

LINCOLN HIGH SCHOOL SIOUX FALLS, SD

Statesman

SEPTEMBER 19, 2014

“THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT.” -ABRAHAM LINCOLN

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LHS School Store adjusts to new federal health codes

BY ALLISON METZGER AND
SARA JANE TEAL

As of July 1, 2014, LHS has fulfilled the last requirements of the Healthy Hunger Free Kids Act that was established in 2010. While students of LHS were enjoying unregulated meals this summer, the school store was revamped and restocked with numerous healthy snacks and drinks. Even though these items do not include the infamous Otis Spunkmeyer muffins and Arizona teas, they do include food items that are less than 200 calories.

“We have an online calculator, and there are certain standards which we can’t pass,” said LHS teacher and school store adviser Michael Jones. “The first ingredient in any product has to be a fruit, vegetable, low-fat dairy, protein or whole grain. It also must be a combination of a food that contains at least a quarter cup of fruit or vegetables and must contain 10 percent of the daily value of calcium, potassium, vitamin D or dietary fiber.”

Due to these new guidelines, the school store had to rid the shelves of every product that did not fit these standards. The only food items that remained in the store from the previous years were water and sugar-free gum. Even though the store no longer offers the preferred snack food or entree items, Amy Sweeter, school store manager, and Jones base their buying decisions on the positive and negative feedback of the student body.

“We let the students decide; it’s not something that Mrs. Sweeter and I choose,” said Jones. “We de-



PHOTO BY SYDNEY MILLER

Students can find many options of healthy snacks in the School Store, such as oatmeal, granola bars and fruit.

cide it based on the sales. If they buy them, we get more. If they don’t, we don’t.”

Jones and Sweeter are able to examine student’s input through the sales of the products in the store.

“Sales have definitely decreased,” said Sweeter. “In fact, sometimes people come in and peruse the store and walk out without buying anything and they will often make comments like ‘there’s nothing to buy in the school store anymore.’ I

have honestly, since school started, heard one positive comment from a student. Besides that, it has been completely negative.”

With new products, there are also new prices. The amount is offset to pay the distributors, thus creating a bit of a price difference from the old foods to the newer and healthier foods in the store.

“The amount of net income is going to be down,” said Jones. “We’re expecting that. However,

on the positive side, kids are going to be eating healthier snacks, and I’m pretty confident that sales will return. We’re following the same guidelines as everyone else. In the long run, it will be better for everyone because we will be providing healthier snacks for the students.”

Not only do these new regulations affect the school store, but they also affect fundraising for multiple clubs and groups among LHS. For many years, the DECA

club has sold chocolate candy bars and Student Council has sold root beer floats and other desserts in order to raise money for student body activities.

“We lost our main fundraiser which is root beer float sales, so now we have to think of something else to make money,” said LHS Student Council President Jada Thaemert. “I believe that we will have to think outside of the box to find new fundraisers. Most of our fundraisers are through selling different types of food, and no one is going to want to buy carrots or celery sticks. Overall, it will be a new challenge for us to overcome.”

Although students are no longer able to buy unhealthy foods in school, they have access to junk food from other sources. One of the loopholes is that the store sells diet sodas, which contain aspartame, an artificial, low-calorie sweetener.

“It makes no sense that I can sell diet pop that has no beneficial ingredients, but I can’t sell a bottle of G2, the lower calorie Gatorade, which has some good things,” said Sweeter. “It’s like they are basing the health benefit solely on calories.”

Whether students approve of the new health regulations or not, it is here to stay along with many other school policies.

“I think that the importance of healthy snacks will stay,” said Jones. “As with every new regulation, it comes on strong and seems to level out and loosen up over time. That’s just one of those things that time will tell.”

LHS's new weight room: A product of excellence

BY ELLIE BRECHT

Due to the constant expansion of the LHS student body and growing athletic needs, a new weight room was essential for the Patriots.

"The old weight room was too small for what it is needed for, especially considering we are one of the largest schools in the state," said LHS physical education teacher, Kaaren Huber. "Many students and athletes would want a place to work out, and the old weight room just was not sufficient as far as the amount of space and equipment that was available goes. Because of this, many students resorted to other workout facilities outside of LHS, and we needed a way to get them back."

For the sports teams and physical education classes at LHS, the old weight room was a source of safety concerns for teachers and coaches, which served as another reason to build the new weight room.

"The new weight room is where the old wrestling room was," said Huber. "This would not have been possible without the principal, Val Fox, graciously allowing us to use the much more practical space for the purpose of creating a college-like facility."

The weight room also would not have been made possible without the generous dona-

tions made by private donors including: parents of LHS students, small businesses and Sanford. To many, this proved the generous and "community-like" atmosphere that LHS is lucky enough to have.

and doing it right," said Huber. "It proves that here at LHS we do not do anything halfway, and that is what made it work so well."

The facilities' most popular machines are currently the eight power racks that can be

how the school is represented by the equipment that makes it up. Everything from the floor to every single dumbbell has an LHS, or Patriot logo on it, showing school pride.

"When someone steps foot in the new weight room, they know they are a Patriot due to all of the LHS emblems," said Huber. "That is just one of the many aspects of it that makes it so special. Students and athletes need to realize how lucky they are every time they walk in the weight room. It is truly one of a kind, and not to mention, it is ranked roughly number four in the state for weight rooms, behind three college weight rooms including SDSU, USD and NSU."

It has been made clear by the increase in the number of students and athletes that want to workout in the new LHS weight room, that it was a positive addition to the school. Although it is occupied by LHS sports teams the majority of the time, the staff has cut out a certain block of time that makes the new weight room available to all LHS students and staff from 3:30-5 p.m. unless it is being used for an alternative purpose on a particular day.

"What you see in the new weight room is what one would see in a Division I college complex," said Huber. "And that is something to be proud of."



PHOTO BY JOE HIATT

The new LHS weight room is much larger than the previous one and has new equipment.

"We are so thankful to have had the parents and committee that donated their time and money to building this new weight room

used for multiple lifts including: bench press, military press, squats and pull ups. The unique characteristic of LHS's new weight room is

Curing the "case" of the damaged Chromebooks

BY BROOKE PHILLIPS

Last year, every high school student in the Sioux Falls School District received their very own Chromebook. Along with them, they also received a bag to store it in. This year, however, the district decided to include, for all freshmen, a clear, hard and protective cover for students to put over their Chromebooks. As students discovered last year, carrying around these Chromebooks from class to class meant there is a high risk in dropping them on the ground. Having the responsibility of a new device to carry around was unfamiliar to many freshmen, including Xavier Kolb.

"I carry my [chromebook] around in my backpack," said Kolb. "The Chromebook isn't as big as a normal laptop and the cases also help protect it from getting scratched."

Although the freshman class was automatically given the clear cases, the LHS Debate Team took the opportunity to make these cases available to every student.

"We get the Chromebook cases from the

district and we sell them for \$25 as a fundraiser for our debate team," said junior and current member of the Debate Team, Hattie Seten. "This was just another fundraising opportunity to add to our sucker sales and bussing tables at Pizza Ranch. We sold them at Patriot Power Day and PST night," said Seten. "During those times, we mostly marketed towards parents because they were worried about their students dropping them."

Although some students were concerned about the extra bulk the clear cases were going to add in their backpacks, they turned out to be lighter and easier to snap onto the Chromebooks than students thought. Along with the lightweight cover came many other benefits.

"Once a student buys the case they can keep it forever and they don't have to give it back," said Seten. "Also, you can decorate the case by painting it or putting stickers on it to make it your own."

As these clear cases for the Chromebooks



PHOTO BY SYDNEY MILLER

The cases are another source of protection for the frequently damaged laptops.

were a new feature this year, the Debate Team will continue to sell them throughout the entire school year. Students can stop by the debate room in A301 to purchase a case. This purchase is for anyone who would like to better protect their Chromebook.

"There are a lot of people who have cracked corners on their Chromebooks," said Seten. "At some point, everyone drops theirs, so it's nice to have a case on it. It's like having a case on your phone, so you might as well put one on your Chromebook too."



1. Blake Stevenson:
Special Education-
Math and
Social Studies



2. Emily Palmer:
American
Literature and
English II



3. Janet Lengsegraw:
Secretary



4. Karen Abbott: Special
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5. Lance Luitjens:
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Welding



8. Marlon Lobban:
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Reading
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9. Megan Schroeder:
Special
Education/
Cluster



10. Rico Hatter: Office,
Sweep



11. Drake Bachmeier:
Special
Education-
Math and
Social Studies



12. Krista Muhlenbeck:
Resource
Algebra

PHOTOS BY SYDNEY MILLER AND JOE HIATT.
CLIP ART PROVIDED BY CLIPARTPAL.COM AND FOODANDHEALTH.COM

A I got kicked by a cow and broke my femur when I was 16.

E I have over 100 pairs of wearable shoes.

I I have gone rattlesnake hunting in Northwest South Dakota.

B I am really good at walking on my hands.

F I played eight games on the U.S. basketball team in the Soviet Union.

J My oldest and youngest siblings are 21 years apart in age.

C When they are in season, I eat at least five pomegranates a day.

G I grew up riding dirt bikes.

K I participated in the Indoor Track and Field Nationals in North Carolina.

D There were 26 kids in my high school graduation class.

H I spent my Fourth of July at Brian Urlacher's house, a Chicago Bears football player.

