us who color outside of the lines get called sluts. And that word is meant to keep us in line,” explains **Jaelyn Friedman**.

But why does that have to be the expectation? Do I have to be scared to express myself freely in fear that I will be called a slut?

“One time, I was out in my neighborhood with my friend Emma, we were both wearing shorts,

Anonymous Tweet 

I wear it not to flaunt anything but because i want to wear it.
#iammorethanadistractio

mine were slightly longer than hers and also a tad baggier. When we walked past a guy we didn't know, he looked at both of us and muttered 'slut,’” said Freshman **Megan Lowell**.

When asked how she felt on the subject she said, “I was shocked, I didn't feel like a slut, I wasn't dressed like a slut, and I didn't know that what I was wearing warranted me sluttish.”

Does wearing shorts on a hot day qualify you to be proclaimed a slut? Is being a young female the only thing it takes to turn an outfit 'inappropriate?' When you see a girl wearing shorts that are, heaven forbid, above her fingertips, is 'slut' the first word that comes to mind?

“[...] At the outside, babies, you've got about a hundred years here. There's only one rule that I know of, babies — damn it, **you've got to be kind.**”
—Kurt Vonnegut

Sam Quiring - Staff Writer

Narcissism: A disordered way of thinking in which a person has an inflated sense of self-importance and superiority, as well as a deep need for admiration. This disordered way of thinking seems to have moved from an individual personality problem to the way our society thinks. We choose to believe that we are the greatest country on Earth and that anyone who disagrees is an enemy and deserves to be put down. We're constantly looking for admiration for our accomplishments, even if they're not very practical, like our military which is under-utilized and over-budgeted. Our political system is hyper-focused on image and reputation, rather than beliefs and changes. Our culture values being the best and supports doing anything it takes to get there. Speaking of this need for superiority, let's talk about the infamous virus I'm sure you've heard about, Ebola.

Now as scary as this virus is, let's face the facts. Kim Kardashian has been married to more people, than Ebola has killed in the United States. However, no one can seem to stop the media frenzy on the two Americans who have contracted the virus. Meanwhile in West Africa, the death toll has skyrocketed and has already claimed 5,000 lives in just a few months (WHO, 2014). Now a number that high is scary, yet we have chosen not to help the people who cannot help themselves but, make jokes about them instead. With this overload of media coverage and lack of actual support, one comes to a simple question: why not?

Well, after a few hours of watching CNN, Fox and browsing Twitter, I ran into a recurring idea. The repeating theme I got from the American public was a sense of entitlement as well as tweets like “we would never let something like [the Ebola breakout] happen here, we're Americans”, which is just untrue. In fact, something like this did happen in the US just a few years ago and we lost 12,000 American lives to it. This pandemic was known as H1N1 or the “Swine Flu” and still proved to be a deadly virus, even when being combated by first world medical technology.

This simple Flu virus hit us pretty hard and we're an established, first world country, so you can see how Ebola would be devastating to a third world country. In my humble opinion, I think we should be helping and not hiding or taking advantage of less unfortunate people, because they're people nonetheless. Now, I'm not saying we shouldn't strive for perfection, I just don't think we're in the position to claim it.

TRENDS OF 2015 TRENDS OF 2015 TRENDS OF 2015 TRENDS OF 2015 TRENDS OF 2015

STUDENTS SHARE THE STORIES BEHIND THEIR STYLE

Marley Sanderson - Staff Writer

What's your style?

Scarves or jewelry? Red lipstick or chapstick? Snapback or baseball cap? Plaid or lace? Clean shaven or facial hair? Cute or comfortable? Long hair or short hair? Athletic or dressy?

Designer Calvin Klein once said, "I can tell you honestly, the fashion starts to move on a practical side, as we all need not just to show off, but to wear everything with comfort."

The students of Buffalo High School had differing opinions about their personal style choices. To them, style is a route of self expression that they take intentionally.

Sophomore **Gabbie Przekurat** said she goes for a mixture of comfy and cute and describes her style as eclectic. "I wear whatever I want and whatever makes me feel good that day."

Przekurat said she doesn't have any specific inspirations, but she gets lots of her ideas from high fashion, street fashion, and Tumblr.

Senior **Dan Werner** vouches for the facial hair trend. He's been sporting the look since the first day of Cross Country. Some people confuse having a goatee like Werner's to be in the 'Hick' category of fashion, but that is not his intent.

"I always liked facial hair and I wanted to change something up so I woke up one day and told myself I could do it."

Sophomore **Annika Huston** has some of the longest hair in tenth grade. Some people believe long hair is a pain to take care of, but Huston says she doesn't have that struggle. The difficult part of growing out hair for those girls is not cutting it along the way.

She said, "Sometimes I considered cutting it, but I just couldn't. I want my hair to look similar to the old Miley Cyrus."

Sophomore **Allie Merz** said her style is about 80% athletic. When it comes to brands, Merz has always been a fan of

Lululemon and Nike for their extreme comfort and cuteness. People often change their style a few times before they get to high school, but Merz had it figured out even earlier.

"I always loved athletic clothes and that didn't change when I got to high school", she says.

Junior **Carly Zumach** would describe her style as trendy, chic, and sophisticated. She likes to think that it shows off her fun and friendly side.

"I want people to see who I am through the clothes I wear," said Zumach.

Some of her style influences come from Instagram, Pinterest and the actor Lily Collins. When it comes to accessories, Zumach tells us that lipstick can tie together any outfit.

