

THE HOOFPRIINT

BUFFALO
HIGH
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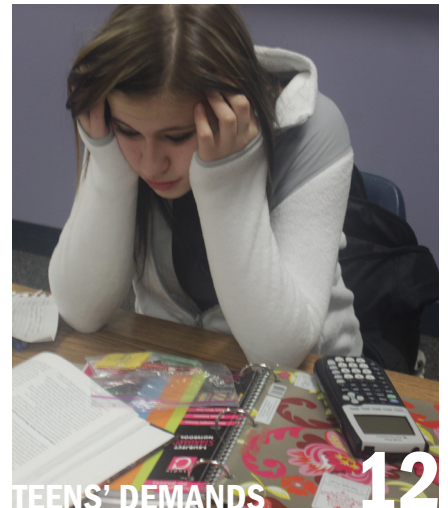
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The Hoofprint

FOOD FOR THOUGHT



The Hoofprint

Volume 42 Issue 3

Editors-in-Chief Michael Swearingen,
Olivia Wyatt

Managing Editor Erika Voeller

Business Editors Rachel Ulfers,
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Photography Editors Ben Lepinski,
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News Cassie Bunkers,
Aaron Outhentapanya

Activities Olivia Laskey, Jacki Minke

Arts & Entertainment

Molly Kwakenat, Nathaniel Nelson

Features Emily DeVore, Julia Hogan,
Hope Mueller, Taylor Susa

Sports Maddi Yates

Opinions Bryce Bishop,
Patrick Macnab

Spotlight Taylor Holt, Whitney Nyholm

Graphics & Cover

Gordy Gerhardson, Ben Leipholtz

Artist Kari LaPlant, Amber Norman,
Kathleen Tierney

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Lauren Steinbach

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Annie Moore, Michael Raitor,
James Streibel

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Lenoir, Shelby Maznio, Samantha Reil,
Carl Sones, Tyler Upham

Hoofprint.net Staff Tim Johnson,
Jay Mason, Marah Moy,
Samantha Sansevere, Jon Thielen,
Jake Willmert

Adviser Ryan McCallum

When students and staff returned to BHS from Summer Break, they noticed some changes, specifically in the cafeteria. There wasn't any more soup, the pizza was different, and junk food was nowhere to be found. With a new national lunch plan, BHS had to change in order to follow specific guidelines.

"We have to watch our bread. We can have no more than twelve servings a week, but you have to have at least two a day," Food Service Assistant **Patricia Hughes** said. "We have to be very careful with what we do. That makes a difference as far as pasta servings, the breading on the chicken, mini corn dogs—all those things have to be taken into consideration. [We also need] much more fruits and vegetables, and [to watch] the sodium intake and overall calorie count. It's a lot."

At first, there were quite a few students unhappy with the new rules.

"We pretty much expected that," Hughes said of the students' reactions. "A lot of their favorites had to go. Students miss that. At first, the fries were a big problem, but now actually some like the sweet potato fries. [People] adjust and get used to it. I was never a big fruits and vegetables person, but then once I started getting used to them, now I crave them."

As the year has progressed, the quality of lunches have improved as the lunch staff has adjusted their offerings and the way the menu is presented. Throughout it all, the staff has continued their positive relationship with students with activities ranging from estimating items in jars to jokes on the whiteboard.

"We try to make things interesting and fun for students," Hughes said. "We want to have our lunchroom to be a good place—somewhere [students] want to come. It's [their] downtime, so we want to make it enjoyable."

Students have come to terms with the changes; many are even appreciating more healthful lunches. Take the time to thank the wonderful people who help BHS run effectively. From the two of us, and all the members of *The Hoofprint* staff, we wish to say thank you, lunch staff, we truly appreciate all of your hard work.

Olivia Wyatt

oliviaawatt33@gmail.com
@oliviaawatt33

Michael Swearingen

whycircle333@gmail.com
@mikelswearingen

ILL-Prepared

Why come to school when you're sick?

Taylor Susa - Features Editor

There is always that one kid sitting in class having a cough attack. Some may think nothing of it others may be deeply disgusted. The runny noses and the cough attacks are very normal among teenagers in an environment with hundreds of other people like a high school. Coming to school sick is no problem for most.

"I will come to school sick unless I'm puking," said Senior **Tyler Maxson**.

Maxson like most students in their final year of high school is taking almost all AP and CIS classes. Science department teacher **Boyd Emmel** teaches CIS Human Anatomy this semester with Maxson as one of his students.

"I haven't been noticing sick students lately. First of all colds are very common and impossible to avoid, most [students] are not uncomfortable coming to school with one. Unfortunately having a block schedule doesn't help, kids just don't want to miss," said Emmel.

Block scheduling is sweeping the nation as of 2012 says Brighthub.com. When having a block schedule in high school, many know that missing one day of school will be like missing two days of a traditional scheduled high school.

When teens go to school sick there's a few reasons. Foremost their parents may have forced them to go and told them they would be alright, like many parents do. Some know that they must go to school so they get up and go. Others only go because they have a big test to take, that they don't want to make up when they're feeling better.

"As compared to the beginning of the year, no I have not seen as many students sick. When I do it's more colds and respiratory. A fair amount of students go home sick every day. Most days it varies but Mondays are always a big day with social lives being so busy the days before over the weekend. Students will then usually call their parents and then they can go home. If they have a temperature of over 100 degrees then they are sent home," said School Health Assistant **Terri Schmidt**.

Being a teenager is a crazy time for everyone's lives but not getting enough sleep will lead to illness. Late nights and sleeping in are very common during the adolescence period of life but when it comes to school people need to focus in order to get good grades. The more sleep people get the less school they will miss in the future.

Photos by Emma Rodelius



Senior Zoe Kunz hides a cough during fourth block.



Skipping School: Worth it to you?

Students pretend to be sick in order to skip school

McKenzie Schatzley - Journalism One Writer

Skipping school is worth it to some and not others. Most people who do skip school do not care about school and usually don't mind preparing for tests either. Some reasons that people come up with are pretty interesting. One reason that is used often is:

"There was a test that day and I didn't feel like taking it," said Sophomore **Maddi Tomczyk**.