L I have worked at a couple of orphanages in Jamaica.

Clearing up the concern over Ebola

BY MIKAELA NEUBAUER

When a devastating sickness is discovered, people tend to panic. The question is, is it justified? In regards to the Ebola epidemic overwhelming Africa, the answer is both yes and no.

As of Sept. 4, over 1,900 people have died since the first case of Ebola and the death toll continues to rise quickly. The symptoms, including high fevers, nausea and headaches, seem quite normal, allowing the disease to masquerade as multiple other diagnoses. The fatality rate can reach up to 90 percent, according to the World Health Organization, and there is currently no cure.

Certain treatments have been tested on animals with Ebola and have been successful in curing them, but have not yet been studied in human patients. Even if a drug was found to help victims recover, thousands of doses would be needed to aid those affected.

Ebola has spread so rapidly in West Africa because of the unstable conditions of the virus. The time between contracting the virus and showing signs of sickness can vary from two days to three weeks, making the process of diagnosis difficult. This variable can be devastating when it is essential to keep those with Ebola confined to keep them from spreading it. Those who are unaware that they are carrying the virus increase the chances of passing it on. Even if those with Ebola do recover, they can still be contagious for nearly seven weeks.

The facts show that the Ebola outbreak is a situation to be feared, to try to prevent and to distance oneself from, but it may not be as much of a threat in the U.S. as it is in directly affected countries in Africa. This virus is not an airborne disease, rather it is spread through the immediate contact with bodily fluids of the infected. By this rationale, those at risk would be those who have straightforward contact with the virus, such

as medical workers and relatives surrounding the sick. They are liable to be exposed to those in clinics and the ones dealing with the bodies, so those who are not in these situations will most likely be able to avoid the disease.

Other factors are the unreliable sanitary conditions and cramped quarters of facilities holding patients. More developed countries, like the U.S., will have less crowded and higher quality areas to care for and contain victims.

There are steps being taken to prevent the spread of the virus to the rest of the world, yet it is hard to deny the continued destruction this frightening disease is having on the population of West Africa. People have a reason to worry, Ebola is proving difficult to control, yet irrational fears and wild rumors can cause unreasonable commotion. The public can consider the facts and stay informed to keep a sensible grasp on a situation that can definitely be alarming.

Superintendent Homan retires after 11 years

BY JOE HIATT

Superintendent Pam Homan of the Sioux Falls School District has decided to retire after the 2014-15 school year.

June 30, 2015 will be the end of Homan's 25th year in the district, the end of her current five year contract and the end of her 11th year as superintendent.

"July 1, 2015 is the perfect time for me to hand the baton to a new leader," said Homan. "The district is at the top of its game, and during the last 11 years we have truly moved the district in a direction from good to great."

Melody Schopp, one of Homan's colleagues, has worked with Homan over the past 11 years and has developed a good friendship with her.

"Dr. Homan puts 200 percent of herself into her work and the district," said Schopp. "She is extremely visionary and as a result, has created a district that provides options for students with all different talents and interests. She genuinely cares about the students and staff in her district."

Homan has big plans for her final year as superintendent and has great visions for the future of education.

"I believe education will be delivered by a



PHOTO PROVIDED BY DEEANN KONRAD

Superintendent Pam Homan supervises all the district programs, the 31 traditional public schools and Southeast Technical Institute.

combination of face-to-face and even greater presence of online learning," said Homan. "We have several strategies in our goal/system document that will be developed and implemented this year."

The list of goals can be found on the school districts website.

With Homan retiring, someone will have to follow in her footsteps and take over the position she accomplished so much in.

"My advice is that he or she should reach out and embrace the unbelievable support our community provides to our public school system through multitudes of partnerships," said Homan.

Homan has many great memories over the past 11 years as superintendent, especially working with her staff and community to make the Sioux Falls School District the best at what it does: to educate and prepare each student to succeed in the changing world.

"True retirement for me will come in about 10 or 12 years," said Homan. "Retiring from the Sioux Falls School District was a tough decision to make, but I wanted to go when the district was truly in an outstanding position so that the next superintendent would come in without issues or problems to solve."

Statesman

The *Statesman* is a student newspaper created at Lincoln High School, Sioux Falls Public Schools, 2900 S. Cliff Ave., Sioux Falls, SD 57105. The *Statesman* office is located in room A400. The phone number is 605-367-7998.

The *Statesman's* purpose is to inform and entertain with an honest and accurate approach. The opinions of students, staff members and faculty are expressed in a tasteful manner. The *Statesman* is a member of the National Scholastic Press Association, the Columbia Scholastic Press Association and is a winner of the George H. Gallup award for "...distinctive achievements in scholastic journalism." The *Statesman* was awarded a Pacemaker in 2007 and was nominated for the 2012-2013 year. The editors and adviser take responsibility for the content of the *Statesman*.

Follow the *Statesman* on Twitter and Instagram with the handle @lhsstatesman and "like" the LHS Statesman Facebook page.

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Assistant Adviser: Charnelle Woledge

*Indicates all-state journalists

LHS band marches into high expectations

BY ALISHA AUEN

Bands of America is the biggest competition of the year for LHS band students. LHS junior Megan Strong has been preparing alongside other band students for this day since the season started in June. Nearly 60 bands will in Saint Louis, Mo. for Bands of America, including their biggest competition, Rosemount band.

“Bands of America is a highly competitive competition with the best bands across the country in it. It challenges your band skills and abilities, and it also pushes you to work harder in preparation of the competition.” said Strong.

The competition is October 17th through 18th. The bands there are very elite and only 12-14 bands are able to make it to the finals. LHS can only hope to be one of them. RHS band will be accompanying LHS on the trip to Saint Louis. Now there will be two Sioux Falls bands represented in the competition.

“I’m looking forward to seeing Rosemount, our biggest competition, along with the bigger bands,” said Strong. “Also, being able to compare our skills to the other amazing bands there, to help us learn what we need to work and improve on for next year’s show.”

The LHS band practices Monday through Friday and they are always improving and pre-



PHOTO PROVIDED BY LHS MARCHING BAND

LHS marching band preps for Bands of America, their biggest competition. paring for the next competition and the final destination, Bands of America. They have one score to perfect all year long, called “Heart Strings.”

“Our piece this year is a love story,” said Strong. “It starts off when the characters first meet and are in love, then tension builds and they break up. The couple finds each other back

and ends up falling in love again. The name is ‘Heart Strings’ simply because it is supposed to pull at the audience’s heart strings and emotions.”

Each year, just like any sport, the band loses seniors and new freshmen come in. In past few years, the LHS band has always been up-to-par and very competitive in the Sioux Falls com-

munity.

“This year is different from past years because everyone tries their hardest to make sure we have a great show, unlike previous years where people haven’t always gotten along,” said Strong.

Another big way the band prepares for Bands of America is SPAT camp. SPAT camp is a two week camp in July and is a requirement for all band members to attend. They endure the hot sun and any other unpredictable weather Sioux Falls might have to offer.

“For two weeks, we spend time with the same people, all day, every day. We all get annoyed with each other, but in the end, we are like one big family, all striving towards the same goal,” said Strong.

The LHS band is full of students committed to the program. According to SMHS Music students in band have a higher GPA than students not in band at the same school. The LHS band has many great students and performers in the program, which will help them conquer Bands of America.

“There is never a moment where we don’t have to continue working on stuff,” said Strong. “There are always things for the band to improve on, we are never perfect.”

Stop in the school store for...

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Motorcycle Monday



PHOTO BY SYDNEY MILLER

Tacky Tourist Tuesday



PHOTO BY SYDNEY MILLER

Walt Disney Wednesday



PHOTO BY BELLA THOME

Hitchhiker Thursday



PHOTO BY SYDNEY MILLER

Spirit Day Friday



PHOTO BY SYDNEY MILLER

The Statesman is looking for your Homecoming week photos. When posting your photo on Instagram and Twitter, just #LHSHOMECOMING2K14 along with your photo, and you could be featured in the next issue!

Average LHS Student

SPREAD BY KADE WALKER

The LHS *Statesman* polled the student body in order to find out what the most average student of LHS is like. The questions we asked were basic questions about student mental and physical characteristics.

Our findings are based off the large sample of students who gave us feedback.

Let's Get Physical!

- According to our poll, 66.5% of our students are caucasian.
- The median age of all our students who took our poll are 16.
- 51.8% are males
- The median height is around 5'8", and weighs around 150 lbs.

School Life

- 36.7% of the polled students are in A.P. Classes.
- 72.8% of students are involved in at least one activity.
- Panther Pride! About 38.4% of students came from Patrick Henry Middle School.



At Home

- The average student of LHS has one sibling and lives at home with four people.
- 64.9% of the polled students have a drivers license.
- Pet lovers unite! Only 23% of the polled students are petless.

Miscellaneous

- An astonishing 91% of LHS students own a cell phone.
- 82% of students are right-handed.
- Of all the LHS students with a job, the median wage is about \$8.25

Triple the twins in LHS freshman adroom

By SYDNEY SWEETER

Susan Waagmeester's freshman adroom is not like any other at LHS. In her adroom, Waagmeester has not one, not two but three sets of twins. Twins Jazmyn and Gennette Hietbrink, Molly and Maddy Hill and Lauryn and Jackson Howell are the three sets of twins that can be found in room E116.