"Lipsticks have the power to change the way I would like to be perceived that day," she explains.

Freshman **Dylan Melby** has a sharp style. He said he buys most of his clothes at Pacsun because he enjoys most of the brands they have to offer. Nowadays, Melby does his own thing when it comes to creating a fashion statement for himself but it wasn't always that way.

"I used to just wear Aeropostale and Abercrombie just because that's what was 'cool' and that's what other kids wore," he said.

Now that Melby figured out his look, he tries to wear comfortable and cool clothing.

Senior **Lief Herzfeld** categorizes his personal style as street wear. Herzfeld usually wears clothing such as Supreme, LRG, and Freeworld, but on random days, likes to dress like a nice hipster. In Herzfeld's eyes, he likes only some of the wide variety of snap back hats.

"Some are pretty nice. If you actually have a cool hat, wear it," he said.

The wide variety of style at Buffalo High School's is one of the many things that makes each student unique.



*“I want people to see who I am through the clothes I wear.”
-Carly Zumach.*

Clockwise from top-left:
Leif Herzfeld, Gabbie
Prezekurat, Annika Huston,
and Carly Zumach

Photos by Jayna Sigurdson

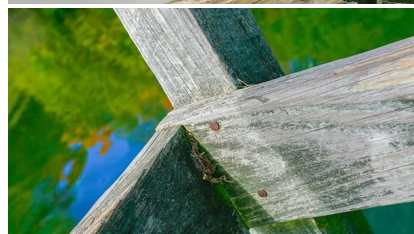
WHAT'S YOUR STYLE?

ART IS MORE THAN ART CLASSES

“ I think art is in everything, anything you can think of...

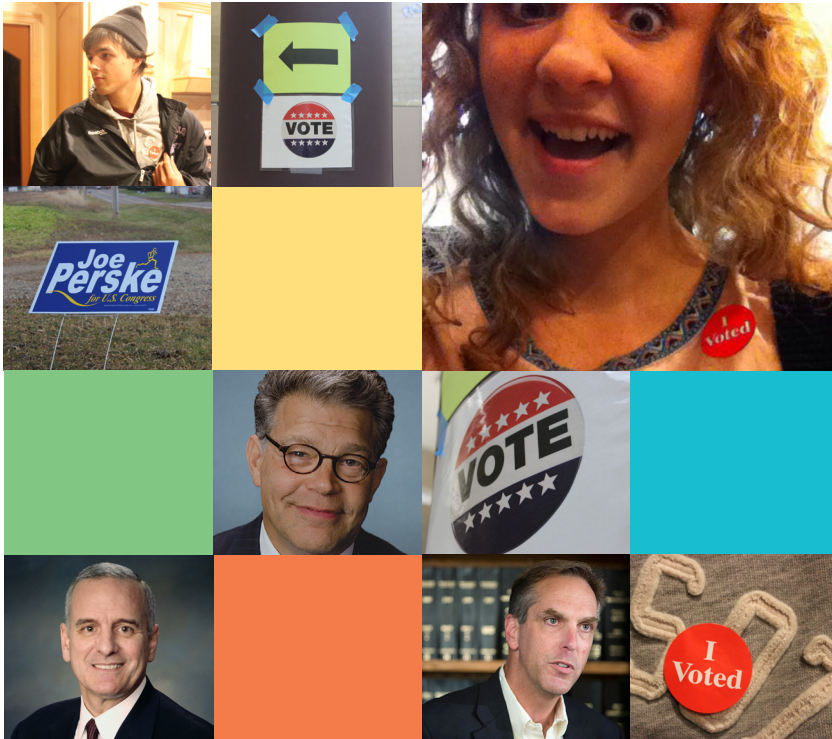
...the entire universe has a purpose and feeling behind it. Art, being visual, verbal, and mental, needs to have that emotion at the center. You can look at a car, for example, and you see the size, color, and shape of it. In the back of your mind you know it's just a vehicle, but our emotional core wants to connect with something you have the possibility of spending a lot of time with. The creators know that humans like to connect with everything, so they target a certain feeling that they are going to portray. So do I think a toilet is art? Yes. Someone was feeling something when they created it, besides the function of the object. Having that view causes art to be one of the most important things to me. It is in everything and it is everywhere. Nothing could live without art. The oil painters, the wildflowers, the violinist and the video game creator are all important types of artists, but the emotion behind it all is what we live off of. Whether it's conscientious or not.”

-Sophomore Emerald Madison



Emerald Madison uses her artistic creativity outside of BHS

USING THE RIGHT TO VOTE



FLIP A COIN?

ASSOCIATE JUSTICE 2
VOTE FOR ONE

- WILHELMINA (MIMI) WRIGHT
Incumbent
- JOHN HANCOCK

Many voters, experienced or new, came to the polls prepared for the big decisions on the ballot. However, the back side of the ballot contained elections for positions that voters found out about for the first time inside the booth. Faced with an unexpected dilemma, some voters got creative with their decision making process.

“I just picked the person with the most interesting name,” said Senior Jordyn Hanson. **“I didn’t know what to do – except for one person – I voted for my friend’s dad.”**

MIDTERM ELECTIONS HAPPENED THIS PAST NOVEMBER FOURTH WITH THE GOP PARTY WINNING MAJORITY IN BOTH HOUSE AND SENATE. LIKE EVERY ELECTION THERE ARE FIRST TIME VOTERS, WHO HAVE THE ABILITY TO SPEAK THROUGH VOTING, ON WHO SHOULD HELP RUN THE COUNTRY.