Other reasons are "I don't feel like going to school", "I didn't get enough sleep last night", and "There is someone at school that I don't want to deal with". Whatever the situations are the students will come up with a reason, no matter how ridiculous.

"I pretended being sick because I was mad that my sister got to skip school," said Sophomore **Matt Pulvermacher**. "I was in Elementary school and my sister was sick and she didn't have to go to school. I got so mad that I wanted to skip school to. I asked my mom if I could skip school and she said no. So I got even more mad. My mom couldn't take it anymore and so she told me

that I could skip school. I was so happy that I got my way, but I didn't know what to do. So I just sat around and did nothing. At 1:00 my mom told me that it was time to go to school. We get to school and I didn't want to go in, so the principal had to come out and bribe me with candy to get me inside school. After that I went inside school and stayed there for the two hours left of school".

Many who have skipped once are willing to do it again. Regardless of how sneaky they must be and all the homework they will receive, they are persistent.

"I would skip school again because I can do it if I want," said Freshman **Hunter Alinder**.

On the other hand once a senior, priorities will most likely change. They usually don't want to miss any more than they have to. Seniors just want high school to be over with.

"I wouldn't skip school again because it is my last year and I don't want to miss a lot of school," said Senior **Brandon Weierke**.



Photo by Erika Voeller

"There was a test that day and I didn't feel like taking it," - Sophomore Maddi Tomczyk



MARINES

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Phone: (763) 682-5711
Email: David.Verdoorn@Marines.usmc.mil

The Long Hard Walk { Calling for Trigger Warnings in BHS Classrooms

Erica Hoops - Staff Writer

According to teendepression.org, the number of teenagers struggling with depression has skyrocketed from ten percent to 20 percent within the past couple of years. While mental health professionals are still unsure of what has caused this spike in the numbers, they have managed to study the tolls depression can take on teens.

One of the largest issues connected to depression is self-injury. According to teenhelp.org, 13 percent of all teenagers have or will harm themselves. In theory, that means that around 230 students at BHS have/have had self-harm issues.

Any self-harmer may be presented with



the arduous task of recovery, and with most recoveries come relapses. Most relapses, when it comes to self-harm, are induced by triggers.

"[Triggers] are something you see or hear that bring back bad memories," said Junior **Marissa Meyers**. Meyers has struggled with self-harming issues in the past. "It was a way for me to relieve stress."

Meyers doesn't actively self-harm anymore, but she still struggles with the triggers in her life. "Images of blades, that were obviously used for cutting, and scars that look thin and papery are my biggest triggers," said Meyers.

Meyers can usually handle seeing her triggers, as long as she has the opportunity

to brace herself, but she wasn't prepared to see them during school hours.

"The video showed his scars and told exactly how [this boy] attempted suicide and then showed his bloody razors," said Meyers, "it was really triggering."

The video was shown during her Personal and Family Issues class' unit on suicide and self-harm and, while showing this video was meant to educate the students on the subject of self-harm, for Meyers it was more of a distraction than a learning experience.

"It was first block, so I had to deal with all of these thoughts and feelings for the whole day; it really sucked," said Meyers.

After getting through the school day, Meyers arrived home and decided that the best way to prevent being triggered in that class again was to talk to the teacher. She sent an email to her teacher explaining her situation and how she would've appreciated a warning.

It was first block, so I had to deal with all of these thoughts and feelings for the whole day; it really sucked.

-Junior Marissa Meyers

"I didn't think [Mrs. Titcomb] would respond, but she did," said Meyers. "She didn't really know that people could be triggered by that."

"I didn't think there was going to be a problem with the video," Personal and Family Issues teacher, **Judy Titcomb** said, "It was on dating, so I wasn't expecting it to be that graphic."

Titcomb usually gives a trigger warning

on videos regarding abuse, but she never expected a video about dating relationships to involve images of blades and scars, "I usually give a blanket warning so that students can leave if they need to, but I guess I wasn't thinking about it."

Triggers tend to vary among self-harmers, so it may be beneficial for students to approach their teacher if they feel uncomfortable with any of the material shown in the class, like Meyers did with emailing Titcomb.

"I was really happy that Marissa emailed me. It's never my intention to trigger anyone and I think, especially now after we've talked, she knows that."



Photos by Mackenzie Malewicki

School is a place for many self-harmers to get away from all of the triggering content out on the internet and in the media today, but when it is presented to them at school it may take some by surprise, which, in the case of self-harmers, can be a dangerous thing. Perhaps, for the safety of self-harming students, teachers should give a warning when they feel that the subject matter may trigger a student.

Meyers just needed to prepare herself, and, according to her, it doesn't take much, "All they have to say is 'This video may be hard for some students to watch.' It would save a lot of people a lot of pain."

Halo 4

Xbox 360



A beautiful, yet shallow trip through an alien world

Halo 4, developed by 343 Studios, is a conundrum of a game. As the first *Halo* game not developed by Bungie, differences were inevitable. Some of them are good – wonderful even. On the other hand, there are quite a few things that aren't quite up to snuff. Visually, the game is incredible. Awe-inspiring locales, particularly a beautiful jungle level, set the bar

7/10

Review by Nathaniel Nelson

The subplot is enjoyable, and the multiplayer is as fine-tuned as ever. However, the lackluster main story and repetitive gameplay fail to impress.

bent on destroying humanity. This new enemy's motivation isn't explained nearly enough, especially not enough to warrant the actions. Compared to many other characters appearing in other games right now, he's just not nearly as compelling. On the other hand, the subplot of Master Chief's relationship with Cortana was done superbly. The tasteful approach to this was well appreciated. However, a subplot should not upstage the primary one. The main plot needs to be just as good as, if not better than, the subplot. *Halo 4* fails in this regard.

