

THE HOOFPRIINT

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THE



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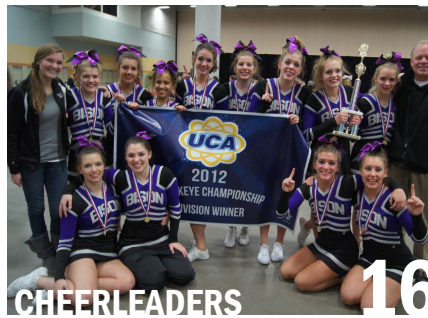
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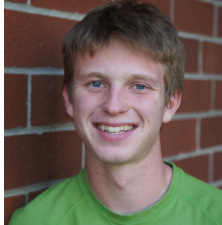


REED KUHLMANN

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THE STORY BEHIND YOUR LUNCH



Every day, 1700 students file through the cafeteria during their scheduled break from class. However, the cafeteria isn't the only place students can relax for lunch.

"Students are allowed to go outside, but not eat out there," Principal Mark Mischke said. "If they bring a dessert or an ice cream sandwich, that's fine, but we ask that they don't bring their trays outside because we don't have supervisors out there and we want to avoid the litter."

Picnic tables aren't only located right outside the cafeteria, but also in the courtyard, serving multiple purposes.

"Part of the purpose of the courtyard is aesthetic, and it's also to be used for classrooms," Mischke said. "It's attached to the staff lounge, so when they eat lunch they can go out and eat on the picnic tables. I'm always open to teachers bringing their kids out there for lunch opportunities or discussion groups."

Besides the cafeteria and courtyard, some schools allow their students to go off-campus to eat lunch, which Buffalo does not allow.

"Eating off campus scares me," Mischke said. "Two things that are really a big reason why we wouldn't want students to leave are the amount of time we have and the distance to food. Plus, having that many kids leave, even if 99 percent of them make good choices every time they leave and 1 percent don't, it always makes me nervous."

Mischke explained that it isn't just time and location that makes him hesitant to let students leave for lunch.

"I think kids feel like we don't trust them," Mischke said. "In reality, having them driving off campus during the school day, the liability and the chances of someone getting hurt spike dramatically if you let kids leave for lunch. And why would I want to risk that?"

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We are what we eat... So who decides?

Students, Staff, and Legislators weigh in on students' diets



Photo By Aric Haluska

I feel like they aren't very filling for those of us who have sports after school.
-Delaney Nord

Tyler Upham - Staff Writer

"They make a lot of chicken," said Freshman **Emma Remillard**.

Many BHS students make similar comments while walking through the lunch line during third block. Fourteen out of twenty-six buying students from all four grades reported that they don't like school lunches. With the "Healthy, Hunger Free Kids act of 2010" finally in action, young adults everywhere in Minnesota have been noticing the changes in their trays. Regardless of whether or not this new act is good or bad, the reality is that it will affect the daily routine of each individual in all school districts of Minnesota.

"This is the first in a long time that there's been some real changes in the USDA regulation, and it's across the nation." said Bertrand Weber, the director of culinary and nutrition services for public schools in Minneapolis. Michelle Obama has a strong

opinion on the subject of putting healthy meals in the stomachs of America's youth.

"We can make a commitment to promote vegetables and fruits and whole grains on every part of every menu. We can make portion sizes smaller and emphasize quality over quantity," Michelle Obama said on school menus.

According to 2007 statistics, 15 percent of male freshmen and 12 percent of female freshmen in the U.S. were considered overweight. Legislators hoped that these laws will help the crisis, but many schools don't quite feel that government intervention is needed.

"I feel like they aren't very filling for those of us who have sports after school. We are so hungry by the time our sports start," said Freshman **Delaney Nord**. "We waste more food than we eat," said Freshman **Deserae Harris**. "Spicy Chicken on a bun is the only

good thing," said Freshman **Aidan Cassidy**. Many students hear opinions like these all over the place during class.

The overall calorie count of school lunches has dramatically decreased. There is also a rule that says students must take a serving of fruits and vegetables. Whether they are thrown in the garbage immediately after purchase, however, is not regulated. It is also estimated that the cost of school lunches has gone up 12 to 15 percent.

With all of these factors to consider, the topic of school lunches has become more controversial than ever among staff, students, and legislators. People have many different ideas and beliefs as to how we should treat our diet. The future of our lunch relies on the voice of everybody. As the old saying goes, "We are what we eat." The only question is... who is going to decide this?



DODGEBALL Students attempt to beat the staff at a game of dodgeball.



JUST DANCE Staff members compete to be the best dancer.



SNOW DAZE DANCE Students support the track team at the dance.

Snow Daze 2013

Students show their school spirit by dressing up for Snow Daze



GUIDA participates in the Mister America Pageant.



KNOWLEDGE BOWL Staff and Students test their knowledge against each other.

Photos by Emma Rodelius

You did WHAT to your hair?

Boys Swim and Dive members shave their heads in wacky ways before Sections

Kylee Zumach - Journalism Two Writer

You know it's sections time when the boys swim and dive team have the best hair cuts in school.

Sophomore Tommy Peterson struts his stuff down the hall with his half Adidas head half striped head. Even though some students may give him looks he owns the fact that he is a swimmer.

"It's just something fun to do with the team," Sophomore Peterson said.

Every year right before sections the team shaves their heads in various pattern and shapes. It's been a tradition going for years. None of the boys know why they shave their heads though.