Emily Vogt- Features Editor

On November 4, the mid-term elections rolled around for votes on spots for congress, senate, and governor. New voters hit the polls and gave their two-cents about what political leaders they wanted representing their district, county, and state, and a list of other things concerning their county, school district, etc.

For first time voters this is a new “step” into adulthood and it’s nice to have a little help when starting something new. Now, you can’t just show to the polls and vote, you need to register to vote.

“It was pretty simple, nobody was really there,” said Senior **Nina Johnson**, “It didn’t take much time. Everyone was very helpful and enthusiastic that a young kid was coming in to vote.”

One of the most common things that the American public will see every time an election comes is political propaganda and it appears everywhere. On the TV, radio, signs in people’s yards, bumper stickers, button pins, etc. You could watch the same political ad on TV twice in a row when election day creeps more and more around the corner.

“I saw ads,” said Johnson, “but I still based my decisions off of what I believed.”

For first time voters it’s a big deal to start voting because it’s

practicing our fifteenth amendment; the right to vote. The practice of the American people voting has been since the days of the American Civil War. First time voters can now have a say in who runs our country in many areas of politics, but politics is not appealing to everyone.

“I honestly didn’t feel anything,” said Senior **Danielle Maas**, “For one, I didn’t do any research into the election. I’m not really into politics, so the only thing I voted for was the school bond.”

It doesn’t matter if you’re in the politics or not there is something very important about voicing your opinion and voting on election day. Think about the country of China. Hong Kong, China is a democratic city that has total say in what happens with their government and who get’s elected, but living in a country that does not allow that can be tough; protests have been happening since September in Hong Kong against the Chinese government this year after the government said they would choose the nominees that go on Hong Kong’s election ballot.

We live in a country that accepts more than one idea, the city of Hong Kong does not. So, remember when an election rolls around to vote, even if it’s midterms and it’s just for a school bond, vote.

THRIFT SHOPPING

SEEKING INEXPENSIVE FASHION



Photos by Molly McMullen

Kevin Kemp- Staff Writer

Whether it's peculiar or not, all students at BHS have their own taste in apparel. Most outfits do not do as much as catch the eye when seen in the halls, but thrift shops allow an interesting twist to how students express themselves through clothing. A few times a week, students such as Junior **Max Hershley** and Senior **Cory Thielman** hit up their local thrift shops. Wielding a few bucks and a keen eye they search for their next big find. "90% of my wardrobe is from the thrift shop. I consider myself really stylish though," states Hersh-

ley, a passionate thrifter.

Thrift shops such as Wise Penny in Buffalo and Salvation Army in Elk River are common venues for local thrifters to scour the clothing racks for a cheap steal usually under \$3. Thrifters sort through the countless racks of clothing until they see that speaks to them. "Any article of clothing I buy ranges from \$0.50 to \$10," says Thielman. Thrifters look for clothing that will stick out, usually something that looks vintage or something that you couldn't find in regular stores such as Target and other commercial shops.

NO HOMEWORK? EVER?

SPANISH TEACHER JESS NICKELSEN'S UNIQUE APPROACH TO HOMEWORK HAS STUDENTS EXPERIENCING POSITIVE RESULTS IN THE CLASSROOM

Rachel Linzbach- Staff Writer

As high school students, we are all too familiar with homework. With four classes each day, this means the possibility of four homework assignments each night, with assignments ranging from five minutes to five hours to complete. But it doesn't stop there. Not only are we expected to stay on top of our assignments, but also to maintain good grades, have a social life, spend time with our families, get plenty of exercise, have a job, eat right, and get eight hours of sleep each night

For many students, there just aren't enough hours in a day to get it all done. Spanish II and III teacher **Jess Nickelsen** recognizes this and is not assigning homework in her class.

"I think that students and families are overscheduled as is," Nickelsen said. "**My fourth grader is in tears over his homework, so I don't want my students in tears over theirs.** I just don't think that there are enough hours in each day to get it done."

Nickelsen has made it her policy to not give out homework assignments to try to help eliminate some of the stress her students feel over homework assignments each night.

"We still have to study each night," explains Junior **Max**

Kolbe Jude. "But now the only thing I have to work on is the vocab. It's nice so I can focus on some of my harder classes."

Frequently, students don't have anyone at home to help them with world language homework, and while there are resources on the internet that doesn't always do the trick.

"By not assigning homework, we can fix errors in class," said Nickelsen. "When working in small groups or even with the whole class, we can clarify questions and fix problems right away."

Nickelsen's strategy seems to be working; her students are enjoying it, it's effective, and they're learning. She reported not having a single student receive a failing grade during her first quarter at BHS.

"I feel like I'm doing a lot better now that I don't have homework," says Junior **Kendra Cleveland.** "Sometimes when we have homework, we just do it to do it; we don't process and learn from it because we're just trying to get it done. **But since we don't have homework, we can really focus and work hard to learn in class.**"

Many students are in favor of this way of learning, and it seems to be working. Should more teachers at BHS adopt this policy? Vote online at bhs.cc/nohw

TWO SIDES TO

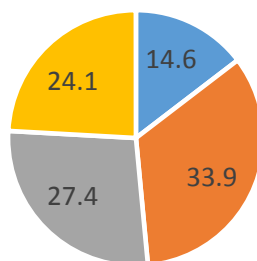
SHOPPING

WITH MARIAH BJERK

BLACK FRIDAY

“I love going Black Friday shopping! I go every year and each year it seems like it is getting crazier and crazier. I love shopping for clothes, it’s my passion. I usually go to the Eden Prairie mall in the morning and then go to the Mall of America later on in the day. I make sure I go to Scheels, PacSun, Victoria’s Secret, and Forever 21. **The only problem I have is when people take the clothes you have in your hands.** You just have to find a way to steal them back!”

