

G.T.F. RIGGS HIGH SCHOOL GOVERNOR

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What do Colleges Care About?

By Austin Lentsch

College admissions is one of the most mysterious of the going-on's of higher education. Most seniors at this point have either started or finished navigating this process, but for the juniors and underclassmen, it's still mostly unknown. So, the big question that comes up is, "What do colleges really care about?" It's a valid question, and the answer may not be quite what is expected.

Applying to college is like running the 300m hurdles. Along the way, a certain

number of requirements pop up that need to be jumped over. A common misconception is that the higher the ACT score, the higher the chance of admission, but this is not always true. Most colleges use the "holistic approach," which is to say that everything is taken into consideration—academics, athletics, extracurriculars, work, test scores, pets, personality, etc. Not pets actually, but everything else, absolutely. An admission's counselor from Yale said to examine the "ABC's" of admission: Academic excellence, Breadth of experienc-

es, and Character depth. So, back to the original analogy, the ACT is a hurdle, GPA is a hurdle, and it doesn't always necessarily matter how much clearance you have, as long as you make it over.

In approximate order from least to most important, these are the factors of an application that colleges take into consideration when looking at prospective recruits, according to an admission's counselor from Princeton: test scores, GPA, class rank, classes taken, extracurriculars (specifically leadership experience and impact), letters of

recommendation, personal statements/essays. This may be surprising, or maybe not, but the two factors most important to colleges (especially highly-selective) are what you write about yourself, and what others write about you. Why? Because that's the only part of the application that says anything about you as a person. A college like Harvard can have any number of 4.0, presidents of XY and Z, who look identical on paper. The deciding factor is what makes you unique; what makes you desirable.

At the end of the day, colleges are looking for more than a good transcript—they're

looking for someone who can be successful both in and beyond their college years. Someone who has varied interests, but who also knows how to dial in and make a difference in those that matter most. Unfortunately, nobody has found a perfect formula for acceptance into your dream college, but just remember to slow down and take some time to decide at each step. Also, one time bombing the science section on the ACT won't sink your ship.

Poetic Scrawls on Bathroom Walls

By Joanna Hancock

It's an innocent trip to the bathroom, meant to be brief and productive. Little do you know that what was meant to be a highly uneventful journey is about to turn into a reading session unlike any you have ever experienced. You look to the left and to the right. On each wall is scrawled messages of all sorts, ranging from incredibly perverse, to just plain idiotic. Your forehead wrinkles as you wonder what possessed your classmates to scribble such

things on the bathroom walls, but deep down a part of you wonders what you would write if you happened to have a pen on you.

Writing on the walls of bathroom stalls is an age-old practice dating back to first century AD, and perhaps even earlier. Throughout the years, scientists and psychologists have analyzed the patterns of the scrawls on bathroom stalls, attempting to gather information that would help make it clear exactly why people feel the urge to uncup a sharpie whenever they sit down to

do their business. Perhaps it's because of the concept that bathrooms are a very public place for doing something very private that gives people the urge to let their creative mus-es sing. Or maybe it's the idea that the graffiti is technically illegal, but the risk of getting caught is low, and the defacement is rather impermanent, being very easily washed off or painted over.

Because bathrooms are one of the few places a person visits throughout the course of his or her day that is usually restricted to

one gender, researchers have taken a special interest in the differences between the graffiti found in either gender's respective bathrooms. In a study completed by Alfred Kinsey in the 1950's, it was found that men were not only more likely to write more comments, but they were often dirtier, while women tended to write about romantic love. A 2012 study conducted by Nicholas Mathews involving nine Midwestern bars showed that the majority of graffiti was "presence-identifying", meaning peo-

ple simply wrote their names. However, the survey concluded that men were more likely to identify themselves. Interestingly enough, women were shown to be more likely to write insults. In short, you can always count on bathroom walls to remind people of gender stereotypes. Messages read on bathroom walls are an interesting contrast to the behavior we typically display in the bathroom. While we try to keep our heads down and avoid eye contact, the walls scream back at us with the exact op-

posite attitude. Many a poet is published on the walls of restrooms across the world. What jewel will you unearth the next time you run to the lavatory?