"Yeah I have no idea why we do it but it's really fun." sophomore Josh Polzine but they have a blast doing it and it's a great way to spend time together and get pumped up for section time.

Each boy picked a different style, ranging from a completely shaved head, to the Adidas sign, to the underarmor sign.

Sophomore Adam Skelly even asked his girlfriend to prom with the back of head shaved, having "Prom" shaved into it. Sophomore Josh Fischmann went with a different approach by doing his hair like his favorite artist Macklemore.

"I think I'm going to keep my hair like this for a while, it's going to look funny after I get out of the pool though," Fischmann said.

It was unanimous that all the swimmers favorite style was senior



lan Warpula's. Warpula's hair was described as a line of hair going down the middle of his head leading to the mullet in the back.

"lan's hair was super funny but kind of weird at the same time," Peterson said.

After getting the fun of haircuts done and sections out of the way 5 swimmers and divers are heading to state and 4 alternatives are there to back up the team. Participating in State are, Jack Elliott, Gunner Shwanke, Hunter Brings, Joshua Muntefering, & Jordan Dick. Alternatives are Joseph Dick, Dustin Green, John Czeric, and Connor Mann.

Your lunch money isn't going where you think it is

What happens to your lunch money after you graduate?

Cierra Dickhausen and Jessica Faust - Journalism Two Writers

Most seniors, when asked, thought their unspent lunch money went to the school to help with paying for books, laptops and other school needs, but this isn't the case.

"[After you graduate,] your lunch money can go to one of three places," said Secretary Linda Thompson. "The Angel Account; a younger sibling in the same lunch program or your parent can call the school and ask for a refund."

The Angel Account is an account that is set up for students who can't afford lunch; it helps fund their lunches so they can eat.

"I wouldn't mind my money being used for laptops or anything else just as long as it's for a good purpose," said Senior Albert Dela Cruz

Usually the only time your money would be used for the Angel Account is if you don't have a sibling in the same lunch program or your parents don't call and ask for it to be refunded.

"I would be mad if I had like 100 dollars in there but since I don't eat lunch here and only have five cents I don't really care," said Dela Cruz.

Food

Time to meet the true meaning of Flavour



While grains and vegetables almost ruin the overall concept, fruits and dairy make up for any of their faults in the end.

Food is a very strange material. You can't build things with it, you can't go on the Internet with it, you can't make phone calls.....you can only ingest it and turn it into poop. It's used like a battery for us humans. We put it into our mouth, chew it, and it magically changes into electricity to power our daily functions. Once we take all of the electricity from the food, it turns into poop and we discard it. I don't really see why we don't just use rechargeable bodies, but to each his own.

Food is generally put into five different genres: Grains, Meats, Vegetables, Fruits, and Dairy. Each of these genres have different qualities that help them to be easily categorized. Grains are a very papery material, typically made in an oven. They taste pretty bland, and gross. Apparently, the fiber in grains is good for us. I just think it's nasty. Meats are other animals, like us, that have been carved up and processed only to be called food by everyone else. I hope nobody I know ever gets turned into meat.

Dairy is made using the lactations from cows and other large farm animals. While relatively delicious, the concept behind dairy products is disgusting. Hard bovine lactate called cheese?? ICK! Turns out the stuff is incredible. Science is weird. Vegetables are things we grow from a combination of dirt, water, and tiny nuts. Generally, they taste pretty leafy. When you cover the vegetables in ranch and other sauces, they become a quality snack.

Otherwise, they should be burned. Fruits are the best food. They're like vegetables, except they have sugar atoms imbued into the molecules of the food. They taste like pure,

unadulterated gold. If gold had a taste. And it tasted like fruit.

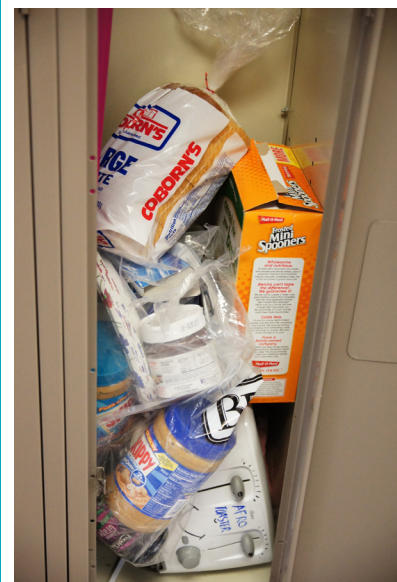
There are scientists called "cooks" who take these things and create entirely new foods, through a strange form of chemical transmutation called "baking." Some notable creations are corn dogs, which are made from combining corn and dogs; and Swedish Fish, which are a combination of fish and Swedes. My favourite creation is the Italian food disc, also known as a "pizza." It's best when you put salsa, fruit loops, and chow mein on top.

Food looks pretty cool. The developers clearly had a passion for the medium, and put their all into making food as beautiful as they could. There are a few duds, most obviously the potato, but we can look over those. Music-wise, the soundtrack is incredible. I can feel the pain every time I bite into a chip thanks

to the screams that they emulate. (Though they sound suspiciously like cracks). Overall, the sounds really add to the ambiance.

In the end, food is pretty okay. The whole concept behind food is silly at best, but I will say my taste buds have never been happier. There are some glaring problems, but that doesn't detract from the fact that food is a must have. I give it seven wet mouths out of ten.

Emma Hage shows what food really means to her through art.