% OF SHOPPERS



- Thanksgiving Day
- Cyber Monday
- Thanksgiving Weekend
- Black Friday



Graphic by Kathleen Tierney

EVERY STORY

WORKING
WITH MADI PHYLE

GREEN FRIDAY

“I worked on Black Friday and I worked at a store called G.H. Bass and Co. in Albertville. Albertville is very crazy on Black Friday, especially because it was really snowy that day. I think I worked from like 8 [p.m. on Thanksgiving] to like 1 in the morning. It wasn't that bad, I just greeted everybody and told them what our sales were. I had to walk around outside to promote our sale, and it was insane. In the Albertville Mall, there's only one way to get in the certain side, so the cars were backed up everywhere. **It was really scary and I thought I was going to get trampled a lot.**”

\$13.55 per hour
150% of the original pay



HEADS UP

WHAT YOU NEED TO KNOW ABOUT CONCUSSIONS

Below: MRI of Sophomore Meghan Cahill's head taken during the time of her concussion. MRI's are used by doctors to see how much the brain is swelling from an impact.

SPGEMR1
0979
T1 Flair
/10
1/21
R0.6 (COI)
1.4x

H_R

142.2
8.3
BRAIN

k/1.5sp

M / Lin:DCM / Id:ID

13 L:606

F_L

DFOV: 22.0 x 22.0

Taylor McNitt - Staff Writer

An invisible injury. Unseen, but potentially devastating. Concussions, or as medical professionals prefer to call them, Traumatic Brain Injuries (TBIs).

For such a dangerous injury, they are surprisingly commonplace; just as surprising is that not many people know about them. It is widely believed that a concussion results from a blow to the head that causes unconsciousness and persistent headaches for a period of time. This is true in some cases, but the more specific definition of how a concussion is caused is that the brain moves around within the skull, meaning that the brain may bounce, slide, and twist around, possibly scraping along the ridges along the bottom of the skull.

While a concussive blow to the head is the general way of sustaining a concussion, often times it is more about the whiplash. This means that not only athletes sustain concussions; anyone can get one. A common cause for non-sport-related concussions is being involved in a car crash, even if you don't necessarily hit your head.

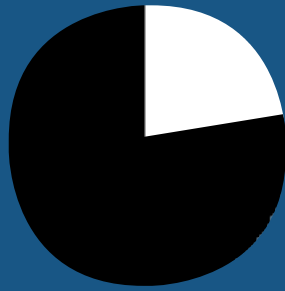
"I was snowboarding at Powder Ridge, it was the last day of the season so it was super icy and snowy," said Sophomore Meghan Cahill. "I had stopped to check my phone or something on the bunny hill, I lost my balance, and I fell and I hit my head. I had a helmet on and everything."

As Allison Carolan, a Speech Language Pathologist at Hennepin County Medical Center (HCMC), explained "Helmets are great for protecting the skull bones and preventing very serious injuries to your head, but they do not actually protect against concussions."

In many situations, helmets are impractical anyways. There are a number of sports that require the use of helmets, but many that do not. One of them is basketball.

At least in 20 Athletes will sustain a concussion in any given sports season

<http://www.concussiontreatment.com/concussionfacts.html>



78% of sports-related concussions are sustained in a competitive setting as opposed to practice

<http://www.concussiontreatment.com/concussionfacts.html>

what is a concussion

About 664,000 results (0.24 seconds)

con·cus·sion
/kənˈkʌʃən/ ⓘ

noun

- temporary unconsciousness caused by a blow to the head. The term is also used loosely of the aftereffects such as confusion or temporary incapacity.
synonyms: temporary unconsciousness, brain injury
"he suffered a concussion"
- a violent shock as from a heavy blow.
"the ground shuddered with the concussion of the blast"
synonyms: force, impact, shock, jolt
"the concussion of the blast"

Translations, word origin, and more definitions

Concussion: Causes, Symptoms, Diagnosis, Treatment, and ...
www.webmd.com/...traumatic-brain-injury-concussion-overvie... WebMD

Concussion
Consult a doctor if you have a medical concern
A concussion is a minor traumatic brain injury: head hits an object, or a moving object strikes how the brain works for a while. A concussion headache, changes in alertness, or loss of co Causes - Symptoms - Tests - Treatment - Prc National Library of Medicine

People also search for
Traumatic brain injury
Post-concussion syndrome
Injury
Cerebral contusion
Bruise

“I had a headache for nine months straight; I wasn’t sleeping, I wasn’t eating, and I was crabby. It was just the worst day you’ve ever had, for months. And it sucks,” –Meghan Cahill

“I was playing basketball, and I got hit in the head a couple times,” Sophomore **Alexx Stadlander** said. “[Concussions are] painful; [having one is] like a really, really bad headache, and you can get really dizzy and sensitive to light and sound.”

“I had a headache for nine months straight; I wasn’t sleeping, I wasn’t eating, and I was crabby,” Cahill said. “It was just the worst day you’ve ever had, for months. And it sucks.”