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Make America Great Again?

"Make America Great Again." The slogan to Donald Trump's campaign has become familiar to the population of America since the New York billionaire announced his candidacy on June 16, 2015. The catchphrase has been a rallying cry for many Americans who wish to see Trump become the forty-fifth president. Trump, a 69-year-old Republican, has used the phrase to say that America is no longer the greatest country on the planet. I have found myself often wondering about Trump's use of the phrase. My main question is when or what exactly is "The Donald" referring to when he says, "Again"?

The use of the word "again" signifies that America must once have been great in order to make it great once more. Don't, however, confuse what I am saying; I am proud to be an American and be-

lieve America is a great country. I just ask, to what exact point in our nation's history is Donald wanting to return to in order for the U.S. to be great again? Was it when the U.S. helped find the United Nations at the end of World War II, or was it when the United States arrested and interred 120,000 Japanese citizens during World War II? Was it when the Constitution, which guaranteed rights to all people, was signed in 1787, or was it when the United States outlawed slavery nearly 80 years later, after a bloody civil war? Was it in 1957 when the United States started NASA and the space program, or was it seven years later, in 1964, when the Civil Rights Act gave blacks equal opportunity and justice under the law? Was it when women could not vote or had their rights restricted?

America's past abuses and oppression of people in no way, however, assure her that those same mistakes will be made again. Today, though, people are bringing ideas, and sometimes threats, of oppression to the forefront of American politics. These ideas are being said with attitudes of panic and overreaction. I seriously had believed that the people of America would have

EDITORIAL

learned by now that panic and overreaction never make for good policy. In light of the fear of terrorists that want to harm American values and interests, being fearful is an understandable response, but banning Muslim entry to the United States is going too far. Honestly, to single out a group of people based on religion or ethnicity is explicitly un-

American. Our country has made this mistake before with slavery, the Chinese Exclusion Act, and Native American reservations to name a few. How, as a country who states in the Declaration of Independence, "...all men are created equal," even consider the proposition of banning people because of religion especially when freedom of religion (all religions) is guaranteed in our Constitution?

If you want to make America great again, start remembering what actual makes America great, diversity, opportunity, and equality for all people. This is not a matter of being politically correct; it is a matter of being a person who accepts others. It is up to us, our generation, to stand up for equality in the face of people who seek to take away common freedoms.

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Thank you to all that made this issue possible!

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Happy Birthday Nathan!!

News Bites, local and worldwide

January is a time for the world to reflect on the momentous year that was 2015. January is also a time to set a new tone for what 2016 will be. The New Year started with a new claim on Jan. 6 from North Korea about their nuclear arsenal. North Korea claims to have tested a hydrogen bomb in an underground test. Most western nations doubt the North's claims, but the test has led to an escalation of tensions between the two Koreas. Many in the western hemisphere welcomed a cooling of re-

lations between two long-term adversaries, the United States and Iran. United Nations sanctions that had crippled Iran's economy in recent years were lifted on Jan. 16 due to Iran agreeing to terms of a resolution that would limit or stop Iran's ambitions of acquiring a nuclear weapon.

The West-African nation of Liberia rejoiced at news on Jan. 14 that the Ebola crisis in their country was declared over by the World Health Organization. Just hours later, however, a new Ebola case, the first in three

months, emerged in the neighboring country of Sierra Leone. More than 4,000 people had died in Sierra Leone alone since the Ebola outbreak began in December 2013. A new health threat, though, has emerged in Brazil this month. The Zika Virus, which is transmitted by mosquitos, has begun affecting people in Central and South America. The greatest risk is to pregnant mothers, whose children may be born with birth defects due to the virus. The virus is, however, rarely deadly and few infected people even devel-

op symptoms.

In national news, the governor of Michigan, Rick Snyder, has heard calls to resign over the Flint water crisis. The crisis began when the city of Flint, Michigan, switched from the Detroit water system to drawing water from the Flint River in an effort to save money. The water has proved unsafe to drink, and residents have been drinking, cooking, and cleaning with bottled water. Gov. Snyder has called in the Michigan National Guard to help distribute water, which Flint is running

short of, to the residents.