Although all three sets of twins do not like sharing birthdays, clothes or rooms, there are certain aspects about being a twin that Lauryn Howell likes.

"I like to see the reaction on people's faces when I tell them that I have a twin brother. I also like that we can relate to each other about school problems and other things," said Lauryn Howell.

Lauryn's twin brother, Jackson Howell, likes almost everything about being a twin and having a twin sister. There is only one part about having a twin sister that he does not like.

"When we walk down the hall together people have asked us if we are dating, which is always really awkward," said Jackson Howell.

Some people would think having a twin that is the same gender would be difficult because they would have to share everything, but Maddy and Molly Hill could not agree more.

"I'm glad that I have a twin sister instead of a twin brother. I already have enough brothers," said Molly Hill.



PHOTO BY SYDNEY MILLER

Top row left to right: Jackson Howell, Gennette Hietbrink and Molly Hill. **Bottom row left to right:** Lauryn Howell, Jazmyn Hietbrink and Maddy Hill.

Twins Maddy and Molly Hill have many similarities, but their looks are not one of them.

"We both like the same type of music and have the same interests," said Maddy Hill.

Jazmyn and Gennette Hietbrink are opposites of Maddy and Molly Hill. The Hietbrink twins do not share many similarities, but they do have many differences.

"Gennette likes dark emo music, but I like the popular pop and rap songs that are usually on the radio. The only similarities that we share are the same birthday and the same last name," said Jazmyn Hietbrink.

Typically, most twins are born 17 minutes apart, but for the Hietbrink twins, this is not the case.

"Jazmyn is older than me by two hours. I've never met any other sets of twins who have been born two or more hours apart. All of the other twins I know are born six minutes apart or sometimes 20 minutes apart, but not two hours," said Gennette Hietbrink.

This is not Waagmeester's first time having multiple sets of twins in her adroom.

"From 2002-2006 I had two sets of identical twins in my adroom," said Waagmeester. "It helps that the twins currently in my adroom are not identical. I don't think the three sets of twins have changed the classroom atmosphere because it is adroom."

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Seeing into the future with the Sioux Falls Psychic

By LIZZIE ARCHER

Living the teenage lifestyle, it is easy to say that at some point, we all need a little guidance in our lives. More often than not, we let what has happened in the past, and what we are planning for the future, dictate how we are living in the present.

Earlier this month, I was presented with the opportunity to go see the Sioux Falls Psychic, and I did not really know what to expect. Many people have the image of a woman with a colorful turban, with multiple rings on her fingers, gazing vastly into the crystal ball plastered in our stereotypical minds. Little did I know that the reading I had with psychic Sonja was more personal and professional than what one might see in the movies.

With the back of my hands on the pink tablecloth and my palms facing the ceiling, I began to experience my first palm reading. I would compare the situation to having a conversation with a close friend, but in a



PHOTO BY JOE HIATT

The Sioux Falls Psychic welcomes people from all walks of life, and creates a clear understanding of what has happened in their past, along with what lies ahead in their future.

stranger's body. Letting her skilled intuition take over, there were aspects of my life that she was able to pick up on without me having to tell her in a previous conversation. Through my energy, lines on my palms and aura, she was able to share her gift of psychic visions. Covering all topics on the spectrum, I soon was able to hear aspects of my past, present and future unfurl before me. During our time together she dabbled on the topics of love, career path, financial stability and even guardian angels. It is interesting hearing someone else map out what the rest of what one's life will entail, and in my case I ended up leaving the session with a greater understanding of what is to come.

If your outlook on life is looking a little foggy, and you are confused on where exactly the path of life is taking you, take up the opportunity to check out Sonja the Psychic at 710 W. 41st St. in Sioux Falls. She offers a unique insight on one's life that the individual might not be able to pick up on their own.

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The true inspiration behind the ALS Ice Bucket Challenge

BY ELLIE BRECHT

Recently, people all over the country are working together to raise money and help work towards the cure to a well-known, life-threatening disease, Amyotrophic Lateral Sclerosis, better known as ALS and best known as Lou Gehrig's disease.

The most common way of fundraising for ALS, that is currently the most popular, is the participation in the "ALS Ice Bucket Challenge." Everyone from Peyton Manning, quarterback of the NFL team, Denver Broncos, to our very own staff here at LHS, have accepted the Ice Bucket Challenge. When a person accepts this challenge, it is important to know that it is more than just dumping a freezing bucket of iced water over one's head.

Who was the inspiration behind starting the ALS Ice Bucket Challenge? A young man by the name of Pete Frates was once a standout baseball player at Boston College. In 2012, just a few years after his college baseball career was over, he was shocked with the news of his diagnosis of ALS, according to CBS Boston. At the mere age of 27, one can only imagine the heartbreak this brought to



PHOTO BY SYDNEY MILLER

LHS staff members Lance Luitjens, Don Ryswyk, Val Fox and Jim Dorman participate in the ALS Ice Bucket Challenge outside of LHS as students pour buckets of ice cold water on them.

Frates, and his friends and family.

In an effort to make this disease, and unfortunate road to death, as positive as he could, Frates spoke to people all over the country. He told his story and encouraged fundraising for the disease that to this day, has no cure. According to ESPN's feature video on Frates, as of May 2014, he has had a full-time nurse that helps him do his everyday activities, and requires a feeding tube that allows him to eat.

It is crucial to know the reason why people all over, and even ourselves, are participating in the ALS Ice Bucket Challenge, and to truly understand the meaning behind it. Many are nominated to participate, and even more choose to donate to the "ALS Association" in an effort to help find a cure for the fatal disease. According to the ALS Association, \$94.3 million have been donated through the Ice Bucket Challenge since July 29, 2014. There is no stated amount that one is required to donate through participating in the challenge, but it is rather a personal choice depending on one's desire and ability to donate.

LHS student's shopping spree at the Dollar Tree

BY SYDNEY SWEETER

When people think about what they can buy at the dollar store, items that may come to mind are balloons, candy and tagboard. Dollar stores are now expanding to carry more than just basic \$1 items. Dollar Tree on 41st Street and Minnesota Avenue is now selling everything from cheap toys to frozen food.

One of the weirdest and probably most disgusting products that can be found at Dollar Tree is canned mackerel. The question that comes up is, why is Dollar Tree selling canned mackerel? Was HyVee not doing a good enough job of selling canned fish? Even though it is odd that Dollar Tree is selling canned fish, Livestrong suggests that there are many health benefits that come from eating mackerel. Some of the health benefits that are included are high amounts of protein, vitamins and minerals.

Another odd food product that can

be found in the non-refrigerated shelves of Dollar Tree is 2 percent milk. According to the label on the box, there are no preservatives in the milk, but it somehow does not need to be refrigerated. To most people, warm milk does not sound very appetizing to pour over cereal in the morning, but believe it or not, it is still safe to drink the warm milk off of the shelf. The milk can be kept on the shelf because of the packaging and because the milk is ultra-high temperature pasteur-

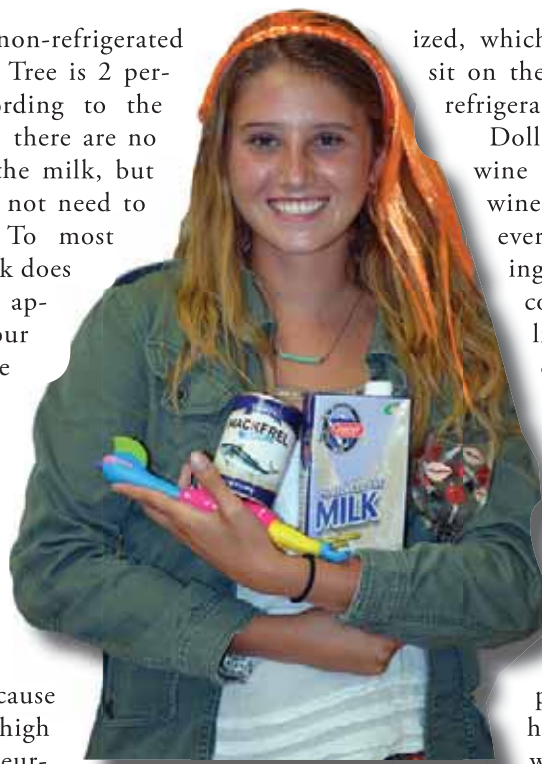


PHOTO BY SYDNEY MILLER

ized, which allows the milk to sit on the shelf without being refrigerated and not spoiling.

Dollar Tree also sells wine glasses. But these wine glasses are not the everyday, plain and boring wine glasses. They come complete with lipstick tubes printed on the glass, as well as kiss prints all over the glass. It seems as though Dollar Tree is allowing customers to be prepared for Valentine's Day all year long.

Every girl at one point wanted the fake hair from Claire's that was supposed to look

like their natural hair, right? Dollar Tree is now selling fake hair attached to headbands just like what is sold at Claire's. The only difference is that this fake hair is bright orange and does not look like anybody's natural hair color. Even someone with the most intense red hair would not be able to pull off this fake headband.

Dollar stores are famous for selling cheap and useless toys that nobody needs, but people still buy these items. Rubber chickens are now being sold at Dollar Tree, and can either be used as a dog toy or can be a trinket for an easily entertained 6-year-old. The chickens also come in multiple bright and vibrant colors such as hot pink, electric blue and lime green.

Some people do not realize how much there actually is at a dollar store, but they sell everything from canned mackerel to wine glasses, and everything is only \$1.