Many of the symptoms include confusion, amnesia, headaches, unconsciousness, trouble concentrating, dizziness, irritability, nausea, hyperactive senses, fatigue... the list goes on and on. The severity is determined by ImpACT testing (Immediate Post-Concussion Assessment and Cognitive Testing), potentially a CT Scan or an MRI (in order to look for bleeding and/or a fractured skull), cognitive tests, visual tests, balance tests, and simply monitoring symptoms. **Every person’s brain is extremely different, so every concussion is just as different; this makes them hard to treat.**

“When a player is suspected of suffering a concussion, there are several signs to look for,” said Girls Hockey Head Coach **Raymond Dahlof**, “[the player] appears dazed or stunned, confused about position, forgets plays, unsure of score, answers questions slowly, moves clumsily, loses consciousness, can’t recall events to hit or fall, balance problems, and the athlete does not feel right.”

“I removed a player from the field

last season who didn’t ‘look’ right,” Head Coach of Girls Soccer **Steve Doimer** said. “She was angry and said she was fine; her symptoms showed up about twelve hours later. I made a lucky guess, but better to err on the side of safety.”

But sometimes the signs aren’t very clear; symptoms can show up anywhere between immediately or weeks after the concussive hit. **It is not uncommon for concussed athletes to finish the game without realizing that they have a concussion.**

“There is a great responsibility for the player to be truthful concerning symptoms,” Doimer said. “Coaches should be able to spot problems, but we cannot be expected to be perfect. Only the player knows for sure if they are experiencing problems.”

“Research through various sports institutes suggests that approximately **47%** of athletes report symptoms after receiving a concussive impact,” School Nurse **Karen Schultz** said. “The remainder of student athletes may choose not to report due to fear they will be pulled from play, think their symptoms are not serious enough to seek medical attention, or lack awareness of concussions.”

Not only is the concussed person’s sports career affected, but for the student, their academic career may also be jeopardized.

“[Concussed student-]athletes can’t concentrate on school work, they can’t make it through a full day of school due

to headaches or fatigue, and they often need to stay out of brightly lit rooms and avoid electronics such as phones, TV, etc.,” said Dahlof.

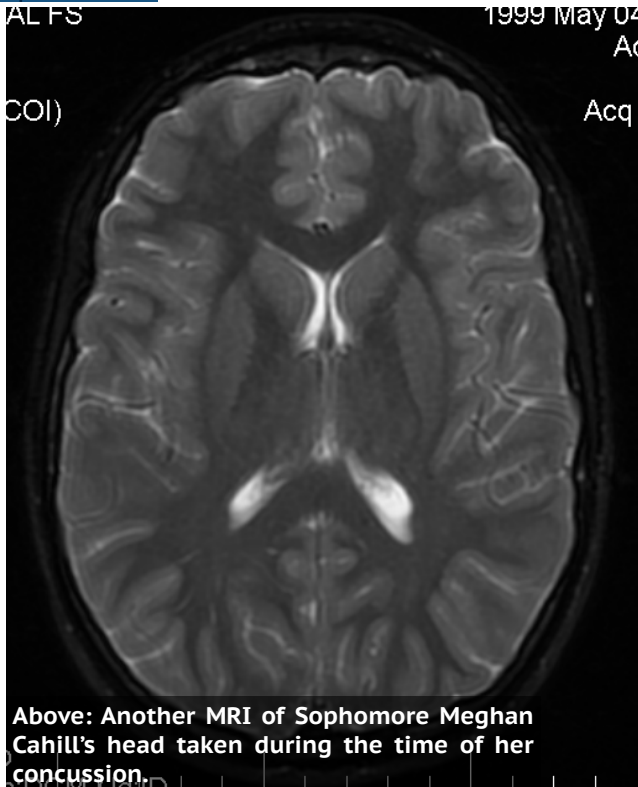
“Common academic accommodations for students who have had a concussion include a decrease in activity or no participation in physical education class, reduced school attendance, extra time to complete assignments, written notes of class material may be provided, a decreased homework load, and a quiet environment to do work,” explained Schultz.

“I couldn’t play [basketball] for two to three weeks, I couldn’t do orchestra, I had to take it easy in some of my math and science classes, and I couldn’t read,” said Stadlander. “Mine was minor, so it took probably almost a month [for me to recover], maybe a little longer.”

“I got banned from school for five weeks, and then I was only able to go half days, and I couldn’t go full weeks from March to the end of the school year [of seventh grade], and then even when I was in school, I just didn’t get it,” Cahill said. “Everything builds on each other in school, so you miss all the foundation. Even after your concussion is done, you’re still behind.”

Not only are the symptoms of a concussion unclear, but so is the recovery time. **Full recovery from a concussion can range anywhere between a few days, a month, and a year.**

CONCUSSIONS - CONTINUED ON PAGE 18



Above: Another MRI of Sophomore Meghan Cahill's head taken during the time of her concussion.

CONCUSSIONS - CONTINUED FROM PAGE 17

In some cases, the concussed individual suffers permanent brain damage. This can affect much more than school and sports for the average student-athlete.

"It affects your family, it affects your friends; I got banned from everything, so they didn't even want me outside," said Cahill. "Everyone else has to move on without you, and they change; their life goes on. And you have to lay on a couch and not do anything. You're just

a detrimental injury that you lose your morals, your ethics; everything of who you are - it's broken."

What can be done to prevent such a possibly disastrous injury? The first way is to inform. Coaches receive training in order to educate their players about the risks in participating in their sport, including concussions. The best way to mitigate the severity of a concussion is to recognize the signs of a concussion and be removed from a situation that

High school athletes who have been concussed are **3x** more likely to suffer another concussion in the same season

<http://www.clearedtoplay.org/concussion-information/concussions-by-the-numbers>

supposed to go back to living in a society that's not the same as when you left it."