National Guards of many states in the Mid-Atlantic and New England got a workout late this month as a massive winter storm crippled the northeastern U.S., leaving up to four feet of snow in certain areas and travelers stranded from the Carolinas to Massachusetts. The entertainment world also had a busy month. Leonardo DiCaprio's latest movie, *The Revenant*, opened to great critical acclaim and seems to be headed for numerous awards. The upcoming Oscars, though, have

taken heat recently over their lack of black actors and actresses represented. Jada Pinkett Smith, her husband, Will Smith, Spike Lee, and Don Cheadle are among those in the Hollywood hierarchy that will not be attending the Feb. 28 award show.

In conclusion, 2016 has already been a year filled with ups, downs, and everything in between, but it is only the first of 12 months that make up this year. So make each of the months better than the last and remember to make it a great year by making a difference.

New Year's Celebrity News and Notes

In today's world, it is becoming easier to know what's going on in everybody's lives. With Twitter updates and Instagram posts, you can observe people's whereabouts and happenings.

There is especially much interest in celebrities' lives as well. But do you ever find it almost impossible to keep up with the Kardashians, follow who's dating who in the celeb world, or know who dropped the latest album? Here's

what is happening in the month of January.

Already, celebrities have been keeping busy in the New Year. Sia and Panic! at the Disco, have both released new albums this month, titled "This Is Acting" and "Death of a Bachelor".

In addition, former One Direction band member, Zayn Malik, is releasing new music. "I don't feel like people really know what I'm going to give them, musically," Zayn said, post 1D break up. His first single/music video is expected to release today.

In tragic news, beloved singer, songwriter, painter, and actor David Bowie, died on January 10. His cause of death was liver can-

cer. In 2000, Bowie was named by NME as the "most influential artist of all time". Bowie subverted the whole notion of what it meant to be a rock star.

On a more exciting note, popular American TV sitcom, "Friends", is currently filming a new reunion episode. Most of the cast will be returning, aside from Matthew

Emily Kist

REFLECTIONS

Perry (Chandler Bing). Similarly, Jan. 20 marked the 10-

year reunion for High School Musical. Old cast reunited to celebrate with a highly anticipated TV special that aired on Disney Channel. WHAT TEAM?!

Lastly, and most importantly, star Miley Cyrus and previous boyfriend/fiancé are re-engaged! Photos of Miley showing off her engagement ring through the JFK airport in New York have leaked to the media.

The former lovers first met on set of "The Last Song", and years later became engaged. The couple soon split and broke off the engagement. Miley's hit song "Wrecking Ball" is believed to be about Liam.

Busting Winter Boredom with Winter Activities

Winter is a great time of year, or at least it is for a little while. Winter, however, isn't for everyone and some just can't wait for the weather to warm up. Even though we are dreading the cold of winter, we need to remember that it is only January, and we have two to three long, cold, dark months of winter. Sounds depressing, right?

Well, it doesn't have to! Winter is actually just an opportunity that is waiting for you to take it.

The first step you can take toward an awesome winter is to take advantage of the snow. With snow comes some of the best activities: skiing, snowboarding, snowmobiling and sledding. While some

of these activities are best saved for weekends, they can still be enjoyed during the week if you have time.

But there doesn't always have to be snow on the ground for you to enjoy another activity. Lace up the skates and spend some time at the hockey rink with family, friends, or just yourself.

Another way

you can amp up your winter

is by doing the opposite of what winter wants you to do. Sometimes you may feel like winter is trying to freeze your nose and toes off, but you don't have to let that happen!

Instead, you can

warm yourself up. Enjoy the winter's most wonderful drink: hot chocolate. Spend some time near a fireplace or throw your own "We hate cold" party.

You can also spend your winter looking forward to spring and summer. Think of beaches or campgrounds you can go to.

You have plenty of time to make them epic.