Review by Nathaniel Nelson; Photo by Emma Rodelius
The Hoofprint

Chipotle

Do you love it, or hate it?



Photo by Vaughn Jundt

Trevor Dahlof - Journalism Two Writer

One question divides most of BHS, “Do you love or hate Chipotle?”

Chipotle is a Mexican grill that makes gourmet burritos and tacos. More than fifty-two percent of students surveyed say they love it. Those who said they hate it usually link their feelings to sickness from the food.

“I couldn’t make it out of there [Chipotle] without a thirty minute stop at the bathroom first,” said Senior Grant Hopkins.

Chipotle prides itself on its “food with integrity.” Animals are naturally raised, and the vegetables locally grown. Handcrafted burritos are part of the mexican grills marketing plan.

Senior **Eric Nelson** can’t complain about the portions sizes of Chipotle burritos.

“When the burritos are the size of a new

born baby, it has to be good!”

The second largest complaint received by students was the lack of authenticity.

“It’s [Chipotle] overrated. You’re paying for an overpriced ‘debris-to.’ Half of the options don’t even come from real mexican dishes,” said Senior **Connor Mann**.

However, many Mexican fast food enthusiast don’t see a grey area in Chipotle. Either they love or they hate it. Some can’t explain their feelings without a Mexican theme.

“Me gusta Chipotle,” said Senior **Aaron Rouse**.

Arguments seem inevitable as the polar opinions of friends haunt lunch plans throughout BHS.

Debates get heated Diversity Studies offers an outlet for students to speak their minds

Peter Cassady - Journalism Two Writer

“Would having your kids’ hair cut by a gay guy make you uncomfortable?”

This is one question Diversity Studies teacher Todd Manninen asked his class during a recent debate. Many different opinions are expressed during these debates. For some students they would not care if their kid got a hair from a guy who is gay; but some students would.

This is one of the many touchy subjects talked about during Diversity Studies. Clashing opinions create arguments, and those arguments can get heated.

“Some people take comments way too personal,” said Senior **Jason Senger**. “But all people are doing is expressing facts

that support their own opinion.”

Even though the debates get heated, they are still the highlight of the class for many students.

“My favorite part of the class are the debates, and seeing everyone’s opinion during those debates is very interesting,” said Senior **Austin Youngs**. “Plus you get to see everyone argue with each other which is also pretty entertaining.”

Even after all of the arguing, the class always cools down and turns back to reality.

“The topics we study are important and we do have arguments,” said Youngs. “But after class were all good and things go back to normal.”

Some people take comments way too seriously.

- Senior Jason Senger

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Keepin' It Local

Students give their opinions on local restaurants

Love

Sophomore **Katherine Martin**
 “I love their food, especially the Pico de Gallo BUT,

El Molcajete



Hate

Their plates come out at like 5000 degrees and burn your hands.”

Senior **Carlie O'Malley**
 “It's a friendly place to be and they have really good food BUT,

BJ's Deli



The lines can get really long and it can get really busy.”

Junior **Kylee Zumach**
 “There pizza is delicious and it's a home town oriented place BUT,

Norm's Wayside



It's more of a bar setting so there are adults and it can get crazy.”

Senior **Vaughn Jundt**
 “I like to feast on the \$1 burgers on Sundays BUT,

Mill Creek Inn



I don't like the look or interior of the place.”

“Fish, Again?!”

Fishing is a way of life for Peter Cassady and Austin Brandes
Samantha Sansevere - Hoofprint.net Staff Writer

Snow or shine, you'll be able to find overrated.”
 Senior **Peter Cassady** and Senior **Austin Brandes** out on the ice throughout the winter, all in the name of ice fishing. You'll be able to find them out there in sleet, ice pellets, and rain, too. When Peter and Austin aren't playing side by side on Buffalo's Varsity basketball team, there isn't much that can keep them off the ice.

“Over winter break this year we fished for 15 hours in a two day span and caught one crappie and four perch,” Austin said.

Those are familiar numbers to many ice fishing enthusiasts in the area, but after trying something new, they have had overwhelming success.

“We switched lakes,” Peter said. “It's the best technique. Buffalo [Lake] is

Since switching lakes, Peter and Austin catch an average of over twenty fish each day they spend on the ice.

“None of it goes to waste,” Austin said. “Ever. There are always fish in the freezer.”

When they get a catch, they toss it on the ice beside them and continue. At the end of the day they haul them home and take them into Peter's dad's work shop. They clean them up after letting them thaw for about three hours, and after that it's into the freezer or into the kitchen. Mrs. Cassady, Peter's mom, is especially experienced in preparing fish.

“She can cook fish really well, but she gets mad because we bring so many fish home,” Peter said. “It's like, ‘Fish, again?!’”



Senior **Austin Brandes** and Senior **Peter Cassady** embrace fishing all year round.



Seniors **John Braun**, **Peter Cassady**, **Austin Brandes** show off their Northern pikes and Crappies after a day on the ice. *Photos submitted by Austin Brandes and Peter Cassady*



Crappies the boys caught in the lake.

Mrs. Cassady's Recipes

Northern Recipe:

Put butter and onions in tin foil

Place Fish in tin foil

Cover in lemon juice, salt and pepper, and butter on top

Bake at 350 degrees For Fifteen minutes



“We bake Northern because they're really bony and it makes it easier to eat.” *Photos submitted by Austin Brandes and Peter Cassady*



Crappie Recipe: Dunk fish in eggs, toss them in Ritz crackers, and fry them up.