"Many of my patients are upset that they can no longer participate in things they love to do, like sports, going to movies, shopping, hanging out with friends, or attending concerts because of their symptoms," Carolan said.

The symptoms are not the only thing that restricts a player; like other injuries, the best thing for a concussed person is rest. **Unlike other injuries, you cannot simply put a cast on the brain and use crutches. The way to rest your brain is lots of sleep and no stimulation.**

"Students who have a concussion may

could make it worse.

"The most important thing is, if you hit your head hard, and if you feel abnormal at all, to tell a coach, athletic trainer, or medical provider immediately," said Carolan. "Second impacts after a minor concussion can be catastrophic."

The next step is to prepare for play —this means physical conditioning. In a study conducted in 2010–2012, researchers found that the risk for sustaining a concussion is almost directly

CDC estimates reveal that **1.6 million to 3.8 million** concussions occur every year

<http://www.concussiontreatment.com/concussionfacts.html>

experience depression because they are not able to participate in their normal activities while they are recovering," said Schultz.

"You lose hope, and it's like 'Am I going to get better?'" Cahill said. "There were a lot of times where I was like 'I've missed too much; how am I going to catch up on eleven months of my life? I don't have the same social interactions anymore because I wasn't allowed to talk to people for eleven months; that changes you. It's just such

linked to neck strength. And so an easy preventive measure is to strengthen the neck muscles of an athlete so that whiplash is not as severe. According to the study, for every one pound strength increase, the risk of sustaining a concussion decreases five percent.

A large reason for high concussion rates is that oftentimes players are not playing their position correctly and putting themselves and others in dangerous situations. Another fix is to train properly.

Although the three strategies mentioned above are effective, they are easier said than done. For these to work, the athlete must be honest, train physically specifically to prevent concussions, and know their position like the back of their hand. **Even so, sometimes freak accidents just happen, and there's no way to prevent them.**

"This school year alone I have already heard of approximately **25** concussions," said Schultz. "Over my career as a school nurse, I estimate that I have heard of **200** student concussions."

"In girls' hockey, we usually have around **3-4** concussions per year," Dahlof said. "Concussions are more likely in games; games are high speed with a lot of contact."

"In games players are much more reckless, willing to take risks," said Doimer. "A player who is unprepared for the contact or the head snapping is the most dangerous. I will not field a player who I am not confident is safe. In all my years of coaching I have had only **2** players who have experienced (numerous) concussions who demonstrate lingering or troubling effects."

"People don't take them seriously enough," Cahill said. "You only get one chance with your brain, and I have already messed up."

Check out the follow-up story on hoofprint.net: How A Concussion Can Ruin Your Life

90% of diagnosed concussions do **not** involve a loss of consciousness

http://www.headcasecompany.com/concussion_info/stats_on_concussions_sports

BEST IN SHOW

TATANKA STAFF CREATES THE STATE'S TOP YEARBOOK FOR THE SECOND CONSECUTIVE YEAR



Staff members from the Tatanka yearbook and Hoofprint newspaper pose outside of Coffman Memorial Union after the Minnesota High School Press Association Convention. The Hoofprint and Tatanka both earned All-State Gold honors.

Samantha Westrum and Aric Haluska - Staff Writers

"Yearbook isn't just a book you get. It's actually a competitive activity that requires a lot of work," said Editor-in-Chief Senior **Josh Fischmann**. "It's not just at school; it takes a lot of summer, after school work, and personal time from everyone."

The time spent in the class itself? "It's hectic," said Staff Writer Junior **Callie Liska**. "We have strict deadlines that we need to make, and if not made, we can't distribute."

Yearbook is so much more than 'just a class.' Being that the school newspaper is a similar activity, the two have a lot in common.

It's hard work that definitely pays off.

"It's the only class you can take that hundreds of kids are paying to see your homework," said Copy Editor and senior **Heidi Haechrel**.

Student Life Editor Senior **Molly Kwakenat** gave an inside perspective on the work of last year's yearbook. "Things weren't getting done and we always felt behind, even when we did make progress. Everyone was stressing out but we all worked really hard to make something amazing for the school."

In the end, the yearbook staff put together an award-winning yearbook, taking Best in Show at the Minnesota High School Press Association's fall convention. This meant a lot to the yearbook staff and they were all

so ecstatic in winning their second consecutive year.