With all this extra time indoors, take advantage of it to take care of yourself. Plan a DIY spa night to pamper yourself. Do your nails or maybe even a face mask to revive your winter self and prep

for warmer weather.

Chilly weather is also the best time to be in the kitchen. Brush up on your cooking skills and wow your friends. It will help keep you full and warm through the long winter days and nights. Movies are also a great winter pastime. Cuddle up with a bud, beau, or your Ben&Jerrys and watch away. Make sure to choose movies you are interested in or want to see, otherwise you may end up bored.

Whatever you decide to do to get through these last winter months, make sure you grab a pal, a coat, and some reliable snow boots. Don't let winter tie you down "snow" more.

FeaRed or Go Big, Go Blue, Go Jacks!

Oh, the age-old rivalry of the Jackrabbits versus the Coyotes. The University of South Dakota was founded in 1862, but the rivalry started when South Dakota State University was founded in 1881. Since then, the Coyotes and Jacks have been at each other's necks to take the fictitious, yet prestigious crown that would dub them the best university in South Dakota.

The rivalry tends to fall most heavily in sports where a winner is clearly determined. Rivalries against the

two schools have broken up relationships, sabotaged families, and turned best friends against each other. In a state as small as ours, it's not hard to find families that are split.

My own, for example, has the majority of the vote

going to the Coyotes. My mom went to USD, my sister goes there now, and I will be attending next fall (Go 'Yotes!). My dad is the lone Jackrabbit of the family.

I will admit,

though, I was a die-hard Jackrabbit fan up until about the eighth grade when I finally understood that SDSU was an ag-based school and I had negative desire to pursue a career in anything ag related. I do, however, still cheer for the Jacks when they are playing anyone other than the Yotes.

The schools are pretty hard to compare academically since both have high acceptance rates, high graduation rates, and specialize in different fields.

Rivalries aside, if you plan on going to either of the two schools for a post-secondary education, you're going to get pretty good bang for your buck. Both are cheap (compared to other schools) and you'll be getting a quality education that will rightfully prepare you for your future.

The rivalry between SDSU and USD is one that will never cease to exist. But let it live on, for it may divide our state between red and blue, but it gives us all a sense of pride in the state we call home.

xoxo Carrie and Charlotte
Your Common Counsel Couple
ADVICE

Macy Halverson
PERSPECTIVES

One-Act Plays Set to Hit the Stage

By Arden Koenecke and Amanda Pugh

Most students at Riggs have probably attended at least one of the plays and musicals put on by the Drama department. Those who went might still remember how awesome Shrek the Musical was.

But another performance is already in the works, and has been since early December. Ms. Zakahi and Mr. Mickelson have been directing the rehearsals for two different one act plays.

You may be asking yourself what exactly is a one act play? A one act play is a play that’s basically performed in, well, one act. This means that the play is approximately 35-45 minutes long.

The students will take one of the two plays to the state one acts festival in Sioux Falls and compete against other schools.

The play being performed at state this year is Surviving Lunch.

Surviving Lunch by KT Curran, is about a girl named Delia who

learns the power of friendship after moving to a new school.

The second play, The Internet is Distract -- OH LOOK A KITTEN by Ian McWethy, comically follows the struggle of trying to do homework amidst the sea of online distractions.

The casts of these plays include Joanna Hancock, Hannah Booth, Claire Mohr, Austin Lentsch, Davis Anderson, Tim Walsh, Mikendra Lynn, Shelby Guthrie, Nolan Ortbahn, Kailee Schultz, Kayla Peplinski, Kristjan Nixon, Brittani Snow, Angeli Lange, Anya Jones, and Bailey Siebrasse.

Surviving Lunch is a play that can very much be related to current events happening in our world today, including bullying and school shootings. Because of this content, this play has been very heavily discussed and pondered upon.

Booth says that she’s excited to see other students’ reactions to the production

because it’s kind of a touchy subject. Booth will be playing the role of Shauna, the mean girl. The show can provoke a lot of thoughts and feelings and will cause you to think more actively about the things that go on around you.

Surviving Lunch has been presented and performed all over the countries to various middle and high school students, where the bullying issue seems to be more prevalent.