All in all, *Halo 4* is not a bad game, but rather unremarkable. The game is absolutely stunning in the visual department, and the controls are irrefutably solid. The subplot is also quite enjoyable, and the multiplayer is as fine-tuned as ever. However, the lackluster main story and repetitive gameplay fail to impress. If first-person-shooters are your cup of tea, go ahead. For everyone else, *Halo 4* fails to be anything more than another fish in the massive sea of shooters.

high. Luckily, everything else hits it. The enemies are well designed and animated with varying designs that initially add complexity to the gameplay. The guns range from cliché to overly-intricate but are visually pleasing. The added HUD to imitate Master Chief's helmet is a nice touch and only adds to the experience. As far as environments go, they're relatively varied. A few of the ship levels are too much alike, but standouts such as a desert stage and the aforementioned forest level keep the gaming feeling fresh. Human faces are a complete success, giving a sufficient amount of realism but not too much to make it disturbing, i.e. the uncanny valley. Particle effects and lighting are gorgeous as well.

Gameplay is where *Halo 4* falls flat. Mechanics are as solid as they always have been. This time around, though, destruction has taken the place of strategy. In the original *Halo* games, movements were plotted out: hide here, shoot here, throw grenade there. There was obvious planning involved. In *Halo 4*, it's relatively easy to run straight through missions shooting everyone in sight. While fun for the first few missions, it gets terribly repetitive by the end of the game, especially since the enemies never change. In the first missions, players fight against the covenant featured in the earlier games. New enemies—the Promethean Knights—are quickly introduced, but that's it. Players never see a new enemy until the end of the game, and when nearly every enemy can be killed in the same way, excitement quickly dulls to boredom. The repetitive ship levels definitely don't help.

Story-wise the game is decent, but it has one fatal flaw: a subplot upstages the main plot. The main plot centers around Master Chief and Cortana's quest to defeat a new enemy, an alien leader who's

Edward Jones
MAKING SENSE OF INVESTING



Dave Wilson
(763) 682-1671
1 First Avenue S
Buffalo, MN

Gaining From Gaming

{ The image of gamers portrayed by the media usually ignores the many positive aspects of video games

Emma Hage - Copy Editor

Video games are often criticized for being the source of a variety of psychological issues, including violence, desensitization, impulsive behaviors, and addiction. Some concerned people may also argue that too much time spent hunched over and staring at a screen leads to poor muscular health and impaired vision. Despite these claims, it would seem that there are just as many benefits to being exposed to the fantastic realm of video games that are perhaps overlooked.

Studies from Harvard University suggest that over 50 percent of games contain some sort of violent content, but violence is not the primary focus of every one. The values recognizable in a piece of literature are equally present in video games. In The "Legend of Zelda" series, the protagonist, Link, goes on a quest to save Princess Zelda from Ganon. His perseverance and determination are part of the reason he

proves successful each time. The gamer's critical thinking and ability to find new ways to complete tasks are also important aspects of the journey.

Video gaming can also be a good creative outlet and allow for a different sort of artistic medium. "Minecraft" lets players essentially design their own world by using resources they might find laying around. They can showcase their creations and share their talent with players online, finding critique and support from the gaming community.

Additionally, there are many puzzle-based video games that exercise the mind and improve memory. "Big Brain Academy," for example, has fifteen different minigames that measure speed, visual processing, and other cognitive abilities. Practicing and repeating these games is an easy and effective way to improve mental functions.

There's even some physical activity associated with certain consoles. The Wii

and Kinect offer several health and fitness games in which players operate characters using their own body rather than with a handheld controller. However, these do not provide enough exercise to be the sole physical activity someone partakes in; even in rigorous games, users only burn about four calories per minute.

It's true that there are a multitude of benefits to video gaming, but it's important to realize that preventing the psychological issues mentioned previously is only possible if exposure to video games is moderated and administered responsibly. Allowing time to save princesses and build a pixelated paradise can improve your cognitive abilities, and just as importantly, exploring the possibilities that sit behind a screen can transform an average teenager into the hero that they hope to be someday.



Graphic by Ben Leipholtz

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{ Singers share their tips and tricks
for protecting their voices

Carl Sones - Staff Writer

Rockstars, country legends, rap artists, stars from every genre are like idols to their fans. When they sing so frequently in front of millions of people it almost seems like magic how they can keep their voices so clean and fresh. Is it all just a natural talent that they can keep it up, or do they have a few tricks up their sleeves they use to preserve their sound?

Audiences also have high expectations of Buffalo High School Choir groups. Many of the students go through hours of practice both in class and at home. Singing can affect their personal lives so much that sometimes they have to change things such as their diet to excel.

"Drinking tea is good," Junior **Cleo**

Lammers, who sings in the Treble Singers, said. "No shouting or screaming. Honey coats the vocal chords and lemon juice is great for your throat. Some people even drink olive oil! Keeping healthy and drinking lots of water helps a lot, too. No milk or pop two hours before performing, and warm-up every time."

Maintaining a good voice may require a few regulations to a person's diet, but sometimes they also have to be careful about the way they sing, too.

"Part of taking care of your voice is the proper training of your vocal chords to switch gears from falsetto to chest voice without pushing your vocal chords too hard," Sophomore **Nicholas Swearingen**, a tenor in the Varsity Choir, said. "Breath

support helps to prevent strain. You can't strain them, otherwise your vocal chords can get calluses that become permanent and make it more difficult to sing. Vocal calluses can only be removed through surgery. John Mayer, Adele, and Keith Urban all had to have surgery because of improper vocal technique. They all basically had to relearn how to sing! John Mayer got an autoimmune disease in his vocal chords and couldn't talk for 6 months."

Whether it's drinking olive oil and lemon juice, regulating and sometimes cutting off their intake of pop and dairy, or being careful not to strain themselves, choir students and music superstars alike are dedicated to preserving their sound so they can sing as long as they can.



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BHS choir warms up with many exercises in order to preserve their voices

Photo by Cierra Dickhausen

Working to fail

Choosing diets that sound promising do not always produce results

Elizabeth Jensen - Staff Writer

Fad dieting has become a very popular thing among people these days. People diet for many reasons and they want to use something that will work so they go with the common ones like 17 Day Diet, Weight Watchers, or Nutrisystem.