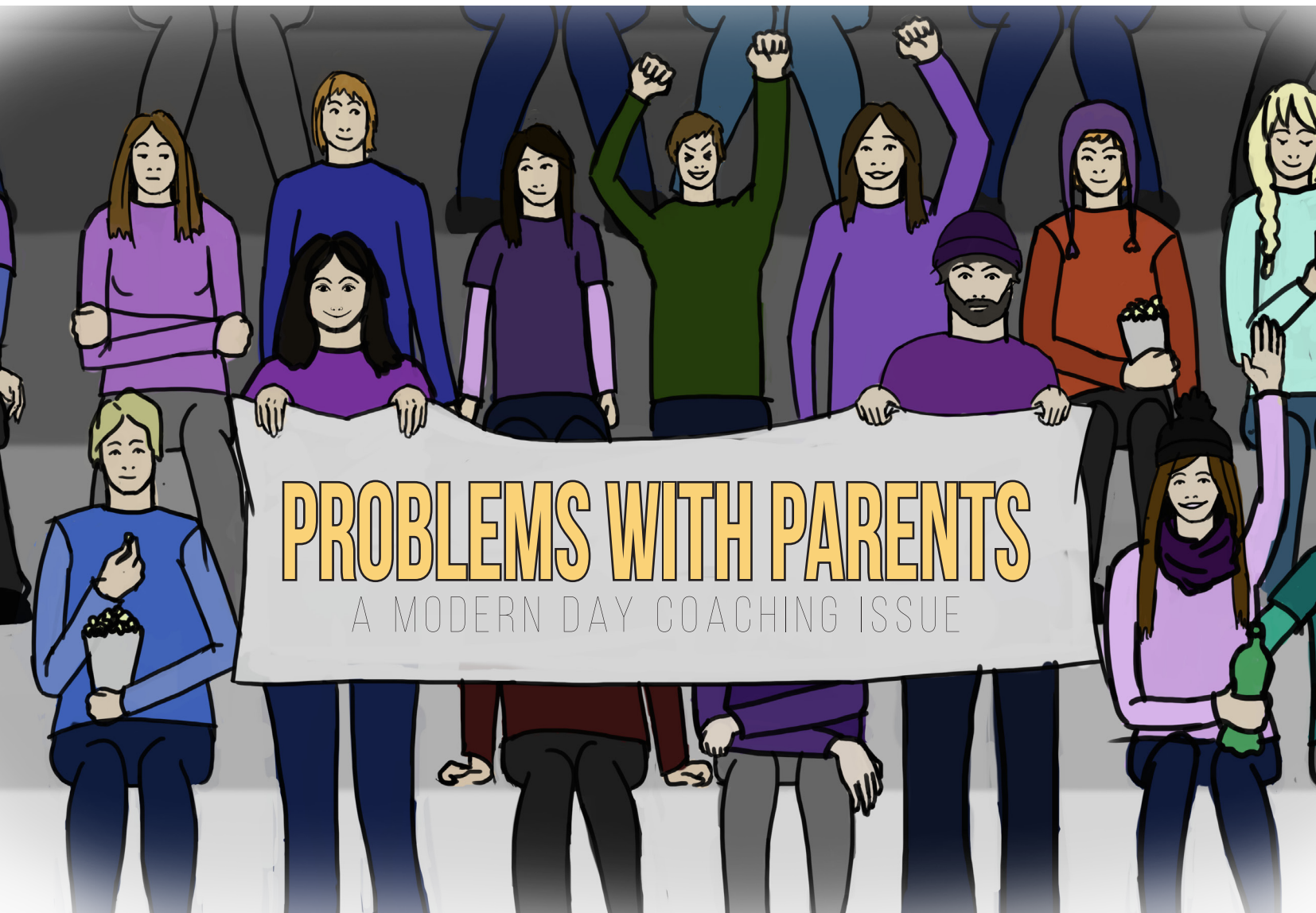
"It showed us that we didn't just survive, but we really did make something great," said Editor in Chief Senior **Anna Demgen**.

The general feeling with the 2015 yearbook staff is that this year is already going a lot better than previous years.

Not only are they on top of things but they also have a spark in them that we didn't have before this year," said Demgen.

So, what's there to be excited about for this upcoming year?

"It's a different approach than what we've taken from the past," Haechrel said. "There's going to be less text and a lot more pictures. We are going to focus more on featuring individual students."



Avery A. Sonju- Staff Writer

Ever since sports have been around, parents have been involved. Sometimes, a little too involved. Screaming and yelling to their kids on the field, telling them what to do. Some parents are ruining the athletic experience for their kids. They keep pushing their children to limits; they may not be possible to reach.

“My mom gets pretty involved,” said Football Player Senior **Jared Alexander**. “You just have to tell her to shut up and she will.”

Studies show that parents getting too involved could be because they wish that they could be out there playing. Others say that its because they want their kid to be the best player on the team or because they’re upset that their children aren’t playing as much as they’d like. Whatever the reason is, player, coaches and fans alike all find it annoying

and distracting from the actual game.

“It’s really annoying when the parents are doing more yelling than the coaches,” said Junior **Taylor Wurm**.

While some people might get frustrated with it, others look at the extreme parents for a laugh.

“I think that it’s really funny to watch people make idiots of themselves,” said Junior **Erlin Hernandez**.

Doctor Phil did an episode titled “When parents get too involved in their child’s sport,” that addressed this topic. A woman on the show said that she realized she was too involved, but she refused to stop, even if her daughter asked, because she wanted her daughter to be perfect.

Usually when parents become too involved and the coach needs help, the athletic director steps in.

Whatever is causing overly active parents to cross the line, it doesn’t seem like it will be ending anytime soon.

ADDERALL ABUSE

ADHD MEDICATION BEING
TAKEN FOR THE WRONG
REASONS IS RISING...
AND SOCIETY MAY BE
CONDONING IT



Cole Shuherk- Staff Writer

High Schoolers are a demographic that report one of the highest rates of experimental drug use and drug abuse. When we talk about recreational drugs, alcohol, marijuana, and tobacco usually come to mind first; drugs our parents have probably done, or are at least familiar with.

Adderall is the drug that has seen the most increase in use among young people, although it has only been on the drug market since the 1990's. Adderall (sold generically as 'Amphetamine Salts') is a stimulant prescribed primarily to those with ADHD, ADD, and occasionally narcolepsy. With ADHD diagnoses on a historic rise, an equally historic number of high school students have access to Adderall, whether they're prescribed to it or not.