On the contrary, The Internet is Distract -- OH LOOK A KITTEN is a humorous play that isn’t exactly as thought provoking as Surviving Lunch, but rather a play that you can sit back and enjoy nonetheless. The main character, Micah, played by Guthrie, is cramming to finish a report about The Great Gatsby before school starts, but runs into an obstacle when she realizes just how time consuming the internet can be. This production can also be related to our own

lives because our generation knows just how easy it can be to get lost in the void of the internet.

“One acts is fun because everyone is nice to everyone. We all laugh and have a lot of fun during rehearsal,” Schultz said.

Schultz plays the role of Fiona in The Internet is Distract -- OH LOOK A KITTEN!

The cast of Surviving Lunch will showcase their performance at the State One-Act Play Festival on February 5. They will compete against 16 other AA schools at O’Gorman in Sioux Falls. Each play has a set time limit: 45 minutes to set up, perform, and tear down. Additionally, both of these plays will be performed on February 1 and 2 in the Riggs Theatre for anyone who wants to see them before they head off to the Festival.

Good luck to all of those involved!

By Marcella Lees

Marijuana—a hot topic I am generally “advised” to stay away from. With Trump running for President and transgender rights hitting the fan, however, marijuana has experienced a bit of a lull in media attention. The world is abuzz with issues that are non-drug related, so I’m going to sneak this article in. For the sake of saving space, I’m going to focus solely on recreational uses of marijuana. From what I can see, there are some very legitimate medical uses of marijuana and as I am not a doctor and have not used it personally; I am at no liberty to judge that. What I am comfortable talking about and/or judging, however, is recreational use of marijuana.

It is pretty general knowledge that people smoke (or consume in other ways) marijuana for the “high” they get (or the medical benefits but we’re not talking about that). Why does a simple plant cause this reaction though? As it turns out, cannabis contains the chemical delta-9-tetrahydrocannabinol (THC). Our brains naturally have chemicals similar to THC that are simply a part of

normal brain functions. The THC attaches to the brain cell receptors meant for these natural chemicals which over activates the portions of the brain with the highest concentration of these receptors. This over activity in portions of the brain results in a “high” for users.

Sadly, no drug is ever without side effects, whether they be good or bad, and cannabis is no exception. In the short term, the effects of marijuana (besides the high) aren’t that bad as long as you are in a safe place and aren’t going to be doing anything dangerous. (That was me subtly saying do whatever you want, I don’t care, but if you step behind the wheel high or drunk or otherwise impaired, I suddenly care a lot.) When a person consumes marijuana, senses such as vision and even sense of time are altered, and things like moving, thinking, remembering, and problem solving are impaired. Now maybe that’s a pleasant feeling, I wouldn’t know, but given those side effects it does become obvious why you should not drive after consuming marijuana. Moral: if you are cool running the risk of getting in trouble with the law, then

good for you, smoke marijuana; just please don’t drive afterward. Also, I lied; it’s not good for you. You really don’t want to get in trouble with the law so if being able to smoke pot means that much to you, move to Colorado as an adult.

Let’s move on to the long-term effects of marijuana. This is especially important for us teens to note because for these primarily negative side effects, teenagers are the most affected. You see, as teens our brains are not finished growing, so drugs like marijuana can actually halt our brains from completely finishing the growth process. Cannabis has been found to have a negative effect on memory, thinking, and learning; especially in younger minds. These undeniably negative side effects can be permanent or at least long lasting. One study found teens that smoke marijuana heavily and continue to have a cannabis use disorder lost an average of eight IQ points between the ages of 13 and 38. Even if they quit later in life, those mental abilities and IQ points didn’t fully return. People who started smoking marijuana as adults, however, didn’t lose any IQ

points. Use of marijuana has also been linked to mental illnesses in some users, but if that’s a risk you’re willing to take... So the moral is that you can do whatever you want as an adult, but don’t start taking marijuana as a teenager (unless it’s for medical reasons) because it will screw up your mind.