LHS student is “Russian” to visit extended family

BY SWETHA SARAVANAN

When asked about his/her summer, the majority of LHS students would be able to offer an answer consisting of only two sentences. An “oh I got a job” or even an “I went to the Black Hills.” However, for some people, summer holds more than a few days of sleeping in or a much needed Netflix marathon. Several different experiences and interesting memories are made during the warmer months. Theodore Savinov, a junior at LHS, has been visiting Russia every single summer for the past 10 years. Summer is one of the best opportunities for him to reunite with his family, travel to new places and immerse himself in his own culture.

“I visit Russia for about two months,” said Savinov. “All of my relatives live there except my parents. I stay with my grandma and my uncle at my grandparent’s condo in the heart of St. Petersburg. I have a great view from my place. St. Petersburg is such a beautiful area with historical monuments renowned for their grandeur.”

Some popular attractions Savinov explores every year include the Hermitage Museum, which contains three million works of art and artifacts from around the globe, and the Peterhof Palace, commonly referred to as the “Russian Versailles.”

“For the past two years, I have been

traveling to the Black Sea and the White Sea as well,” said Savinov. “I took scuba-diving lessons there, and I was also able to see 24-hour days where the sun never set. I sometimes visit a resort and I always have a good time doing different activities like horseback riding.”

Despite being able to spend time in extraordinary locations, the typical day spent in Russia is far from being a disappointment. Among the most prominent activities are ice hockey, figure skating, gymnastics and chess.

“I usually go sightseeing or play soccer,” said Savinov. “There is always something to do. My favorite thing about going to Russia is seeing new places and my family of course...oh and the food. I absolutely love the food. My grandma makes traditional Russian food every day and it is amazing.”

A typical Russian meal course always involves a type of bread. Rye bread is a specialty. Kvass is a beverage made from fermented rye bread and can be savored by everyone. Honey and tea are huge components of an everyday meal too.

School in Russia is held for six days a week for 11 years. Students have the option to choose whether they would like to attend the last two years, either to take their junior and senior year, or attend a specialized

university which prepares them for college. This is different from the traditional education experience in America. Students in Russia not only have critical thinking in their curriculum but must also memorize objectives that they are taught.

“The education differs greatly from the U.S.,” said Savinov. “The learning system is memorization-based. Students are asked to recite a page worth of information at a young age. The works they perform are somewhat traditional.”

Going to Russia every summer has given Savinov an idea of how the country has evolved throughout the years. Apart from the population and the industrial growth, the traditional customs remain the same.

“Russia hasn’t changed that much in terms of culture,” said Savinov. “However, there is a new issue on McDonald’s that everyone is complaining about. There is no euphemism; the kids are fat.”

Moscow officials temporarily closed down four branches of McDonald’s Corp. due to violations in food safety. To date, there are a total of 438 restaurants from the major food chain in Russia.

Although, Savinov can get enough McDonald’s in the U.S., he cannot wait for his next trip back to Russia. He may plan on moving there one day.



PHOTO BY SYDNEY MILLER

Savinov understands the differences between Russian and American cultures from experience.

“Overall I get a different vibe from Russia,” said Savinov. “In the future I would like to visit Crimea.”

From South America to South Dakota

BY ANNA STRITECKY

Coming from South America to North America may be considered a journey in itself, but what happens after one arrives is a whole different story. LHS exchange student Pablo Barrera Palma has traveled from Columbia to South Dakota to spend a year learning about American culture and education. Barrera Palma presented a project to the American Culture Exchange Students (ACES) to get the funding and approval to spend time experiencing something not every kid gets the chance to do.

“I traveled here for the experience mostly, for something different,” said Barrera Palma. “My sister came to Sioux Falls a couple years back, which helped me make the decision to come here.”

Barrera Palama not only traveled to a new country, but is also taking a chance living with a family he has never met before. Barrera Pala-

ma is staying with LHS senior Erik Rossing’s family for the time he is here.

“We wanted a foreign exchange student that was the same age as me, something different for my senior year. My parents were the ones who mostly initiated it,” said Rossing.

Rossing’s family has hosted foreign exchange students, but never one with quite as many interests as Barrera Palma.

“My family and I have hosted two German for-

eign exchanges students throughout my high school career, but they never stayed for more than a couple of weeks,” said Rossing. “Pablo and I both play on the soccer team and in the spring we will be playing LHS tennis together. In extent to living with each other, that is quite some time spent.”

Luckily for the both of them, they share enough interests where spending time together is not a chore. Rossing has introduced Barrera Palma to his close friends, along with other students of LHS.

“I am glad Pablo gets

along with my friends and practices with me on the soccer team, because it would get really boring for him to sit at my house alone all day,” said Rossing.

Coming from the capital of Columbia to Sioux Falls, the atmosphere might come as kind of a culture shock.

“Sioux Falls is kind of quiet, and more spaced out than where I moved from. I am used to smaller town living because in the past I lived where it was not as crowded with my family” said Barrera Palma. “I have been to the falls, downtown and around LHS, but I actually do like the town.”

Even though Barrera Palama is just starting his adventure here, he has already experienced many things. With just starting the soccer season, school and yet to meet friends, the best is yet to come.

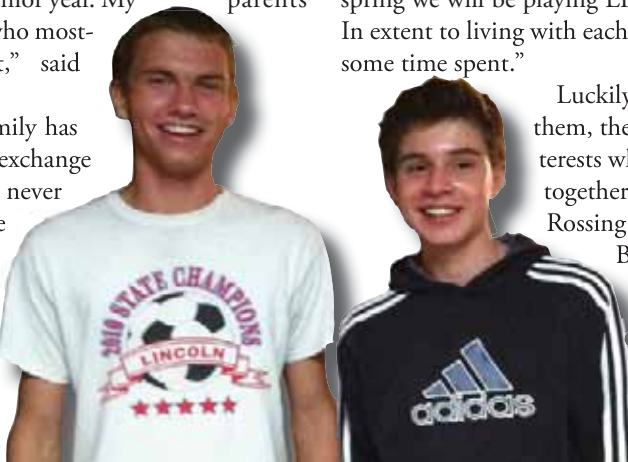


PHOTO PROVIDED BY ERIC ROSSING

An AP appropriate decision for the future

BY ALLISON METZGER,

STAFF WRITER

Although Advanced Placement courses, also known as AP classes, have been around for many decades, residents nationwide are just now beginning to question the significance of taking these classes while in high school. Some colleges don't accept the AP credits received in secondary schools, because they argue that the AP classes are not nearly as difficult as the introductory courses taken at a university; however, their counterparts refute it by saying that they are, indeed, tedious, college-level courses that help prepare students for post-high school education.

While a handful of colleges in the U.S., including an Ivy League institution, Dartmouth, decided that they would no longer accept AP credits, regardless of the score earned on the final, many universities do. Some

institutions allow students to opt out of certain classes and credits as long as they have received a three or higher on the AP test.

With the given terms, every stu-



"AP classes do not only help financially, they also help prepare one for the difficulty of collegiate academics."

dent who is advanced and determined should consider taking advantage of the AP courses offered. Not only will these classes prepare students for college courses, but also, if credit is received, they can possibly receive some college credit without paying the price.

According to About Education, the top six reasons for taking AP classes are as follows: Impressing college admission counselors, developing college-level academic skills, saving money, choosing a major sooner, taking more elective classes in college and adding a minor or second major more easily.

Although some of these reasons may not sound like they are valuable, the two that are extraordinarily beneficial are saving money and developing college-level academic skills. According to the National Center for Education Statistics, the average four-year institution in the U.S. costs \$23,066 a year. Because of AP classes, students may be exempt from certain courses which can save thousands of dollars a year. AP classes do not only help financially, they also help prepare one for the difficulty of collegiate academics. Taking AP classes

gives students a glimpse at the time and effort required for college courses and gives them a taste of what's to come.

It is necessary to learn that college isn't going to be as simple as high

"With the given terms, every student who is advanced and determined should consider taking advantage of the AP courses offered."

school. As a broke college student, one will be wishing that they had taken the "free tuition" when they were offered it. Taking AP classes has proven to be beneficial to all students who have decided to participate in them.

Hey bud: How I found the power of a nice gesture

BY KADE WALKER,

STAFF WRITER

This summer I found myself with a job that pushed me into some 10 hour shifts, protecting young children and witnessing and experiencing some crazy things. No, I wasn't a police officer or a firefighter, I was a lifeguard (which, of course, is way better because I got a



"My point is, never take for granted what is said to someone."

great tan). During my summer guarding, I was thrown into a slew of events that shocked, touched and quite frankly scared me, all of which forced me into rethinking some of the smallest things

in life.

Somewhere in the everyday routine of controlled chaos that is working at a public pool, I forgot just how much the pool means to kids, especially kids who might not have the best situations going on at home. The odd beauty of a city-run pool is that it not only promotes health and wellness, but it gives kids who might not get to be kids at home a place to just play and enjoy their young years.

I remembered that I needed to be the figure that I not only needed as a child, but also the figure that my peers needed when they were kids as well. Later this summer, the staff of Drake Springs Aquatic Center made a young pool-rat (a term of endearment for a child who is at the pool 24/7) a card for his birthday. A simple gesture, that maybe took the staff five minutes to make, made a kid I saw having fun every day smile wider than I have ever seen anyone smile be-

fore. The sad truth is that young boy's home life wasn't all that great. He didn't have someone to teach him how to tie his shoes. He had never even had a brownie until a manager gave him one.