Most of the time people diet because they want to lose weight. Dieting is most popular right after a holiday and right before summer. People also may diet after they have a baby, when others are making them feel bad about themselves, or when they just want a change in their life. Teens mostly diet because they feel as if they don't fit in if they are not a certain size, or they don't feel like any potential partner would want them because of their size. In reality, no one will ever be a "perfect" size. No matter what someone looks like they will always experience image problems.

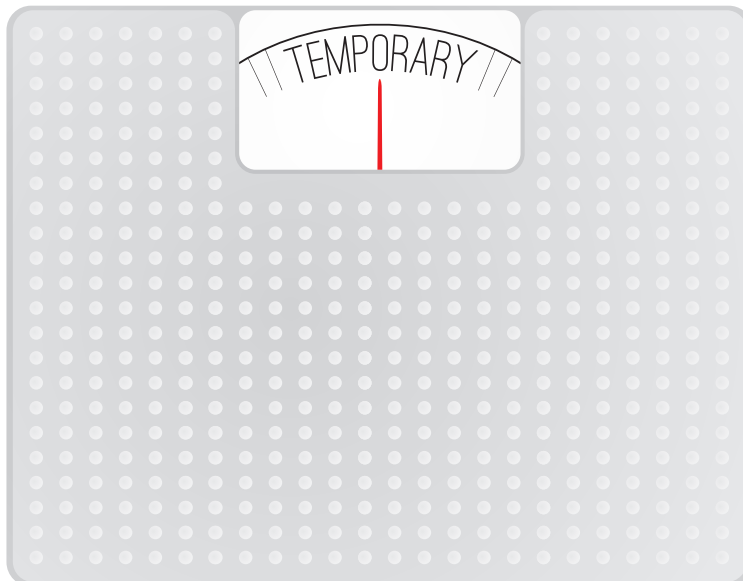
People use the popular diets because they hear about them all over the place, like on the radio, on the TV, from friends and family, and on the internet or in a magazine. Not every diet is going to work, whether it says it is guaranteed to or not. Everyone's body will react to the diet in a different way. Some diets may take more time to take effect than others. Sophomore **Samantha Busch** said, "It's all about cutting out the sugars. Many people say it's about cutting out the fats, but fats are much more natural than sugars. Cutting sugar and wheat are the big thing. Exercise is also key; it helps raise metabolism."

Dieting in high school is a very common thing; 16 out of 50 BHS students said they have dieted before. Sophomore **Paige Miller** said, "I wanted to try dieting because I wanted to be healthier than I was. I think

people should diet if they want to, but should be careful about it." Junior **Mathew Brown** said, "I think some kids should consider it just to have a happier and healthier life, but on the other hand some kids need to eat more to have a happier and better life." The key to dieting is to eat healthier and create a better, happier, and healthier life for yourself.

All of these popular diets claim they will work for everyone, and that they are the best diet out there. The truth is, not every diet is the same and not every body type is the same. Someone might lose five pounds in a week and another might only lose two or three, it just depends on their body type and how committed they are.

The stars might say if a diet worked for them then it will work for you, too, when in reality it might not.



At least $\frac{1}{3}$ to $\frac{2}{3}$ of people on diets regain more weight than they lost within four or five years.

*These statistics are from sciencedaily.com

People on diets typically lose 5% to 10% of their starting weight in the first six months.



What's a Fad Diet?

-A diet that promises substantial weight loss in a short amount of time.

-A fad diet makes it difficult to keep the weight off.

Health Problems

- Bone loss
- Heart disease
- Kidney damage

What you should know...

- Fad Diets offer recommendations that promise a “quick fix”
- Most Fad diets eliminate one or more of the Five main Food groups
- Most Fad diets are developed after a single study
- Fad diets offer claims that sound too good to be true
- Fad diets present a list of “good” and “bad” Foods, but these statements can be easily refuted by scientific organizations

*Information from www.firstthehealth.com and www.everydiet.org

Demands of a teenager

Striving to meet society's expectations demands sacrifices

Emma Hage - Copy Editor

Today's society is especially demanding of its teenagers. With the constant pressure from parents, teachers, and peers to achieve success, it's easy to feel trapped in a web of seemingly-impossible expectations: Get a job.... and keep up your grades... and make healthy decisions... and stay involved... and have a social life. Many kids struggle to meet the standards that others set for them, and they have difficulty managing the stress that accompanies the strive for success. Some are blessed with the ability to "buck up and deal" better than others.

Senior **Leif Nelson** divides his time between five school music groups, piano lessons, a part-time job and church. Additionally, he is active in theater year-round and devotes several hours a day to rehearsals of various sorts—but his involvement is taking a toll on him.

"I feel like I sacrifice my sanity for the things I do," he admitted. "I'm a firm believer that you have to find time to in order to keep your well being, and lately I haven't gotten a lot of that."

Because free time is sparse, important aspects of his life are beginning to get shaky. Completely conquering all of his

responsibilities requires many late nights and early mornings for Nelson.

"Homework is becoming lower on my list of priorities," he said, "but I know I have to get good grades so that colleges like me."

Students that take on the activities they want in addition to what their parents encourage are fully aware of what it demands of them, and many make the mistake of not finding healthy ways to manage stress.

"When some people get stressed, they don't eat or sleep and perform poorly on tests and become unhappy with everything and become an eternal spiral of angst," Nelson observed.

Some students can get away with juggling their responsibilities by giving less than 100 percent to certain things, but for Nelson, that isn't an option.

"Everyone knows that I'm able to do what they ask of me, so they push me to my fullest," said Nelson. "I've been raised to do things to the best of my abilities and reach my full potential."

Although there are advantages to taking on so much, for those who aren't able to tackle their stress appropriately perhaps it's more beneficial to know their limits and stay within them.



Photo by Caitlin Black

November brings out the beards of Buffalo



Photos by Malorie Davidson

American History Teacher Evan Ronken and Senior Riley Smithson show off their No Shave November beards.