KUHLMAN FREESTYLES DUBSTEP



Junior Reed Kuhlman performs on February 9, 2013 in the Performing Arts Center. Photo by Emma Rodelius



Reed Kuhlman impresses at Tri-M Variety Show

Maddi Herzfeld and Bailey Hanson - Journalism Two Writers

“Once I hit a move, I can feel the beat and everything comes natural. It is something I know I am pretty good at, so it’s easy for me. I feel like it’s something I can connect with. I feel confident doing it.”

Four months ago, Junior **Reed Kuhlman** found a video on YouTube of a guy who goes by the name of NonStop who dances “dubstep.” Nonstop’s video’s encouraged Kuhlman to try this style of dancing. He started out practicing simple movements, like waving. From there on, practicing everyday became a routine for Kuhlman.

“I practice everyday for sure. Probably around three hours or so,” said Kuhlman. “As long as I have music, I’m always dancing. I can predict the beats and drops to songs I don’t even know very well. I can dance to

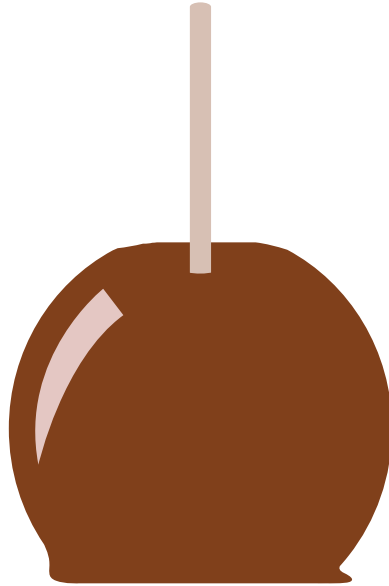
the song like I’ve been listening to it my whole life.”

Skrillex and Flux Pavilion are some of the beats that bump through Kuhlman’s headphones while practicing. While Kuhlman was dancing his way up and down the halls, he caught the attention of his friends who suggested he try out for the Buffalo High School Tri-M talent show.

“The Tri-M show was kind of a last minute thing. I was nervous right before I went on stage, but once the music came on, I was totally fine. I didn’t have a set routine, I just freestyled the whole thing,” said Kuhlman. “I was comfortable up there, the music just flowed through me. It’s like breathing at this point, it’s easy and I don’t have to really think about it.”

“I was nervous right before I went on stage, but once the music came on, I was totally fine. I didn’t have a set routine, I just free styled the whole thing.”

On a stick



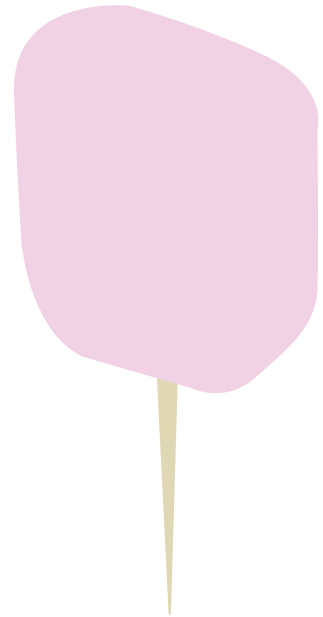
caramel apple

160 cal
5 g fat



corn dog

166 cal
8.9 g fat



cotton candy

171 cal
0 g fat

Erica Hoops - Staff Writer

From numerous lakes to the Mall of America, Minnesota is a tourist destination for people all around the United States. One of the most popular stops for tourists and Minnesota natives alike is the annual State Fair.

This 12-day event has thousands of booths, events, and buildings to check out, but the most common attraction seems to be the variety of food available.

“I go for the food,” said Junior Digory Anderson, “I think my favorite [food] to get at the fair is Sarsaparilla. It’s like old-fashioned root beer.”

With over 300 eating

establishments stationed around the fairgrounds, anyone can find a food to suit their taste.

The wide spectrum of food is renown and, as the tradition of the fair has gone on, Minnesota seems to have found its schtick— deep fried foods on-a-stick.

“Frozen Key Lime Pie covered in Chocolate on-a-stick was probably the weirdest food I’ve ever had [at the fair],” said Anderson. “It was actually pretty good though.”

Fair-goers, like Anderson, can enjoy this now classic food format at over 80 booths, which, according to the official MN State Fair website, mnstatefair.org, makes it the most

popular meal option at the fair.

From deep-fried Snickers bars to the classic Pronto Pup, the range of food on-a-stick is broad, and with almost 200 options it isn’t always easy to decide what to buy and what to pass up.

While the State Fair is one of the most popular tourist destinations in Minnesota, it is not the only place one could go to find unique food. Minnesota is also famously Scandinavian and this background provides natives with some interesting traditional foods.

Lutefisk is probably the oddest of the Scandinavian cuisine.



key lime pie

320 cal
16 g fat



spaghetti and meatballs

355 cal
13.6 g fat



deep fried Snicker

444cal
29 g fat

This fish—typically cod—is soaked in lye, which is an ingredient in most soaps that is poisonous to humans when ingested. They are then immersed into tanks of water for up to 9 days until the lye has soaked away.

Lye allows for the fish to take in more water than it usually would, which accounts for the jelly-like texture and transparent nature of the food.

“It’s a little too gelatinous for my taste,” said Senior Julia Bothun, “And knowing that it’s soaked in poisonous soap doesn’t make it sound that appetizing.”