The birthday card we gave him was one of the few presents he probably received in his life. The elementary school-like idea of the card made a difference, and if something that small can make a difference, imagine how much we can modify someone's day or maybe,

"A simple gesture, that maybe took the staff five minutes to make, made a kid I saw having fun every day smile wider than I have ever seen anyone smile before."

just maybe, shift their life in a positive direction. There were days at my

workplace when I did become, at times, victim to the everyday routine—the constant grinding of the gears, and too many times, I was more focused on getting through a day than I was making someone's day better. It's not every day someone comes around and makes an impact on one's life, but honestly that boy, who I maybe talked to five times made one on my life. It's because of a youngster, who happened to come to the pool every day, that I now do my best to see through the daily pattern to make an impact on someone's day for the better. The kid loved the card so much, he took it home. The thing about good deeds, is when you do them, they always have a way of helping you in some way.

My point is, never take for granted what is said to someone. In the multitude of whistles or saying "Hey bud!" or "Walk please!" I found out that every conversation anyone has creates a great opportunity to make a difference.

Ellen De'Genius

Tips to possibly save your life

By ELLEN KOESTER,
EDITOR-IN-CHIEF

According to the CDC (Centers for Disease Control and Prevention) in 2010, an average of seven teenagers (16 to 19-years-old) died every day from injuries sustained in a vehicle crash. These crashes are the leading cause of death for teenagers.

The U.S. has a lower average legal driving age than many of its international counterparts. Teenagers can be driving with a learner's permit as young as 14 in many states, such as in our very own, South Dakota. They can have a full license at 16. Around the world, in many countries, the driving age is 18, such as Egypt, France, Spain, etc.

During a recent mission trip to the small, Central American country of Belize, my church group and I gave our guide a small shock. We spent a good piece of our time in her Jeep while she apologized over her driving. She had only just gotten

"Here is a true, generalized statement: high school students are terrible drivers. Believe it."

her driver's license a few months earlier on her 18th birthday. This means I, who started driving at 15, had more experience behind the wheel than she had. Needless to say, everyone in the Jeep got a scare after we told her South Dakota's driving age, and she took her eyes off the road in surprise.

Inexperience is the biggest reason behind teenagers' higher chance of getting in an accident and

receiving fatal injuries from it. As teenagers, we feel confident about almost everything, especially driving. I remember walking out of Driver's Education and into my mom's car, where I silently criticized the distance she left between the car and the car in front of her at a stoplight. Within only a few weeks of my brother, Jack, a sophomore at LHS, graduating from Driver's Education, we got into an argument about changing lanes. Here is a true, generalized statement: high school students are terrible drivers. Believe it.

And try to change it. There are three easy things stubborn teens need to do in order to keep themselves and other drivers on the road safe:

First, cut down on distractions and be aware of what is going on around you. For example, that little box in your dashboard with the volume and channel knobs? Your radio? Put your fingers on the volume knob and crank it way to the left. Our hearing is one of our five senses and it probably is not a good idea to incapacitate one of these senses. One wouldn't drive without sight, so why would someone drive if they cannot hear what is going on around them? Although most sounds are muffled even without Ed Sheeran serenading his audience with his love ballads, it is best to turn him down. He is a distraction and in some cases, if the volume is too loud, he could drown out the sound of someone honking their horn behind a driver. Also, when one is driving with friends, his or her main priority is driving safely. Instead of focusing on what a friend says, keep those eyes on the road looking for possible dangers and such. Do not show off, harass other drivers or get into races because that is how accidents happen.

Teenagers should also keep in mind that the probability of getting in an accident is lower when



PHOTO BY LHS STATESMAN

the driver is driving slow and unhurried. The LHS parking lot is an accident gold mine, and virtually all of these accidents happen when someone pulls too quickly into or out of a parking spot. Door dents, fender benders and even accidents involving pedestrians are all very common in the parking lot. Slow down and check over your shoulder before doing anything.

The last driving tip to remember--and this is the most important tip--assume everyone else on the road is a terrible driver. Assume they are texting behind the wheel, or fiddling with their radio or nodding off and drive accordingly. Drive defensively

and give other drivers a lot of space. For example, if someone is looking to turn left, if he or she has to think, "Can I make this without slamming into oncoming traffic?", then it is probably best to wait for the next opportunity. No matter how much time it saves, speeding up in front of traffic is not worth getting into a potentially fatal crash.

Keep these tips in mind when on the road. Your safety and the safety of those around you depends on how you drive.

If all else fails, imagine your grandmother is in the passenger seat. If everyone did that, there would be a lot less accidents.

Patriot Views

What is your biggest driving pet peeve?



"When people don't turn on their blinkers."

-Alexis Smith, 10



"When people go the speed limit; everyone knows you should go five over."

- Simon Tesfaldet, 11



"When people sit at green lights."

- Brittani Ludwig, 10

Creativity: why people say they do not have it

By ALEXA ANKRUM,
STAFF WRITER

Creativity is one of the most abstract concepts in human history. Examples of it can be found in the art, literature and music people have been making for thousands of years. There have been multiple interpretations of what makes up creativity, but most of them are essentially the same. Creativity is the ability to think beyond what has been traditionally done to achieve something and to develop new ways of doing it. Numerous people claim they do not have this ability, that they lack the inherent human ability to create something out of what appears to be nothing. Why do many people write themselves off as uncreative when most of them have never really tried to do anything creative in the first place?

We have to examine one of the first places we are taught how to think: school.

It's not so much that schools try to diminish creativity, it's that they simply do not put much emphasis on it. Students are taught to follow the guidelines of assignments, and the closer

they follow those guidelines, the better they are graded. Even in assignments where students are allowed to 'get creative,' the importance of the creative aspects of the project are always less important than following the directions word for word. It is important that schools teach students how to follow directions and rules, but at the



"Creativity is the ability to think beyond what has been traditionally done..."

same time, the deeply entrenched focus they have on stringently following the guidelines can actually impede a student's creative development.

The other problem is society in general. Within every society, there tends to be a 'mainstream' way of seeing things, meaning the mem-

bers of the majority tend to have many perceptions in common. Since people want to connect with other members of their society, they try to look at the world in the 'normal,' or accepted way. This is especially true in situations where large groups of people are trying to fit in, like in high school. This approach helps people to understand each other and often helps them avoid confrontation. However, as we subconsciously try to see the world the same way as the guy next to us, our views and ideas are restricted to that guy's. People care so much about being 'normal' that they inadvertently narrow their own outlooks and close themselves off from new ideas and possibilities. The only way people can truly get in touch with their creative side is if they are willing to take something ordinary and try to look at it from a different angle, because the truth is no one ever made something new or did something differently by thinking like everybody else.

To be creative, we have to let go of some of our fear of being judged for being different. People are going to judge others whether there are

solid grounds for it or not, so why let it run our lives? Especially when there is much to be gained from letting it go. Not only would we be able to do the things we want, we would also get to do them without feeling worn down by thinking about what others think about it. Who wouldn't want to have that in their lives? One of the best things about being creative is being able to enjoy what you do and know that it comes from you and no one else. No one can get that from following the crowd, that much is certain.

The world does not always allow us to be creative, but that does not necessarily mean we are not creative. No one can teach us how to think differently. If they did, we would just be thinking differently in the same way anyhow. In order to find true creativity, we have to learn to be okay with straying from common thought and looking at things from our own angle, even at the risk of not seeming 'normal.' After all, who ever described one of their best qualities as being 'normal?' Not everyone has the ability to be creative, but we all have the ability to look at the world in our own way.

Sioux Falls: the next booming city in the US

By ANNA STRITECKY,
STAFF WRITER

Sioux Falls, SD. Sufu. The 605. Snowdak. Whatever one calls it, Sioux Falls will be a city full of 159,808 strict parents and their sneaky youth. Sioux Falls is full of news stories on what to do if you get stuck in their corn plow, and home to a woman that has become famous for

"Sioux Falls will never get the credit it deserves compared to the bigger and better cities."

just trying to read a good book while trying to get tan. A town where the ice apocalypse happened and "Operation Timber Strike" was a real thing. Where the "upper east side" is anything past 57th and Western, and is the only town within six hours of a Gap clothing store. A city so tightly-knit that many have made a secret pact not to steal each other's cars while warming them up in the morning.

Sioux Falls, SD is known for very few things. It is recognized for its largest (or only) one story mall in America and being home to January Jones. People that live, or even don't live in Sioux Falls, seem to complain about it more than they are grateful for it. What makes people hate the nicest town to grace the U.S.? I mean that quite literally.

According to Forbes.com, Sioux Falls is the seventh happiest city in the nation. That is right, Sioux Falls is happier than over 18,000 other places in the U.S. Sioux Falls also has the lowest suicide rates in the Midwest, along with the lowest crime rates. In the last five years, Sioux Falls has expanded drastically, remodeling their outdoor sports arena, adding a state-of-the-art event center and expanding the city limits with new residential homes.

Many people may think the town might be "too boring" with nothing to do, but the city is home to three movie theaters, 18 strip malls, a one floor-based mall, the rushing Falls Park and over 200 restaurants available to all 160,000 residents. Most recently, *The New York Times*

did an article about the downtown area, saying, "Locals as well as transplants have opened noteworthy restaurants, cafes and bakeries that are giving this Midwest metropolis a newfound urban and culinary fame." So the next time someone complains about not having anything to do, suggest going to the indoor trampoline park or the nearest coffee shop.