Dan Minor- Journalism One Writer

Have you noticed an increase in facial hair popping, and for some patching their way onto student and staff's faces? Well, that's not because they're preparing for the looming arctic freeze — the reason behind it is actually in celebration of "No Shave November".

No Shave November is a month long holiday. Few students can participate because, the obvious requirement is to be able to spurt a hefty amount of facial hair, which many high school students struggle to accomplish. Just because only a handful of students can grow facial hair doesn't prevent staff members like **Evan Ronken** from ringing in the season with a luscious beard.

American History Teacher Evan Ronken and Senior **Riley Smithson** show off their No Shave November beards.

"I grow a beard for No Shave November because I get sick of shaving, but my wife doesn't care for it too much," Ronken explained.

Ronken's wife isn't alone when it comes to her perspective on men and their five-o'clock shadows, or in this case, their month long shadows.

"I don't think beards look very good, unless the guy can pull it off," said Junior **Alyssa Serrano**.

The problem high school students face is not many can actually manage to grow much more than a few stubbles, or a patch of hair at best. Those who can grow a beard are often envied by their less matured underclassmen.

"I wish I could grow a better beard, because they make you look more manly," said Sophomore **Mario Iden**.

November will be coming to a close, and with that will go the best beards of Buffalo students and staff. According to many of the men who participated in No Shave November, the itchiness was getting annoying anyways. And for the ladies, expect men to return to the clean cut look many of you know and love.

"Tulips are pretty and so are you" – Project Smile

Project Smile spreads joy with anonymous messages

Michelle Lee - Staff Writer

"Roses are red violets are blue, tulips are pretty and so are you."

They're on lockers, doors, walls, and they're even in the girls' bathroom. With little Post-It Notes, someone is putting smiles on the faces of students and staff at BHS.

Who is responsible for it? No one knows and no one is taking credit for it.

One note stuck to a drinking fountain in the Junior locker area reads, "Smile simply because you can." There are many other little quotes on Post-It Notes placed all over the school. Words like these can make such a big difference in a person's day.

"They make me feel very joyful and happy inside," said Junior Katie Manz.

No one knows who is behind the notes, but some notes are signed by "Project Smile".

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Hitting the Notes

BHS Singers dedicate their lives to music



Photo by Brianna Christian

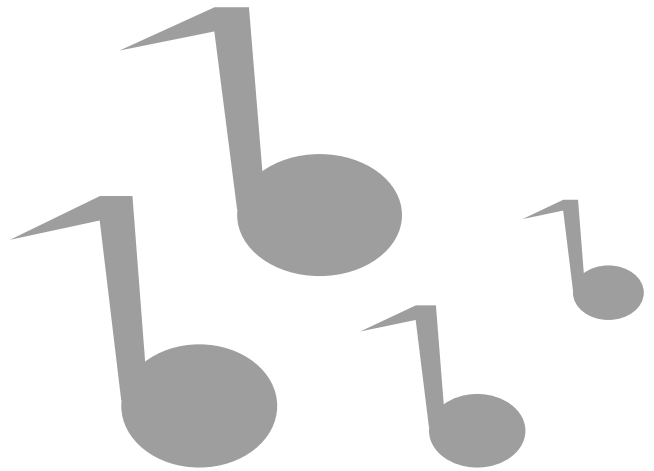
Nathaniel Nelson, Michael Raitor, Bryce Bishop, and Auston Alvarez perform during 16th Century Christmas.

Rose Keelin - Staff Writer

Go into any given classroom at BHS, there's a good chance a handful of people will be part of Buffalo High Schools music program. Take out all of the Orchestra and Band students, and take the best singers. That would be the BHS singers, a group of Juniors and seniors dedicated to their voice and performance. They not only enjoy what they sing, but the time they spend lost in the music.

It's not just about perfect pitch, or knowing all the words to every song, even if that has a lot to do with this group. Junior **Megan Shipley** says her favorite part of BHS singers are the people. **"It's great being in the presence of so many dedicated musicians. Mr. Walsh is a great director, and it's such a great opportunity to learn from him."** She also said she considers everyone in BHS singers a "big dysfunctional family."

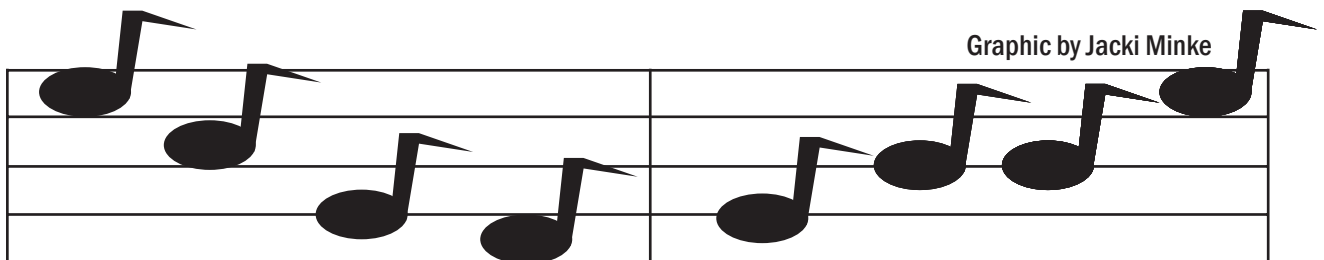
Being so close with everyone isn't everything, though. After all



this is a music group, based around the best singers. Senior **Julia Bothun** focuses more on the music. "I enjoy all the different music we sing, and how clean it sounds together." Putting everything together so it sounds clean can be a long process, or a shorter one.

"It really depends on how difficult the piece is, and when Walsh gets it. We got a couple pieces two weeks before the performance." Julia says the length of time they have to practice a song is unpredictable, and they do it mostly on their own. The group practices together on Mondays, for two hour rehearsals. Practice is a huge part to a successful performance.

Not only being in BHS singers, but any music class can benefit everyone in many ways. They learn responsibility for a part of a piece, people learn importance in a group. Students also build relationships and connections, not normally built anywhere else. Being part of a group will make them feel better about themselves, especially when surrounded by such positive people. Music is a big part of many peoples life, why not join in on it? It's not only tons of fun, but completely worth it in the end.