Last up, we have the physical effects of marijuana, and I hate to break it to you, but these are all negative for recreational users. If you smoke marijuana it is going to cause you the same problems as tobacco smokers have and I think we’ve all seen enough commercials to universally shudder at that thought. It will also raise your heart rate for up to three hours which can be dangerous especially for older people or those with heart problems. The most dangerous of the physical effects of marijuana does not, however, effect the actual user; but any unborn child that person might have. If a woman is using marijuana while pregnant, the drug can affect the fetus’s brain resulting in the same effects suffered by long term users (problems with memory, problem-solving, and attention)

but through no fault of their own and lasting their entire lifetimes. The only good news I have on the physical effects of marijuana is that cannabis is, for the most part, fairly non-addictive with about one in eleven users becoming addicted. Of course, this number goes way up for teen users and daily users, but as long as you are an adult using it occasionally, you have a solid chance of not getting addicted. The moral is then, of course, that if you are willing to risk getting lung cancer and possibly getting addicted, go for it; just don’t smoke marijuana if you are pregnant because that is unfair to

the child.

So that turned out to be a lot less unbiased than I intended it to be and I would like to point out again that I am in favor of medical marijuana so this isn’t a hate fest on all marijuana use, just recreational. Honestly though, if you live somewhere where marijuana is legal, you are an adult, you do not use it on a daily basis, you take it some way other than by smoking, you are not pregnant, and you do not have a heart condition, you should be fine. And even if your aren’t, it’s not really affecting me so you do you I guess.

Information used in this article is from the National Institute on Drug Abuse.

Teacher of the Month

Teaching has always been a part of my life since I have a lot of family members that were teachers.

I didn’t start out in teaching – started out as a Forestry major at SDSU – but missed ‘being in the forest’

So, I transferred to Black Hills State (God’s Country) and majored in Recreational Management and minored in Public Relations with emphasis in Education. I started my career in 1985 and told myself I would teach for 10 years and then do something else.....

I have been blessed to have GREAT mentors to work with, GREAT parents who have taught me many things about kids, and GREAT students who push me to continue to be a life-long learner

myself.

“The great end of education is to discipline rather than furnish the mind, to train it to the use of its own powers rather than to fill it with the accumulation of others.”

-Tyron Edwards

Kim Bierle

Geography
Government

Super Bowl Preview

Fifty years ago, the Green Bay Packers defeated the Kansas City Chiefs in the first Super Bowl. Now as we approach the 50th Super Bowl matchup, a monumental game awaits. The Denver Broncos, champions of the AFC, are set to play the Carolina Panthers, champions of the NFC on February 7. The main storyline surrounding the game centers around Broncos quarterback, Peyton Manning. Manning, one of the greatest QBs of all time, lost his starting job earlier in the season to backup, Brock Osweiler. Manning has since regained the starting position and led the Broncos to the top seed in the AFC and a Super Bowl birth. Manning is a 19 year veteran of the league might retire after the Super Bowl. The Panthers and Broncos both have stellar defenses. The Panthers have relied on Cam Newton at quarterback throughout the season. The Broncos number one ranked defense looks to contain Newton.

My prediction for the game is that the Broncos defense is unable to contain Cam Newton and the Panthers offense, but Peyton Manning plays his best game of the playoffs and gives the Broncos a victory before he retires. Broncos win in a high-scoring game 35-27.

-Sports Editor Nathan Bader

Student of the Month

Davis Anderson is January’s Student of the Month. Anderson is a sophomore at Riggs where he participates in one-act plays, choir, color guard, and track.

Outside of school, Anderson enjoys bike rides and hanging out with friends.

Anderson is truly one of the friendliest faces at Riggs and is a joy to be around!

Congratulations Davis!

Davis Anderson

Sophomore



Interview with coach Terry Becker

Sarah Haberman Interview

Q: What was the best thing you saw from the close loss and near comeback against Rapid City Stevens?

A: I think they are capable of being an explosive team. We scored 35 points in the fourth quarter. I think it shows we can do some great things, but we just have to play closer to that through a whole game and not just when our backs are against the wall.