Sioux Falls is also centrally located in the country, making it easily accessible to leave, if wanting a vacation. It only takes four hours to



"What makes people hate the nicest town to grace the U.S.? I mean that quite literally."

drive to the nearest urban city, Minneapolis, and only six hours to this state's biggest monument, Mount Rushmore. Other cities in close proximity are Omaha, Kansas City, Chicago,

Milwaukee and Denver, which offer other fun and exciting things, if you need a getaway from Sioux Falls.

It is not only just the business, but the outdoor scene is up-and-coming as well in Sioux Falls. There is a nearly 28-mile long bike trail that wraps around the city, going everywhere from downtown, to the Sanford Pentagon to Yankton Trails Park. The city of Sioux Falls has also implemented activities such as kid's night, music in the parks and the option to bring their dog swimming at the end of the summer in the local park and recreation systems. Sioux Falls also holds one of South Dakota's most historic parks, McKennan Park, which has been thriving for over 150 years.

Sioux Falls will never get the credit it deserves in contrast to bigger and better cities that residents always compare it to. The truth is that almost everybody could leave if they wanted to, but it is the prime real estate and low cost of living that makes Sioux Falls truly one of the best places to grow up and start a life.

BELIZE

BY BROOKE PHILLIPS

Summer is the perfect time of the year to sit back and relax. Without the stress of studying for tests and staying up late finishing homework, many students found their three month break to be carefree. However, senior Josee Mendel decided to dedicate part of her summer by helping others in Belize.

Attending Central Baptist Church allowed Mendel and 25 other aspiring teenagers to participate in an eight day mission trip to the town of Orange Walk, Belize this past July.

"Freshman summer I went to Haiti twice for mission work," said Mendel. "I just really enjoy going out of the country and when there's an opportunity to do that, I take it."

Since Belize was a completely new experience for Mendel, she had different thoughts about what she was about to head into.

"I was feeling excited, but I was also nervous about going to Belize because it's a third world country and I didn't know what to expect," said Mendel. "I was also afraid it was going to be really hot."

However, as soon as she stepped off of the plane in Belize, Mendel could not have been more pleased.

"The first thing I thought of when I saw Belize was that their airport was a lot nicer than the airport in Haiti," said Mendel. "I expected it to be run down and piles of garbage outside like in Haiti."

Along with a good first impression of the country, the place Mendel and her group stayed in made the eight days living there a lot more comfortable.

"Our church leaders told us we were staying at a hotel with air conditioning," said Mendel. "The hotel was pink and had really nice rooms. Breakfast was always available to us in the mornings also."



PHOTO PROVIDED BY JOSEE MENDEL

Going on a mission trip meant lending a helping hand to a community that was struggling. Mendel was anxious but ready to work hard and do as much as she could.

"We built the foundation of a Sunday school that they wanted us to build that was right behind the main church," said Mendel. "We also led a vacation bible school every day where we worked with vacation bible school students and did activities centered around the church."

Mendel also had many opportunities where she was able to connect, learn and interact with many different kinds of people.

"Two of the nights we were there, we had outreach nights where we would invite teens our age and have a bonfire while sharing our stories," said Mendel. "The church we went to also had us spread out and sit in random seats so we wouldn't be isolated as our own group. That's how we got to know the people who lived there better."

By the end of the trip, Mendel hoped her helpful work had paid off. Working on a mission trip was something she knew was a fulfilling part of her summer.

"I would go again because I liked the people. I know it's a third world country but I really liked being down there," said Mendel. "I wasn't just going down there to have a good time for myself. The mission trips have to mean something to me."

As Mendel headed back home, she was finally able to sit and think about what she had just accomplished from her eight days in a completely foreign country.

"There was a lot of hard work and sweat that went into the mission trip," said Mendel. "In the end, we gave them something they couldn't give themselves. I realized how much I actually helped them and it was rewarding knowing that I was able to be a part of it all."

CAMBODIA

BY ANNA STRITECKY

According to How Stuff Works, there is a one in 15 chance of breaking your leg, one in 48 chance of having red hair, and about one in 72 chance of being in a car accident every year. On the other hand, if one is planning on traveling to Cambodia, only one in every couple thousand Americans get that opportunity. This past summer, LHS junior Gus Veerman packed up his bags, and traveled across the sea to Asia.

"I chose to travel this summer because I wanted to do something different than my friends, experience new culture and see new ways of living," said Veerman. "I chose Cambodia because it is way different than any other place in the world."

Veerman applied to Rustic Pathways, a program that lets students participate in mission work across the world.

"I had kids from all over America in my group; two of them were even from Mexico City," said Veerman. "I got along well with all the kids though, so it wasn't a problem fitting in."

Veerman's purpose was to help different organizations, such as orphanages and different villages with everyday tasks.

"We traveled all around the country, from urban towns to remote villages doing different service proj-

ects. It was really interesting to see the ways developing countries live day-to-day," said Veerman.

Not only did the group participate in projects, but they also got to see different parts of Cambodia.

"In our free time, we had time to hang out on the beaches, go around and see different religious monuments and we even had the chance to ride elephants. Our time was pretty evenly distributed between our service projects and touring Cambodia," said Veerman.

From visiting Singapore to Cambodia's capital, Phnom Penh, Veerman experienced culture that most Americans could not even fathom.

"I couldn't even imagine some of the things that differ from America to Cambodia. It's also different from anything you think you know, such as what you see on television and commercials," said Veerman. "If I could tell one thing to people, it would be to travel if you ever get the chance. It taught me things that can't be shown in a classroom."



PHOTO PROVIDED BY GUS VEERMAN

NEW YORK

BY ERIN DAUGHERTY

Most people know somebody that has gone on a mission trip to some exotic foreign country. Some people



PHOTO PROVIDED BY AMBER MAHER

reading this have even been that somebody. But not many have gotten the chance to help those in need in a different place without even having to leave the country.

That was the opportunity LHS seniors Amber Maher and Karli Stephenson got to do this past summer. Maher and Stephenson were in New York the week of June 21-28, helping with preschools throughout the Bronx area of New York City.

Maher and Stephenson had a chance to experience a variety of New York landmarks throughout the trip.

"We went to Central Park, The Statue of Liberty and the Bronx Zoo," said Stephenson. "My favorite place that we

went to would have to be Time Square because there is so much to see and do."

It was not just the sightseeing that Maher and Stephenson will remember. The people they met will also be something they will never forget.

"Dennis, the maintenance guy who worked at one of the preschools gave me a new perspective on life," said Maher. "He did not have much money, but he was always very happy and optimistic about the day."

For Maher, this was not her first mission trip. She also went to New Orleans with her church a few years ago to give aid after Hurricane Katrina hit. Although both mission trips took place on the East Coast, they actually had very different atmospheres. For Maher and Stephenson it is not only about getting to travel, it is about helping make an impact on somebody's life.

"I think we made a difference in the children's lives," said Stephenson. "It was nice to make the little kids smile. They don't necessarily have the best lives, so it was nice to help make it easier for them."



2014

VIRGINIA

BY MADISON ROST

In the early morning hours on July 15, a group of 80 high school students and adults began their 30-hour trek to inner city Richmond, Virginia. Freshman Summer Ericson and juniors Abby Anderson and Jamie Sorensen were among the 17 LHS students in the group.

The theme of the mission trip was "With Every Act." Students created and prepared activities and events to serve underprivileged inner city youth and families. As part of the mission trip, homes and parks were cleaned top to bottom, life stories were shared and smiles were created. The Richmond Outreach Center (ROC) is an establishment that provides needed essentials



PHOTO PROVIDED BY TRACY VIK

to families in need. At the ROC, laundry facilities, a computer lab, a day care and a workout facility are provided. There is a food pantry that is stocked by local grocery stores and restaurants. Youth on the mission trip spent time at the ROC the children that were transported via volunteer bus drivers every Saturday. On a normal Saturday, the ROC can bring in anywhere from 200-300 kids; however, because Gloria Dei brought 80 extra volunteers, they could host almost five times that

amount compared to a normal weekend.

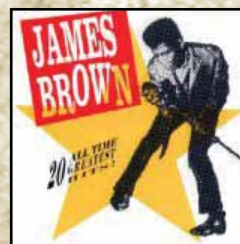
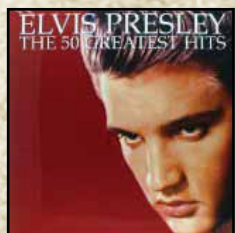
"It was cool to see all of the kids, even though they could be going through something bad, they all were happy and willing to have fun with us," said Ericson. "It was something new, and something very different."

Throughout the week, the youths and adults bonded together by sharing stories and spending time with each other. On the first day in Virginia, everyone went to the University of Richmond, and participated in team building activities and a high ropes course. Throughout the week, the youth group found little things around the city to do. One night when plans fell through, they packed up the buses and went to a local park and picked up trash to help out the city even more.

"After we picked up trash at the park, everyone was playing soccer, football or just hanging out. We were all having fun," said Sorensen. "Then one elderly lady came over and said how we gave her hope and she was glad to see all of us youth having fun. It really brightened her day since her husband had been sick and not doing too well lately, and it really made me realize that we don't have to do much in order to help out."