Graphic by Jacki Minke



STANDING STRONG {GSA bonds over sharing their stories

Aric Haluska - Staff Writer

The warning bell rings at the start of AAA and 20 students shuffle into English Teacher David Robinson's classroom to take part in the Gay-Straight Alliance (GSA) meeting. Robinson takes a seat in the back as Juniors Erica Hoops and Mickey Capps approach the front. The meeting, like always, begins with "Stories from the Field", an activity that involves members sharing their experiences with prejudice toward the LGBT community. When a story is shared, members of the group discuss what they can do to passively handle the situation in the future.

"I got spit on at school after the [marriage] amendment wasn't

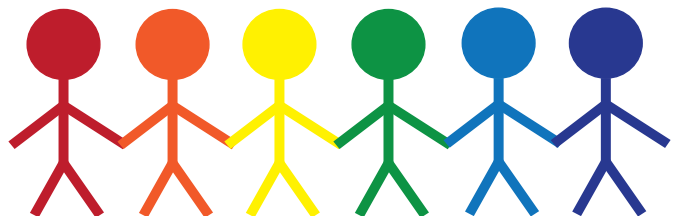
“I got spit on at school after the [marriage] amendment wasn't passed.”
- Junior Erica Hoops

passed," Hoops said.

This act didn't take the group by surprise; many of them had shared similar stories. Regardless, mutual pride was expressed throughout the room due to the Minnesota Marriage Amendment votes favoring "No". Minnesota was the first state in the Union to vote down an amendment about defining marriage as between one man and one woman. Many students in GSA were a part of Minnesota United For All Families' "Vote No" campaign; even though some of their parents and families' views differed from their own.

Junior Marissa Meyers said, "GSA is a safe place to talk about who you are without other people judging you. It's like we're a big family."

Graphic by Olivia Laskey



Competing with perfection

{ How the media affects athletes' perceptions of themselves

Tatyanna Bonk - Staff Writer

The media may have to do with how students view themselves. An increasing amount of "ideal" body images have been put out. These images have increased since World War II says somethingfishy.org, for both men and women alike. In an ongoing study funded by the National Heart, Lung and Blood Institute 40 percent of nine and ten year old girls said that they had tried to lose weight. In a study done by "Prevention of Eating Problems with Elementary Children" 47 percent of 5-12 grade girls said that they wanted to lose weight because of pictures in magazines. Junior

Megan Lafond, a dancer at Kay Marie and Carol's Dance, disagrees, "The media does not affect how I see myself, I know what's good for my body and what's not," Lafond said. " I just take care of myself."

Soccer Coach Jennifer Heebink is in the middle. "I think that social media affects emotional and mental health the players," Heebink said, "and not always in a good way."

Although the media teaches that looks really matter at a young age, it also causes serious problems. Because this image is so
Continued on Page 17



Photos by Brianna Christian



Sophomore Chloe Boster looks for an open teammate to pass the ball to in panic.



Senior Mackenzie Rixie catches up to the Rogers offence.



Junior Tiah Marr lines up at the free throw line ready to shoot the basketball.

Continued from Page 16

big, it gets taken to extremes which result in the increased rates of Anorexia and Bulimia. According to "American Academy of Child and Adolescent Psychiatry" as many as ten in one-hundred teenage girls in the U.S, suffers from anorexia, bulimia or both. Anorexia and Bulimia does not only occur with girls, but boys as well. "American Journal of Psychiatry" reported that an estimated 10 to 15 percent of people with Bulimia or Anorexia are male. These two diseases are not simply caused by the media. They are caused by low-self esteem and poor body {media} images and so many other factors. According to the "American Journal of Psychiatry" almost 50 percent of people with eating disorders fall under the criteria for depression as well. These are both physical and mental diseases that affect both males and females.

#FASTFACTS

Basketball player

Emily Spier is going to North Dakota State University to play basketball for a **Division One** college.

Hockey player

Gunnar Goodmanson has gotten skated in the ankle and had to get **seven stitches**.

Basketball Player

Austin Youngs can dunk a basketball even though he is only **five feet, eight inches** tall.

Gymnast

Kellie Robinson admits to her **coloring obsession** with her team. They all sit in a group before meets to color.



Balancing HEALTH, FITNESS, & WEIGHT
Photos by Mackenzie Malewicki

LOCKED OUT

Lockout threatens to spoil Wilds' season.

Spencer Wilson - Business Editor

Today will mark the 82nd day of the 2012 NHL lockout, the fourth ever in NHL history.

After many disputes over the NHL athlete's ever increasing income, the owners of the league's franchises, led by commissioner Gary Bettman have decided to cease all NHL activity while a compromise can be made.

Bettman, as well as other owners of the NHL franchise, have developed a plan to "cap" the player's income, as well as make a few other budget adjustments. Their proposal initiated a series of debates and disagreements which inevitably led to the lockout.

Many question Bettman's ability to lead such a franchise due to the fact that this will be his third NHL lockout in his career. Others, mainly fans of the NHL, criticize the players for being "too greedy".

"I don't see how the players

can complain when they make an average of \$2.17 million per year," said Junior **Nolan Triden**.

Since the beginning of the lockout, over 400 regular season games have already been canceled throughout the country.

"I don't get why they would have a lockout," said Senior **JP Neumann**. "They are just losing money the longer they drag it out."

Each day, the NHL is losing between 18 to 20 million dollars in revenue, not including the eight to 10 million that would go towards players salaries.

"[NHL players] shouldn't be playing for the fame or money," said Junior **Casey Anderson**. "They should be playing because they love the game."

Negotiations between players and owners continue; however, fans have been left frustrated while they wait for their sport to return.



Graphic by Maddi Yates

18 - Mind and Body



Photo by Mariah Brings

Sophomore Tommy Peterson swims backstroke at practice.



Photo by Mariah Brings

Eighth grader Alex Zeiss competes in Bison Gymnastics.