While some people, like Bothun, have never had this Scandinavian classic and never plan to, other students, like Junior Justine Green have been exposed to it throughout their entire life.

“I don’t like fish at all, but it’s at every family reunion. Lutefisk and herring; it’s heritage or something,” Green said.

Love it or hate it, lutefisk is undeniably one of the strangest foods found in Minnesota.

Minnesota is no stranger to agriculture, just by looking out a window one can find crops like corn, soybeans and alfalfa surrounding the high school in warmer months.

One crop, however, is much less common, found in only a few of Minnesota’s many lakes.

Wild rice is produced on multiple Indian Reservations in northern Minnesota, including the Bois Forte reservation located around Nett Lake.

Nett Lake is the world’s largest lake in which wild rice grows. Though the plant

may look like rice, it is actually an aquatic grass that grows only under very specific conditions.

There are three main steps to collecting and processing wild rice: Canoe-harvesting, parching, and hulling. Producing wild rice on the Bois Forte reservation is a long, arduous process that involves a vast amount of physical strength and even more patience.

After several days of working the rice on the reservation, it is then cleaned, packaged, and shipped to markets across the Midwest.

This lengthy wild rice producers, like the Bois Forte reservation, must go to explains the high price of the rice and hopefully makes consumers appreciate the food a little more.

Graphics by Ben Leipholtz

Who's next to help?

Buffalo High Schoolers can show a little more love to those who need it

Rose Keelin - Staff Writer

Being lost, with nowhere to turn to and no help, some rely on others help to keep them stable. Volunteers, donations, and normal people can help contribute to our society. For the struggling, Buffalo can give people a chance for a better life. One of the services Buffalo offers is the food shelf, run almost entirely on donations and volunteers. This facility provides food and other necessities to people struggling. Usually, a teen wouldn't want to ever go to a place of that sort. However, there are a few exceptions to this.

Some Buffalo High School students devote their time to help people find what they need. While making sure that they serve to the best of any given visitors needs, volunteers also have to manage a calm, happy look to make the visitors feel welcome. Anything that happens there is confidential, to the visitors and the volunteers. One example of volunteers from Buffalo High School is Sophomore **Lucas Leiferman**.

About once a week, Leiferman devotes his time to passing out food, and other necessities to those in need.

"It's just the fact that you are helping people, I very much enjoy it."

While seeing all the people walk by him, he thinks of ways he can improve their experience, or how he can help them.

"I think about how they affect not only me, but the people around them."

One of the ways he affects people is by helping them decide what's best for them to receive.

The food shelf is always in need of donations, and volunteers. Most of the people who contribute are adults, but everything can't be left up to adults in this world. Think, who's going to be running this place soon? This generation is going to be deciding how everything works. It's up to our generation to step up and make the world a better place to be.



Photos by Jacki Minke



Photo by Patrick Macnab

Junior Varsity overtakes the Varsity in Sections Final

Madison Herzfeld & Bailey Hanson - Journalism Two Writers

Taking the whole courtroom by surprise, the judges announced that Buffalo's Junior Varsity Mock Trial team took first in the Section meet. For the first time in BHS history, JV defeated their mentors and advanced them to State.

"We never thought we'd be going against each other in the Sections final round," said Senior **Evan Holmstrom**. "We were forced to share our case with the JV to help prepare them for Sections. It's always assumed Varsity is going to come out on top, so sharing our case and questions with the JV isn't a big deal. It doesn't go both ways though, we never got to look at JV's case and questions."

After finishing the round, both teams

waited nervously for the results, knowing that they'd be close.

"We both had our strengths and weaknesses. It was surprising, the trial was really close in scores," said Junior **Victoria Bertram**. "We only won by two points. I figured varsity would win because they have more experience and are more comfortable in the courtroom."

Judges are not allowed to know what school the teams are from to avoid any biased final decision making. At the end of the meet when scores were announced, both teams said they were from Buffalo. The judges then made the connections on why both teams seemed similar in presenting their case.

"The JV knows how we work. We taught

them things, and shared everything we knew with them," said Senior **Samantha VanMuyden**. "So during the trial, they would say things that we taught them and the things that we would say in a case. Their style was exactly the same as ours. The judges commented that they could tell the JV had learned from us."

Preparing themselves for Round One at the State Meet, junior varsity practiced some of the tips the varsity has given them.

"We have watched JV perform against other teams, they are really good. They argue well," said VanMuyden. "It'll be a good opportunity for the JV team to get a chance to go to state and get practice in the courtroom."

"I figured varsity would win because they have more experience and are more comfortable in the courtroom." - Junior Victoria Bertram

SEASONS WRAPPING UP

Photo by Alyssa Baldwin



Photo by Alyssa Baldwin



Photo by Mariah Brings



Photo by Alyssa Baldwin



Photo by Alyssa Baldwin



Photo by Brianna Christianson



Photo by Nicholas Engfer

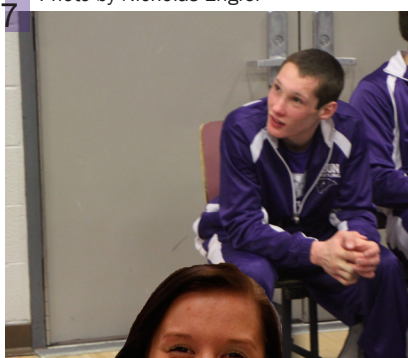


Photo by Brianna Christianson



Photo by Alyssa Baldwin



Lacrosse Player looks forward to Senior season

"I'm most excited to play with all my girls and have lots of fun messing around but also taking the game seriously enough to win."