Q: Pierre only has one win against a team with a winning record. Can the guys compete against teams that do have winning records?

A: We don't determine our schedule and we play who we can, but we can compete against teams like Watertown who is leading the conference right now. For us it is playing at our highest level

and focusing on our play and not the record of the team we are facing.

Q: What's the best thing about the senior class?

A: The guys have seen it all. Some of them have played varsity since they were freshman or sophomores so they don't get rattled to often when we are down. We just stay steady, don't panic too much, and that just comes from a lot of experience of playing and practicing together.

Q: What is the best thing about the team?

A: The guys have a lot of comradery between themselves. Anytime you are in athletics, the players all have to be able to get along with each other because you spend so much time together

whether it be a road trip or a hard practice. Being able to know each other when you are off the court really helps us on the court as evidenced by when we were down 19 to Stevens and came back to make a game of it.

Q: What are expectations for the second half of the season?

A: Well, hopefully we can be more consistent and put four good quarters together and have some urgency and recognize that the season is starting to come to a close. We are obviously still are looking to the state tournament and district play, and we want to rise to the occasion and play our best basketball come the end of the season.

Q: What college do you plan on going to and do you plan to swim there?

A: I will be attending Augustana University in the fall. Yes, I will be swimming.

Q: How long have you been swimming?

A: I have been swimming since kindergarten. So, at the end of this year it will be 13 years.

Q: What's your favorite event to compete in? Why?

A: My favorite event to swim is the mile. Even though it's the longest event, I enjoy it because it's the ultimate test of endurance in swimming. It's fun to pace yourself and feel yourself get faster throughout the event.

Q: How has swimming affected you as a person?

A: Swimming has taught me hard work and discipline. It has taught me that you might not get the results you want right away (and sometimes not at all) even when you've worked your butt off, but you can't get discouraged. You just have to work harder. Most importantly swimming has given me some of my closest friends.

Q: Who's your role model in the swimming world?

A: My former teammates are my biggest role models in swimming. I always looked up to them when I was younger, and I still do, especially those who now swim in college. They were all awesome teammates, and overall just great people to have swam with.

Girls Basketball

Last game:

Saturday at Brookings (L 62-55)

Next competition:

Today against Aberdeen Central (7 p.m.)



Girls Hockey

Last competition:

Sunday at Mitchell

Next competition:

Today against Watertown (7 p.m.)

Gymnastics

Last competition:

Saturday at the Gym-O-Rama (Rapid City)

Next competition:

Tomorrow (Host Rapid City Central & Stevens)

Swimming

Next Competition:

Tomorrow in Spearfish

Boys Basketball

Last game:

Tuesday against Rapid City Stevens (L 75-73)

Next game:

Today at Aberdeen Central

Boys Hockey

Last game:

Saturday at Rapid City

Next game:

Today at Dickinson, North Dakota



Compiled by Nate Hill

Wrestling

Last competition:

1st place at East/West Duals

Next competition:

Tomorrow at Brookings Invite

Swimming

Next event:

Tomorrow at Spearfish

Oahe Capitals Taking a Serious Shot at State in 2016

By Nathan Bader

The Oahe Capitals Boys Varsity team have had quite a year.

They started their season back in November with a win in Mitchell, and have been on quite the winning streak since. They have played eight of their 13 regular season games already, and have only lost once in overtime to the Brookings Rangers, who currently hold the number one spot in the state.

On January 15 and 16, the boys played two games in Yankton; the first an easy victory, while the second proved to be a tough one after Yankton led 2-1 in the first period. Fortunately by half time the score tied at three. The boys then went on to score five more goals, leaving the final score at 8-3.

Some of the seniors from the team have commented about the season:

Peter Sanchez, 12: "This sea-

son has been very good so far; we have had to make some changes and lost a few guys but we are having fun and on track to be serious contenders for the state and league title. We plan to make it the most memorable season and hang a banner. I have no plans to play hockey competitively after high school, but I will play it for fun."

Derek Burke, 12: "This season has been one of the best because it's my senior year and we have a good chance to win state this year. The seniors have stepped up and have become leaders. After high school I plan to play hockey for fun a few times a week but that is all."