Photo by Brianna Christian

Senior Katie Vatnsdall skates in a Bison win.

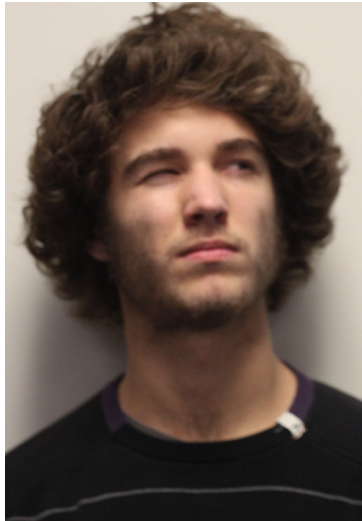
The Hoofprint

PHOTO POLL: What's "Peladophobia" mean?

Photos by Ben Lepinski and Molly McMullen



Junior Weston Siverhus
"Fear of Pulaski beach."



Junior Michael Wegter
"Fear of flags."



Freshman Emma Maxson
"Fear of plaid."



Principal Mark Mischke
"Fear of food."



Junior Casey Burns
"Fear of Palestinians."



Senior Jordan Hesse
"Fear of platypus."

Find the answer @thehoofprint on Twitter.

Taking back control

I am still afraid to lose my eating disorder because it has been my friend for so long

Letter to the Editor

“When we left the hospital, I was so mad at myself for eating the crackers that I screamed.”

In the first weeks of June, I was losing control. I ate less and less and ran everyday.

In July, we had a family reunion in Washington. Because we drove, we ate at restaurants. I would ask my parents if I could get only a salad, but they said no. They knew I watched what I ate.

When we reached Washington I felt horrible. It was hard to have people say to me “you’re so skinny” because I didn’t see it. Sometimes, when you don’t eat much, you binge. So I ate 10 pieces of saltwater taffy.

On the way home, I didn’t eat from gas stations. My parents noticed but didn’t think much of it because I was still eating meals. When we arrived home, everything got out of control. For breakfast, I would have a piece of 40 calorie bread and not eat lunch until 1 p.m.

I was medically unstable to run and ended up damaging my body, but I got mad at myself if I didn’t go. I would exercise until I got dizzy. I weighed myself 10 times a day. This disease had taken over my life. I wasn’t myself anymore. Every night, I would lay in bed and cry because I thought I was so fat. Eventually my parents noticed.

The first time I was brought to the doctor, they looked me over. When I went in again three days later, I had lost four pounds. By the end of July, I had become attached to my eating disorder and was convinced that my habits were normal.

When I went to The Emily Program, I was told I would start the course next week. But I was losing weight rapidly and my body didn’t have enough energy to survive much longer. While I never thought that I was in

critical condition, my parents did.

On October 6th, I went to the doctors because when I stood up, I blacked out. When we arrived, I went into a room and was questioned until the doctor pulled out a package of crackers and a juice box. She made me eat them and sent me to get blood work done. The results were severe, but not enough to admit me. When we left the hospital, I was so mad at myself for eating the crackers that I screamed.

My parents later made arrangements for me to stay at Children’s Hospital in Minneapolis. When I was told, I packed thinking that I was going for only a night or so. When we reached Children’s, I was admitted and sent to my room. My doctor later diagnosed me with Anorexia Nervosa. I was told the rules for the lunch room. I would only eat half my meals, so I had to have a supplement drink.

After a few days another girl came. We did crafts together and our favorite thing was jewelry making. The hospital wasn’t all fun though. It was hard for me to go from hardly eating to having to eat every little crumb on my plate.

Weeks went by, nothing got easier. Everyday was a struggle for me and it was hard to accept what happened. Leaving the hospital was really hard. I was nervous to eat in front of my family and face my problems at home.

I still have Anorexia, but I am slowly recovering. I am still afraid to lose my eating disorder because it has been my friend for so long. This letter could never completely show what it is like to have another voice in your head telling you how to live, but now you might have a idea.

Editor’s Note: The author of this letter wished to remain anonymous, and *The Hoofprint* confirmed the author’s identity prior to publication.

A Gift Worth Keeping Staying on top of fear and tragedy

Tyler Upham - Staff Writer

Several years ago, I went on a Youth Works mission trip to Duluth. I worked with a variety of people and experienced life changing events.

After a long day of hard work I saw this girl ("Stacy") sitting all alone at a table. I could tell that she was struggling with something. She looked as though whatever she was replaying was worse than anything I could have figured. I sat down and began to ask what was wrong. After tears flooded her face, Stacy revealed terrifying things.

She came from a broken home. She lived with her grandparents and didn't even know where all her siblings were. Her biological father had tried to commit suicide multiple times, and she had been sexually abused by her mom's boyfriend. She told me she soon had to testify over these matters. She looked me straight in the eyes and told me that she had never been so scared in her entire life. She said that she tried to get her mind off these things by coming, but was constantly haunted by her everyday situation.

I had no idea what to say. The only thing I could think is that she was doing the right thing. She was opening up to people, getting real with her faith, revealing her honest story and was literally changing people's lives by going on the trip. She engaged in positive projects, even little ones like staining a fence for someone who couldn't do it alone. This was a great way to begin getting her mind off her troubles. She and I both learned that we need to focus on optimistic things. I'll never forget the example she set for me and others. Through everything, she clung to her beliefs and pushed on.

That's when I became passionate about life. Shortly after the trip, I became intrigued with what the essence of life

is. I found myself addicted to living every moment with everything I had. However, it was when I chose to write this paper about life that I realized how so many people lose sight of this enthusiasm. I stumbled upon some frightening facts about a deception which stands in front of the happy people we are meant to be. What I found made something on the inside break.

In 2007, suicide was the fourth leading

**The best way
for a person to
lift themselves
out of difficult
circumstances is
through positivity**

- Junior Tyler Upham

cause of death in the U.S and in 2010, 38,000 people fell to the hands of suicide. That meant that every 15 minutes, someone wasted their own precious life. Now I'd like to think I'm a pretty tough guy, but this cut me to the core. I was so distraught. I wept. I questioned everything. How could a person feel so low that their only option is suicide? What is a legitimate alternative that an average person could present to someone who is at the end of their rope?