-Senior Zoe Kunz

Cheer Team goes to **NATIONALS**

Taylor Susa - Features Editor

The Bison Competitive Cheerleading Team competed at the National High School Cheerleading Championship in Orlando, Florida from February 8-12.

Near the beginning of the season, the Cheer Team was just shy of getting a bid to Nationals at the Regional competition. The team tried their shot again at a competition in Iowa. When they went to Iowa, they had their best performance. Finishing the meet off with a first place in their division and their bid to Nationals.

"It took a lot of hard work and even more dedication than we already had. It also took quite a lot of money," said Freshman Maddie Kramber. "We had to go to compete at regionals twice to get the bid to be able to go to nationals. The second time we went, we had to go to Iowa."

A few weeks earlier at their state competition they had placed for the first time in Bison Competition Cheerleaders history. There they earned a third place finish.

"We got to see the best of the best teams in the country. I have watched videos of these teams on my computer so it was really cool to see them in person with a

new routine," said Senior Captain Kassidy Duffney.

They placed between 25th and 50th out of hundreds of teams. Though they are unsure of how well they placed, they knew that was an opportunity of a lifetime. When heading to Nationals it was more than a competition. It was everything they had ever wished for.

"Personally, I have taken a lot from the experience. I got to meet a lot of new people, and being able to go with my team made it ten times Better," said Kramber. "Having competed at the biggest high school competition in the U.S. Makes me feel a lot more confident about our team, and our ability to achieve our goals. And being able to be a part of that team makes me feel better about myself being able to achieve things that I want and work hard for."

Cheer is a team made up of middle school and high school girls. Four girls were lucky enough to finish off their high school career at Nationals. Hopes are high for future National opportunities.

"I loved that I got to end it at Nationals." Said Duffney "I made precious memories with people that I will never forget! If I could do it all over again, I would,".

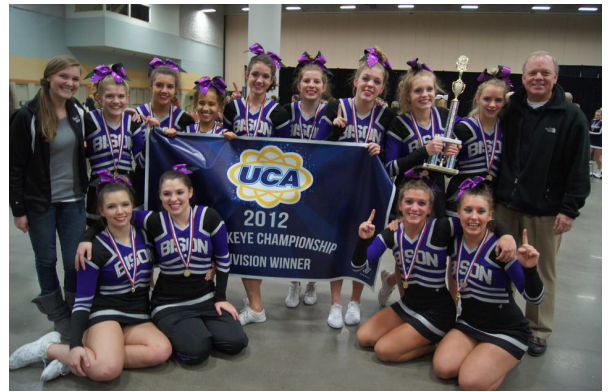


Photo submitted by Celeste Kulzer



Photo submitted by Celeste Kulzer



Photo submitted by Celeste Kulzer

1 Senior Austin Youngs slam dunks. 2 The girls hockey team celebrates one of there last wins 3 Freshman Matt Jergens takes a breathe while swimming a lap. 4 Senior Emily Spier waits for the referee to pass her the ball during an inbound play. 5 Junior Amber Doeblner finishes up her floor routine. 6 Junior Justin Laven plays defense and stops Duluth Dentfiled from scoring. 7 Junior Corbin Ruby waits to face his opponent. 8 Senior Jason Senger passes the ball to another player. 9 Some of the girls hockey team take a quick breath before face-offs.

#FASTFACTS

Baseball Player

The faster Senior **Kyle Cole** pitches, the farther the ball goes when you hit it.

Girls' Hockey Player

Junior **Lindsay Roethke** eats an orange before every game.

Boys' Lacrosse

Senior **Zach Phillips** gets a McDonald's Big Mac before every game.

Softball player

Senior **Carlie O'Malley** is so excited to go to Bemedji and then over to Grand Rapids.

Girls' Track and Field player

Senior **Emily Spier** started track last year and broke a school record. She plans to do it again this year.

Boys' Hockey Player

Junior **Jake Michalko** eats pasta every Game Day.

Seniors' Favorite Pre-Game Meals

Senior **Cedric Jimenez** WRESTLER

"For my pre-weigh-in meal, I eat a Footlong feast sub with everything on it from Subway, and drink two bottles of Gatorade, eat an oatmeal raisin cookie, and a bag of chips. For a tournament day, my favorite is a giant Tupperware of cereal and milk, six Nature Valley honey nut granola bars, a bag of Chex-Mix, two bottles of Gatorade and a Mountain Dew. Right after my tournament I like to go to Applebees and eat a grande chicken quesadilla and a plate of nachos."

Senior **Connor Mann** SWIMMER

"My favorite pre-game meal is nacho dip, Pepsi, Pringles, a Snickers bar, and a Gatorade. Then I puke it up in the pool after for a rainbow of colors."

Senior **Kellie Robinson** GYMNAST

"My favorite is when we have tacos-in-a-bag with Hawaiian Punch. I love Hawaiian Punch, and so does everyone else on my team. It's for sure my absolute favorite."

Senior **Andrew Mussell** SOCCER PLAYER

"Alfredo all the way. Oh, and garlic bread."

Senior **Jenna Munterfering** SWIMMER

"My favorite pre-game meal is when we have Jimmy John's; it's light enough to suffice so I'm not hungry and isn't heavy enough to make me sick doing flip turns and want to puke. I get a nervous stomach as it is."