Landon Badger, 12: "This year we have a great opportunity to make big things happen. Unlike the past couple seasons our chances of a League Championship and State Championship are higher than before. We have an older and more experienced

group of guys and our seniors have stepped up to be great role models and help make everyone better. This year is my final year and never had such a great opportunity to make these great goals happen. We have a lot left to do but are capable of doing so. I am not going to further my career with hockey, but it has been one of the best experiences I've had. It has influenced me to be a better person in general."

Matt Pease, 12 seemed to agree with Landon, crediting him for most of the team's success.

With just ten games left before the state championship, the Capitals are nearing the end of their season. There will be four more games in town, the next one taking place on February 13. Go out and support the Oahe Capitals Boys Varsity team as they pave their way to state.

Nick Mahowald Interview

What college do you plan on going to and do you plan to swim there?

My first choice would be the naval academy, but in case that doesn't work out I plan on going to SDSU.

When did you start swimming?

I started when I was in the 7th grade.

What other swimmer do you connect with the most? Why?

John Schuler, Vicente Ramirez, and Porter Jones because they are all cross country runners and on the track team like myself.

What's your favorite event to compete in?

My favorite events include the 400 individual medley, 200 and 100 backstroke and the 500 freestyle.

Why have you stuck with swimming all these years?

I have stuck with swimming because I enjoy the sport but mostly because of the other people in the sport.

Bachelor of the Month



Max Longman, 12

Personality:
Laid back and easygoing

Eye Color:
Brown

Hair Color: Brown	Pet Peeve? Interrupting me when I'm talking
Favorite Pick up Line? Hi, I'm Max... Max Longman.	Ideal date? Longboarding, sub-way, and a movie
What do you look for in a significant other? A sense of humor, smart, and honest	If you had to lose one of your five senses? Smell. It is the most useless of the five.
Final words? Ad Victoriam	Favorite Social Medium? Twitter

Bachelorette of the Month



Maddie Neibauer, 12

Personality:
Bubbly with a side of sass

Eye Color:
Blue

Hair Color:
Blonde

Biggest pet peeve? Arrogance	Pursue or Be Pursued? Be Pursued
Favorite Pick up Line? Are you a camera? Because every time I look at you, I smile :)	Final words? ILY all
Ideal first date? Stargazing	If you had to lose one of your five senses? I'd live without taste, so I'd eat healthier.
What do you look for in a significant other? Tallish, someone who makes me laugh, and is nice	Favorite Social Medium? Twitter



What's hot and what's not this month

- | | |
|--|---|
| ...to being half way done with school | ...to filling out the many scholarship forms |
| ...to the pep band at basketball games | ...to New Year's Day practices |
| ...to the Dance Team | ...to not winning the powerball |
| ...to prepping for KOH and the KOH proposals | ...to dropping and cracking your phone |
| ...to acting out Othello in class | ...to having multiple projects due at the same time |
| ...to finding college roommates | ...to Christmas break being over with |
| ...to vouchers that saved your class grade | ...to the icy roads |
| ...to good books that make you cry | ...to the below zero temperatures |
| ...to good vocabulary | ...to never being able to fall asleep at night |
| ...to new classes | ...to college football being over with |
| ...to guys who dress up for school | ...to being stressed over |
| ...to relaxing in tanning beds | |



January Sibling Rivalry Marcella (12) & James (9) Lees

Q: James, was it easier for you to transition to high school because your sister was already here?

A: James: "Actually it was kind of nice, yeah."
Marcella: "I helped him out with the whole thing. I made him come early and I showed him where all his classes were."
James: "She was a jerk and she made me memorize all my classes. It sucked."
Marcella: "I did. I made him repeat it like...20 times."

Q: What's the best part about being siblings?

A: Marcella: "James is my best friend, and he makes me lunch every morning." (James, anything to add?) Marcella: "Yeah, why am I cool?"
James: "This is like...a really deep question...I have someone to be there for me, I guess?"
Marcella: "Oh wow. That's so sappy."