There are many ways to help prevent these dark feelings. We have a bullying hotline, an amazing staff in the counseling department and student led organizations like SAVE and SSU right here at Buffalo High School. We also have an intelligent student body that is dedicated to making choices that help others. We are extremely

capable of taking people's feelings under consideration and (as Atticus Finch once said) crawling in people's skin and walking around in it. All of these outlets are fantastic, but it all comes down to the people we reach out to. One can lead a thirsty person to water, but they can't make that person drink. The fate is decided by the thirsty person.

So many times I've heard, "I just can't do it anymore," or, "You don't understand what that person is going through. Being suicidal is different than being sad." How does someone get to the point of being suicidal? Ninety percent of suicidal people suffer from depression, which is a chemical imbalance. Still, our surroundings and everyday life can affect this.

I've been in some really dark places. I once thought that maybe there isn't a purpose to my life. Maybe I'm not worth it. Maybe I was an accident or a mistake. I chose and am still choosing to extinguish these lies. There is power in the choice of vitality.

The best way for a person to lift themselves out of difficult circumstances is through positivity. Life can be painful, but it also can be beautiful. Like Stacy, one can rise above the bindings of hurt that life sometimes throws at us. We can put our focus on things that are good instead of bad. Be positive instead of negative. We can watch a sunrise, listen to a symphony, observe a painting, talk to a friend, pray, sing a song, laugh, play a favorite video game, gaze at the splendor of a puppy... whatever trips the trigger. The fact of the matter is that we all have a choice at the start of our day. We can choose to let the negatives affect us, or we can be the happy, healthy individuals we are meant to be. In the end, the choice of how we live our life is up to us alone. Nobody can take that away. We can choose life.

When is enough, enough?

BHS students and staff share their personal stories and feelings on bullying



Photo By Alyssa Baldwin

Cierra Dickhausen - Journalism One Writer

"I feel like I belong somewhere," said Junior **Autumn Miller**, "I just haven't found it yet."

Fitting in can be a struggle for any student. However, it can be especially difficult for those who seek to lead unique lives.

"Everyone wants to feel accepted, it's a natural feeling for human beings. We all want to fit in and sometimes we do whatever we can to [fit in]," said World History Teacher **Tracy Hulley**.

But for some people, fitting in means ganging up, bullying

someone else or putting others down. These people rarely stop to think about what they're doing and how it's affecting someone. Sophomore **Alec Waters** feels it helps you grow as a person.

"They used to call me tourettes kid and would throw M&Ms at me on the bus," said Waters. "I don't know why they did either."

"It's made me more resilient" said Waters.

Students have different ways of coping with bullying. Most students feel that acting out physically

against bullies usually doesn't help, but that there are instances where it's necessary.

"Revenge like that never helps, but if it keeps getting worse, you kind of have to take into your own hands" said Waters.

Junior **Katie Glen** took a different approach on reacting to bullying than Waters did.

"They called me freckle-face, ginger, soulless, and that I was gonna die because I'm a rare breed," said Glen, "but I got over it because I'm special and I'm me."



Artwork by Kari LaPlant

BHS Students express their feelings about tattoos

Taylor Holt - Spotlight Editor

A small halo hovers above the intricate black and white wings sketched into his left arm. Holding the wings together in swirling cursive letters is the word “Mom”. On his right arm is a pair of green and red boxing gloves. The gloves are tied together by the word “Dad”. Both tattoos hold important meanings and will be etched into his arms until the day he dies.

Senior **Jimmy Smith** remembers the day he asked his parents if he could get a tattoo as if it was yesterday. Although he was only fifteen, he knew he would never regret his decision. He had contemplated the idea for a long time and knew exactly what he wanted. The tattoos would represent his parents. On his left forearm, he would get a tattoo for his mom. On his right forearm would be one for his dad.

“I got angel wings for my mom because she will always be there for me and she loves angels. The boxing gloves for my dad are on my strongest arm because he was a UFC fighter. They’re green and red to represent his Italian and Mexican heritage,” said Smith. “My dad’s friend is a tattoo artist so he did them for me. The tool he used looks like it could be a shaving gun. The instant

it touches your skin it feels as if you’re being stung by a million bees over and over. I don’t regret my decision to get my tattoos though and I would go back and do it all over again.”

Continued on page 24

Senior Jimmy Smith shows off the tattoo that he got in honor of his dad.



In the first photo below Senior **Jimmy Smith** shows the tattoo he got in honor of his mom. In the second photo Senior **Lindsey Babler** shows the tattoo she got to show the strong bond between her sister and her.

Photos By Whitney Nyholm



Continued from Page 23

When fifty BHS students were asked if they would ever get a tattoo, half of them said that they might in the future. On the other hand, 42% said that they have always wanted a tattoo and are planning on getting one. Only 8% said that they will never get a tattoo.

For the students who said that they have always wanted a tattoo, a law passed on July 1, 2010 in Minnesota will prohibit them from getting one until they reach the age of 18. This law makes it illegal for minors to get tattoos and some piercings even with their parent's permission.

"I think the new tattoo law is really dumb because it should be a freedom. It's our body, not the governments. We should be able to do what we want," said Junior **Jordan Wurtzberger**. "We should be able to have one at 17 with our parents consent."

Smith was one of the few BHS students who was able to get a tattoo before the law was passed. Others go out of state or simply wait eagerly till the

day they turn 18.

"My tattoos both hold very important meanings to me and I'm glad I got them before the law was passed. I think the law is dumb. It should be our right to express ourselves in any way that we want to," said Smith. "In the future if there is ever anything that really impacts my life in some way, that I will always want with me, then I'll definitely get more tattoos."

"I think the new tattoo law is really dumb because it should be a freedom. It's our body, not the government's. We should be able to do what we want."

50% Might get a tattoo

8% Will never get a tattoo

42% Have always wanted a tattoo