Sonny Hodge, the youth director at the ROC wanted to thank Gloria Dei and their youth group. Two weeks after the two buses pulled back into South Dakota, Hodge was on his way to Sioux Falls. He spent almost a week here and went to Falls Park and spent time getting to know the city. The adult leaders from the trip invited the whole youth group back to listen to Hodge speak.

"It was an amazing and rewarding experience," said Anderson. "I cannot explain how grateful I am to have been a part of this trip and to have made an impact on so many lives."



In the 1920s, the scientists who invented vinyl had no idea the effect it would have on many people's everyday life, specifically people who love music.

Vinyl records reached its peak of popularity in the 1950s and stayed strong until the 1990s, when cassette tapes and CDs took over.

Recently despite many digital options for music, vinyl records have made a comeback and have become popular for music diehards.

A recent Digital Music that there have been vinyl record sales in year alone there have more sales of vinyl percent.

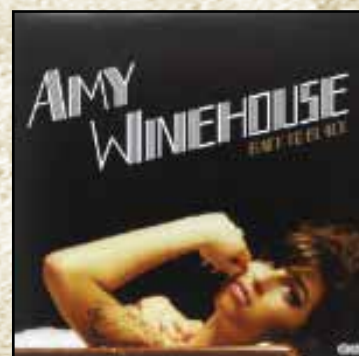
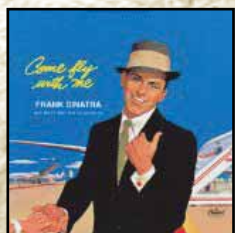
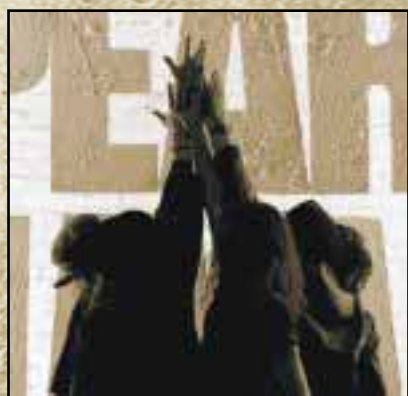
One reason for the records are very reasonably priced, in some cases being less expensive than CDs. Another reason is that true music lovers believe that vinyl records sound better than CDs. Vinyl records take the original analog audio recording, while digital recordings take snapshots of the analog recording. In other words, a vinyl record is the closest to the original recording.

Vinyl records may not be the most popular way of listening to music, but it still provides a true audio experience for the music lover.

News article has reported almost eight million more 2014 than 1993. Over last been nearly 2.3 million records, an increase of 38

VINYL IS BACK

BY JOE HIATT



The Doctor is in: A new face for an old show

BY MIKAELA NEUBAUER

In the sea of new TV shows, movies and books that awash our culture today, there is one production that has withstood the test of time: “*Doctor Who*.” After 51 years, this timelessly witty sci-fi show persists with its eighth season since the reboot in 2005. In this new installment, the titular Doctor is back in the form of actor Peter Capaldi.

One of the distinguishing components of “*Doctor Who*” is the process of regeneration. When the current Doctor is mortally wounded, severely ill or, in this case, grows too old, he turns into a completely new person. These multiple reincarnations are what have kept the show going for such a lengthy span of time—same memories, new face. In the season finale, fans said goodbye to the young Matt Smith as he regenerated (quite quickly) into a greying man who is a mystery. This notable switch in character will prove challenging for the Doctor’s companion, Clara (Jenna Louise Coleman), to become accustomed to.

“He’s not as immediately approachable and he’s not necessarily looking for your approval,” said writer and producer Steven Moffat.

The first episode, entitled “Deep Breath” premiered on Aug. 23, taking the 12th Doctor



PHOTO PROVIDED BY MCT CAMPUS

Peter Capaldi will play the role of Dr. Who’s 12th Doctor in the eight season of “*Doctor Who*”.

and Clara on a fast-paced adventure through Victorian Era London. With random spontaneous combustions, a dinosaur strutting through the Thames and a handful of humor, the show sticks steadfastly to their entertaining sci-fi roots. Of course, with a new season comes new paths and Moffat is not afraid to let the show take a darker and more serious turn.

But, the most important aspect of the series, at this point, are the interactions between the Doctor’s new self and his familiar sidekicks. As the synopsis on the BBC website states, “The Doctor has changed. It’s time you knew him.”

Fans eagerly awaited the premier solely to see Capaldi, a veteran actor, in action. Many of his past television appearances are tied into

the franchise. Capaldi was featured as a main character in the season four episode, “The Fires of Pompeii,” and had a significant role in “Torchwood,” a spinoff of “*Doctor Who*.” Questions arose about whether the directors would call attention to his past portrayals, but Moffat promptly ended their queries with confirmation that the show would not forget who Capaldi had played.

“We are aware that Peter Capaldi played a big old part in *Doctor Who* and *Torchwood* before and we are not going to ignore the fact... We’re not going to make a big fuss about this because everyone knows he’s the same actor... but there’s a neat little idea,” said Moffat.

Over the years, this timeless series has appealed to a variety of ages, from the diehards who have been with “*Doctor Who*” from the start, or the kid who has just found his current obsession. Season eight is a big period of transition, so it is perfect time for new viewers to hop in and get to know the new faces along with everyone else and old fans can prepare for a shift in their typical view of the Doctor. No matter where viewers stand, the long awaited eighth season of “*Doctor Who*” is sure to please.

‘The November Man’ “falls” flat

BY ALEXA ANKRUM

If anyone is looking for a movie that entertains, “*The November Man*” is not the right one. Although it is expected that an R rated movie would contain gritty and unpleasant material, “*The November Man*” takes it to another level.

From the moment this novel-turned-movie begins, the story is all business, straight to the point and pitch-black in terms of seriousness. There are virtually no moments when the movie gives the audience a break from the constant grimness of the plot. Not only that, but the viewers rarely get a chance to really look into the personalities of the characters. It would have benefited the movie because the main character, former-CIA agent Peter Devereaux (Pierce Brosnan), has almost nothing about himself that drastically differentiates him from other spy characters like Jack Ryan or James Bond, the latter role Brosnan has incidentally

played in the past.

Also, the relationships of the characters are underdeveloped and confusing, even by spy movie standards. The most obvious example is the relationship between Devereaux and his former protégé, David Mason (Luke Bracey). They show few signs of having a good relationship in the flashback at the beginning of the movie, but Devereaux later claims Mason was his best friend. Mason also cares very much about his former mentor’s approval, even though he constantly tries to hunt and kill Devereaux throughout the majority of the film. Even the other characters thought this was bizarre behavior. One of the most confusing parts of the whole movie was the twist at the end involving Devereaux



PHOTO PROVIDED BY MCT CAMPUS

and Mason’s relationship. It was so unlikely, given the circumstances that the audience deserved a solid explanation for it, but of course they never got one.

Overall, the writing and organization of the film was sub-par as well. In one scene, Devereaux threatens Mason by hurting someone he cared about even though Devereaux was supposed to be in hiding. All Devereaux did was give away his location and make Mason want to hunt him down even more. Exactly what kind of spy protocol is that? The only logical reason why a supposedly adept spy character like Devereaux would make such a move would be because the creators wanted a scene that would increase the tension between Devereaux and Mason. Why not? The movie was already

a convoluted wreck. The story itself had potential, but ultimately the creators could not do it justice.

“*The November Man*” has received numerous negative reviews. Rotten Tomatoes gave it a 36 positive rating, making it a ‘rotten’ film. On Aug. 20, a week before the movie’s release date, Cinema Blend announced that Reality Studios is preparing to make a sequel to “*The November Man*.” Maybe the production company should have waited before making that announcement.

One of the characters claims Peter Devereaux was called “*The November Man*” because after he passes through, no one around him lives. This seems appropriate because after seeing “*The November Man*,” the viewers’ belief in a good action movie this fall will not survive.

Exciting events hit up the Denny Sanford PREMIER Center in Sioux Falls

BY SWETHA SARAVANAN

"I'm going to a Demi Lovato concert in Sioux Falls," was not a typical phrase said by an LHS student. However, soon, the largest multi-function center within the surrounding area of Sioux Falls will be open to the public. With much anticipation, the Denny Sanford PREMIER Center will host several special occasions such as music concerts, sports related events, conventions, banquets and much more.

Not only is the \$100 million project an essential social boost to the city, the facility is a major source of economic revenue. It is estimated that 60 percent of all attendees will be from out-of-town.

To accentuate the fun, Brookings' Daktronics designed and manufactured the LED video display, which includes multiple angles and contains a scoreboard too.

The facility contains 12,000 seats for the concert attendees in addition to the four levels. Sponsors have preferential seating and tickets are available at an earlier date than the public release. An event suite consists of grand seating



PHOTO PROVIDED BY MCT CAMPOUS

The Denny Sanford PREMIER Center is located next to the Sioux Falls Arena.

options with exceptional features and additional amenities. The room is professionally decorated, and extra perks comprise of VIP parking and a personal elevator to the guest's suite.

In between the construction process, some issues regarding the siding of the event center popped up. The metal panels lined along the center were not flat but wavy in appearance. It

was a cosmetic problem, which was forwarded to the construction company as a result.