During a scrimmage, Senior **Jason Senger** defends Senior **Peter Cassidy**.



Senior **Cale Ehresmann** watches to keep the puck away from a Rogers opponent.

Photo Poll

What is the most unusual thing you've ever eaten?

Sophomore
Luke
Aguirre
Peaches
covered with
ketchup and
milk.



Freshman
Hannah
Studee
I tried
alligator and
it was O.K.



Freshman
Maddie
Duerr
I tried cow
tongue and I
hated it.



Freshman
Sam
Therrien
Meal worm.
And it
wasn't bad.



Photos by Molly McMullen



Art by Riley Smithson

Vegetarianism in Buffalo

High School

How can you be vegetarian in a rural high school?

“I became vegetarian because I found out that the meat industry is the second highest contributor to pollution, behind the automotive industry.”

Sophomore Megan Pearson

Riley Smithson - Opinions Editor

“I became vegetarian because I found out that the meat industry is the second highest contributor to pollution, behind the automotive industry,” said Sophomore **Megan Pearson**, a former vegetarian.

Regardless of the endeavors of People for the Ethical Treatment of Animals (PETA), many people become vegetarian for reasons other than moral or ethical tendencies, or World Wildlife Foundation commercials exploiting heart strings. Red meat contains toxic saturated fats and exacerbates bad cholesterol. Fish, however, contains heart-healthy Omega fats and lipoproteins. Others practice vegetarianism out of spiritual or religious beliefs. In Mahayana Buddhism, one is encouraged to abstain from the consumption of flesh

of any kind. Christianity discourages the ingestion of meat on any Friday during lent, with the exception of fish.

“Initially, I became vegetarian to be healthier, and test my will,” said Senior **Cullin McEachern**. “Now it’s developed into religious practice.”

There are several different sectors of vegetarianism. Pescetarianism is the consumption of fruit, vegetables, animal products, and fish. This is considered to be most physiologically beneficial, according to medical professionals. Vegetarianism is the consumption of fruit, vegetables, and the products of animals, such as milk, cheese, and eggs. Being vegan is the complete refute of all flesh and animal product.

“I usually get salad and a fruit of some sort. I wish the school’s food was fresh and real,” said McEachern.

Being vegetarian in a rural school can be difficult, especially when there isn’t a school day without chicken on the menu. However, there are ways around the established menu. Students can purchase salad bar, Bosco Sticks, Uncrustables, or the occasional veggie wrap. There is still room for improvements to be made, though. Many students complain about the nutritional value of current vegetarian options.

“I always got salad bar. All of the other choices were really unhealthy, and I didn’t want to get fat,” said Pearson.

“Initially, I became vegetarian to be healthier, and test my will. Now it’s developed into religious practice.”

Senior Cullin McEachern

Missing the Mark

Gun control upsets students

Trevor Dahlof and Vaughn Jundt - Journalism Two Writers

"A gun in your hand is better than a cop on the phone," said Senior **Ian Warpula**.

Rash decisions by the Obama administration have left gun owners shaking their heads.

On December 14, 2012, twenty-six people were gunned down in an elementary school in Connecticut. Sparking national debate, politicians are tightening the belt on semi automatic weapons.

"The constitution grants citizens the right to bear arms. Everyone has the right to defend themselves. Criminals don't care if guns are legal or not, they're still going to use them," said Senior **Dave Rayl**.

According to the Congressional Research Service, there are more guns in America than people. Many believe the key to reducing gun violence is keeping

firearms out of the wrong hands.

"I think it's irresponsible to assume that any type of weapon is the cause of violence," said Senior **Mason Coudron**.

Mental illness can be linked to mass shootings such as the Sandy Hook massacre, the movie theater massacre and others.

Time Magazine states, "Those with schizophrenia are nearly 20 times as likely to kill another person as people unaffected by the disease."

"The best way to prevent gun violence is to provide services to those that are prone to violence. Eliminating the stigma of getting help is the only way to help people help themselves," concluded Rayl.

Most agree firearm violence is a problem but, everyone seems to have a different solution that will forever fuel debate.

I think it's irresponsible to assume that any type of weapon is the cause of violence

- Senior Mason Coudron



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Rohl's Love for McDonald's

Social Studies teacher Gerard Rohl has a McDonald's addiction that has been in the making for 20 years



Photo by Maddi Herzfeld

Bailey Hanson and Maddi Herzfeld - Journalism Two Writers

"I will admit, I have a problem."

360 calories and two dollars and fourteen cents later, teacher **Gerard Rohl's** morning McDonald's cravings are satisfied. With a routine of going through the McDonald's drive through, the cute, little old lady employees expected to see Rohl that morning.

"The old retired ladies pretty much already know that I'm going to order my Breakfast Burrito and Diet Coke," said Rohl. "The Egg McMuffin doesn't really have a taste for me like the burrito does. I love the hot sauce on it, it's good for you, you know!"

Rohl realized he had a McDonald's addiction about 20 years ago. It started when his kid's were busy with sports and his family was constantly on the go.

"When my kids started traveling basketball and softball teams, we were on the road every weekend and always looking for cheap and quick meals. We would always stop at McDonald's

because it was convenient," said Rohl. "It then turned into me going there more often by myself."

Leaving school during his lunch to get his McDonald's fill a few times a week keeps Rohl functioning for his students. When something goes wrong with his order at McDonald's, he can't help but feel lost and upset.