It's not hard to see why Adderall has become so popular. It's relatively inexpensive — a typical dose costs less than \$5 — widely available, everyone knows someone that's prescribed it, and, unlike most recreational drugs, it typically leads to better performance in school.

Most of all, Adderall is becoming so popular because it has yet to be stigmatized by American culture in the way that we stigmatize, say, smoking cigarettes. Society looks at people who use Adderall regularly as students that want to get more out of studying, or as athletes looking for an edge. They are seldom seen as addicts. Someone who uses Adderall daily is far less likely to be seen as dependant on it than somebody that uses marijuana daily, even though Adderall is reported as having a much higher risk of abuse

than marijuana.

Adderall is generally seen as being a win-win kind of drug, without negative side effects, or any major drawbacks. While it's not a hard drug, Adderall shouldn't be seen as harmless. In the pharmaceutical family tree, it's a fairly close relative to methamphetamine. In high doses, it elevates the users heart rate. It can cause anxiety, as well as insomnia. It's high risk for misuse can be attributed to the ease of crushing and snorting, smoking, and, rarely, injection.

There is a reason, though, that it is prescribed so frequently to those with ADHD. It's shown to dramatically improve academic performance, however, the side effects stemming from long term use have yet to be seen, as the drug has only been widely used since 1996.

RACHEL BERTRAM MAKING A

SPLASH

ON BHS SCHOOL DIVING RECORDS

Allie Palmer- Staff Writer

Improvement. Strength. Success. These three words can be used to describe BHS Junior **Rachel Bertram's** diving season. A record holder in three diving events, a Section Champion, and State bound, Bertram has had one memorable season.

"I don't really get nervous when Rachel dives cause I'm pretty confident (in her)," BHS Diving Coach **Shannon Barclay** said, "She's pretty constant for the most part."

"Before a meet is nerve-racking, but after warm ups I usually am not nervous anymore," explained Bertram, "I settle in."

Little nerves before meets comes from the faith in the skills Bertram has acquired.

"I have mentally trained by repeating my dives over and over, to not be afraid of them," Bertram said. Bertram also dives with the Minnesota Diving Academy in the off-season.

"Rachel is very hard working. She is one that is always one that is ready to go. She is the first one on the boards and

one of the last to get off the boards. She is always willing to try something. When you ask her to fix her mistakes, she is really good at listening, really trying to do what you're asking her to," stated Barclay.

Not only has Bertram impacted her coach, she has impacted her teammates.

"I usually joke around a lot and don't really focus," said Freshman **Alex Zeiss**. "[Rachel] helps to push me to be a better diver and to be more motivated because she's so focused and dedicated."

Bertram success this past season can be attributed to variously.

"I have worked hard to be where I am at and it has definitely paid off," Bertram said, "My teammates are my biggest supporters. They always know how to get me pumped up."

More goals are set to reach in the future for Bertram.

"I know she is interested in diving in college, she's been doing some college visits this fall so I know that that's something she is thinking about," Barclay shared, "I think that'd be a great fit for her if that's what she wants to do."





STATE

On November 12 and 14 both Zeiss and Bertram went to the University of Minnesota to compete in the state diving competition. On the first day, they competed in eight dives and was in first place. The second day they competed in three dives.

"On the first day I was really nervous. I tried to take it all in and just relax. The second day was a lot easier because I knew what to expect," said Bertram.

"I think I was ranked 14th or 15th after the first day, I was happy because I thought I was going to get cut," said Zeiss.

Bertram ended up placing second overall. Zeiss placed 15th overall.

"I knew I was going to get second place and I just went in and gave it my all," said Bertram.

"I was proud of 15th because my ultimate goal was just to make it to state," said Zeiss.

Photos by Molly McMullen

IT'S MORE THAN JUST THE RACE



“When I race, all I think about is pushing myself to the finish line.”

Allie Palmer- Staff Writer

BHS Sophomore **Jayson Gorton** charges past any obstacles in his way. Through his dedication and perseverance, Gorton has found success as the unique athlete he is.

“I don’t think there is anything that really stops him,” Head Track Coach **Scott Palmer** said. “He just goes ahead and does things that maybe some people think he can’t.”

Gorton stays active all year long. He participates in track and field, basketball, softball, skiing and swimming.

“Sometimes I get nervous, I get a lot of pressure. If I get more help from friends to motivate me, I feel a lot better,” said Gorton.

Occasionally, Gorton becomes discouraged, but he has ways to pick himself up and keep going.

“I think about what I want to accomplish, set goals, and go after,” Gorton explained.

“He overcomes a lot of obstacles through determination and hard work,” Palmer said.

“I have had bad shoulders since April last year,” said Gorton, “That’s been something I’ve had to work through.”

Gorton stays active daily in preparation for the next season.

“After school I work out, Tuesdays I do basketball, I also walk my dogs every day,” Gorton said.

Not only is Gorton a State Track and Field Champion, he also won a National Basketball Championship in 2009.

“After State I was pretty happy, but I was hoping there would be more competition,” said Gorton. “At the basketball championship, everyone just fell out of their chairs pretty much when we won, because that was the first National Championship we’ve ever won.”

In the future, Gorton could be seeing more competition in track and field.

“Something we have talked to Jason about is maybe picking up a few more events so that he can see

more competition. There is always competition in track and field, competition amongst yourself, to better your time,” Palmer said.