"The other night, I went to McDonald's to get some dinner and a large Diet Coke," said Rohl. "But when I go through the drive through, the Diet Coke machine was broken, which made me very upset. I even went inside to see if the lobby machine worked, and guess what, it didn't."

Rohl doesn't believe his McDonald's addiction is hurting him, but knows it's not benefitting him either. Now that McDonald's shows the calorie amount in each meal, he has been making healthier choices and is still satisfying his McDonald's needs.

Edward Jones
MAKING SENSE OF INVESTING



Dave Wilson
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Photo By Taylor Holt

Eating Disorders Not Otherwise Specified

Deadly eating disorders are mistaken as cries for attention

Erica Hoops - Staff Writer

When someone mentions the term “eating disorder”, the first thing that pops into a person’s head is generally an image of a skeletal figure or someone leaning over a toilet, vomiting to remove the few calories they have in their system.

These examples describe the two most common eating disorders; anorexia and bulimia. Being that these are the disorders mentioned in health classes, this immediate connection makes sense, but what most people fail to realize is that there are dozens of other known eating disorders, most of which are named under the blanket term EDNOS.

Standing for Eating Disorder Not Otherwise Specified (EDNOS) come in many different forms, some so rare they are found in only a few people.

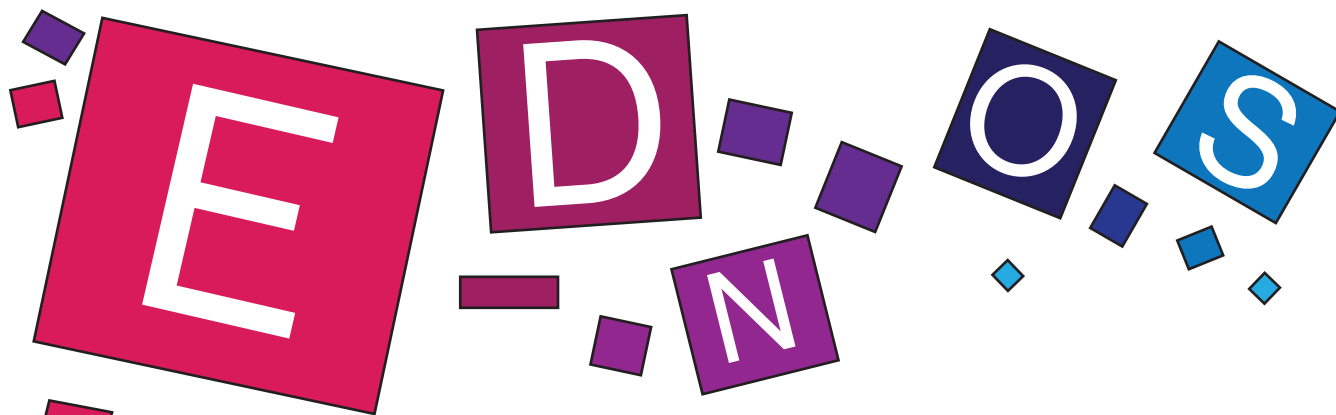
A more common version of EDNOS is a Binge-

Starve disorder. This involves the sufferer eating mass amounts of food and then fasting for a few days in an attempt to ‘even out’ the calorie intake.

While this seems like a reasonable hypothesis at the time, what the Binge-Starve cycle actually does is leave the body confused. The body is left not knowing when the next meal will come, and this forces it to store whatever energy it gets as fat for later use. Ironically, this achieves the opposite of the desired effect, in some cases worsening the sufferer’s body image and others, the severity of their disease.

Another disorder covered under EDNOS is called Pica. Pica is a disorder in which the person craves and eats non-edible items like clay and paint chips. This can lead to a blockage and, in some cases, a rupture in the intestines.

Continued on page 24



Continued from page 23

While neither of these disorders sound any less serious than either anorexia or bulimia, some people still treat EDNOS' as lesser diseases. When EDNOS was first an accepted mental health disorder, many people seemed to think it was fake and that the sufferer was 'just crying for attention'. At BHS, however, some teachers are trying to diffuse this belief.

"We're watching a video called 'The Brief Life of Katherine' [in health class]," said Health Teacher **Mary Bremmer**. "It's about a girl who has eating disorders and how she deals with them and how they affect her life."

The first day she shows this video, Bremmer allows her students to react organically by giving them the opportunity to share their opinions, "I hear a lot of kids say, 'She's so annoying. She should just eat!' but I try to guide [students] and help them realize that it's not that simple," said Bremmer.

As time has gone on, more people, it seems have started to realize that an eating disorder does not have just one definition. An eating disorder is any type of disordered eating.

"I can't imagine not eating, it just doesn't seem like an option, but there are some people who, unfortunately, deal with this every day. They aren't fake," said Bremmer.

Though certain EDNOS' are covered in the curriculum at BHS, if more were openly talked about them, not only in the classroom, but in common conversation, perhaps they wouldn't be seen as a cry for attention.

So-called "touchy subjects" like eating disorders seem to be ignored because it's uncomfortable to talk about them. This makes them seem distant, when in reality there are people around us every day that struggle with these disorders.

Having a discussion in health class is great, but ignoring these subjects outside of the classroom because it's awkward when they're brought up, doesn't solve anything. What helps and what needs to be done in these situations is having conversations and putting ridiculous misconceptions to rest.

"I can't imagine not eating, it just doesn't seem like an option, but there are some people who, unfortunately, deal with this every day."