Numerous events for the event center have already been planned well in advance. Country music lovers may enjoy a performance by Jason Aldean with Florida Georgia Line on Oct. 3, 2014. Demi Lovato also has a concert planned featuring Christina Perri on Oct. 10, 2014. While there are many musical performances in a variety of genres, sports fans have something to look forward to as well. A number of hockey games have been organized to take place at the event center. Sanford Health and First Premier Bank employees will be given an exclusive opportunity to attend Keith Urban and The Band Perry's concert. Due to the fact that Sanford Health and First Premier Bank are title sponsors, the two companies are able to use the center once a year.

The Denny Sanford PREMIER Center provides an activity for all ages. Whether it be concerts, sports games or conventions, Sioux Falls residents may not have to travel to Omaha, Sioux City or Minneapolis to enjoy an event.

All ages music venue downtown is far from a "Total Drag"

BY LIZZIE ARCHER

Tucked away on 12th street downtown, Total Drag depicts the essence of "my best friend's basement" while bringing an eclectic collection of cassettes, records and all aged shows to the Sioux Falls community.

The three owners, Dan and Liz Nissen, and Brogan Costa opened their establishment on May 1, 2014. Since opening day, they have received nothing but great feedback from youth and adults alike. LHS junior Travis Morrison and senior Lindy Wise have already had memorable experiences, and find comfort in the fact that there is a hip joint downtown for them to hang out at. The intimate setting creates a sense of community, and to Morrison and Wise there is much more to Total Drag than the sounds that resonate from its walls.

"It is really cool knowing that no matter what, there will always be an all ages show almost every weekend," said Morrison. "They really do care about the younger crowd joining the local music scene and listening to music."

Compared to other music venues, the size of Total Drag brings a new perspective and adds another layer to the Sioux Falls music scene.

"I like the idea of an 80-person venue," said

Wise. "It just feels like a more personal experience when it is a smaller venue and there are less people. It is you and the band rather than you in front of a stage, behind a gate, with a band."

Many people in the Sioux Falls area wonder about the creative twist behind the venues' inquisitive name, "Total Drag." Co-owner Liz Nissen described the back story on the name, and what initiated the idea of the venue.

"It's supposed to be funny...and ironic," said Nissen. "Sioux Falls has had a notoriously bad rap for not supporting all age venues and kids that are into underground and indie music. When we were kids, all we wanted to do was get out of Sioux Falls, but then life happens and we all have stayed here. It is kind of cheesy, but we just got to the point where we wanted to do something to make Sioux Falls better for kids like we once were, and for bands to have an intimate DIY music focused venue. We have gotten rad feedback from every touring band that has played here so far, and for us that is huge!"

Extending from the hopes of all Total Drag fans, Nissen believes that the future is bright when it comes to shows, cassettes, records and more.



PHOTO BY JOE HIATT

Located on 12th Street, Total Drag fits in perfectly with downtown's unique vibe. The store offers a wide variety of music.

"We would love to grow the records/cassette store space as well as the venue space in the future, however we will always remain all

ages," said Nissen. "We are looking forward to continuing to book really great up-and-coming bands."

Comparing Apples to Apples as new devices are released

BY MADDY HACKETT

It is pretty obvious that technology companies are trying to make their products the biggest and the best, but is bigger really better? Everyone wants to get right down to the core of Apple, and all of their competitors on their latest devices coming out this year, so here are the facts to see which products will come out on top.

Thinner bezels! A backlight display! Increased screen size! Quick text! Word suggestion! Apple is promising all that and more with the release of the new iPhone 6 and the newest operating system, iOS8. When Apple was designing and creating the iPhone 6, they kept their audience in mind by incorporating elements that Android users preferred. Apple hopes to smoothly blend all of these phone characteristics together in one cohesive design. The phone will be in high demand so the

starting price on the cellphone is a little under \$1,000.

Lately there has been a lot of comparison between the iPhone 6, Samsung products and existing Apple iPads. Apple will produce two different sizes for the iPhone 6, a 4.7 inch and a 5.5 inch. The 5.5 inch iPhone 6 is being compared to the iPad mini, which is only about two inches larger length wise. Since the sizes of the iPhone 6 will be slightly larger than previous iPhones in the past, Apple has decided to make a couple of minor changes that will enhance the bigger size. First of all, they decided to put the lock button on the right side of the phone so that powering down will become more accessible. Apple also made the decision to use a backlight underneath the Apple logo in the back part of the phone so that when a notification pops up, the Apple logo

will glow. As for the operating system, all iPhone users can download iOS8 when it releases for the option of quick text, word suggestion, family sharing with music, apps, movies and more.

The iPhone 6 and iOS8 will definitely help end the year with a bang. But the real question is, what will Samsung and other phone companies do to top these Apple improvements?



PHOTO PROVIDED BY MCT CAMPUS

Apple CEO, Tim Cook, showcasing the design and characteristics of the new iPhone 6.



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UPCOMING CAMPUS PREVIEW DAYS

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- ▶ Friday, **October 17**
- ▶ Monday, **November 10**
- ▶ Friday, **April 24**

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Sports

LHS STATESMAN

SEPTEMBER 19, 2014

By the Numbers

63

POINTS SCORED
IN FIRST FOOTBALL
GAME OF THE SEASON

30

DIGS BY SENIOR
ABBIE JARRETT IN
A GAME AGAINST
YANKTON

3

GOALS SCORED
BY SENIOR TEREK
SCHUSTER AGAINST
BROOKINGS

1

BOYS AND GIRLS
CURRENT RANKING IN
CROSS COUNTRY

UPCOMING EVENTS

Tuesday, September 23

Varsity Boys Golf City finals
@ Elmwood GC 1:00 p.m.

Friday, September 26

Homecoming Football vs. Brookings
@ HWF 5:00 p.m.

Saturday, September 27

Varsity Volleyball Sanford Tournament
@ Pentagon 10:00 a.m.

Fantasy football takes over LHS

BY DYLAN HALL

Football could possibly be the most popular sport in the country, and that is no different among the LHS community. The new football season is here and there is one craze that many LHS students are into: fantasy football.

Fantasy football is a game played online where players are in a league of four to 16 players. They will draft real NFL players to be on their team. Each week, players compete against each other, as the players on their team score points based on how well they perform in their actual games. The online gamers are then allowed to have a certain amount of players that play for them, while also having players on their team that do not score points for them, but are still on

the team.

"Once the season starts, I spend about 12 hours a week on my fantasy team," said LHS senior Clayton Hrusovsky. "I mostly just look at my team, send trade offers, add or drop players and set my lineup."

There are a lot of LHS students getting into fantasy football this year. Most students have more than one team, so they can be in leagues with all of their friends and compete for bragging rights.

"I play fantasy football for the social aspect of it," said LHS senior Chris Behrend.



PHOTO BY JOE HIATT

"I love just being able to play with my friends and have fun."

Both of the seniors have been playing for two years now, and fantasy football has changed the way they watch football on Sundays.

"It does have an effect on who I root for each week. I will always root for the Cleveland Browns no matter what, but I do pay attention to the games that involve my players, and I subliminally root them on," said Hrusovsky.

Everyone that has

played fantasy football has some crazy stories of close games or comeback victories against their friends.

"There was one week last year where both my team and my opponent's team had two players score most of our points. It was one of the lowest scoring games I've ever had and I still lost by less than one point," said Behrend.

Fantasy football has taken over, and it is a great way for people to follow football outside of their favorite teams. It continues to gain popularity and it does not appear to be going away anytime soon. There are many different websites that people can use to start their own fantasy football league. The three main sites are ESPN.com, NFL.com and Yahoo sports.

Standing Pat King James has left his mark on the NBA

BY WILL HANNEMANN

On July 8, 2010, LeBron James got up in front of the world and told us he would leave his hometown and "take his talents to South Beach."

After being torn down by Cleveland, and joining two of his best friends in Miami, LeBron returned to his second NBA Finals in just five years. That's when Dirk Nowitzki and the Dallas Mavericks took down LeBron. That created some fire for LeBron and he took over the National Basketball Association (NBA). He was a two-year reigning MVP and won not one, but two NBA Titles. Finally 'The King' was dethroned.

This summer I woke up in Hun-

tington Beach, CA, and was eating a ham and cheese omelet when the five TVs in the pub vibrantly displayed LeBron's face. Then, I checked my Facebook, Twitter and Instagram. Immediately pictures showed up saying "I'm Coming Home" with LeBron in a Cleveland Cavaliers jersey. I even got a text in a group message from senior Jared Jatton saying, "He's back."

Now, I don't think LeBron is the greatest basketball player of all time, but right now, I believe LeBron is putting his footprint on the NBA. In just one offseason he has made a more competitive and quality NBA, by making both the Eastern Confer-

ence, and the Timberwolves better.

The Eastern Conference hit rock bottom last year by having a team under .500 in the playoffs. Since LeBron left Miami, the Heat will still be good, while the Cavaliers have gotten a lot better and can potentially win the finals. He also made the local Minnesota Timberwolves better by Kevin Love wanting to play with him. The Timberwolves acquired the past two number one overall draft picks, Andrew Wiggins and Anthony Bennett along with Thaddeus Young. He also had a hold on other players in the NBA.

Carmelo Anthony and Chris Bosh, two top ten players in the NBA,

were waiting on LeBron's decision to make their own. Bosh could've gone to Houston or Miami right away, and Carmelo could've gone to New York or Chicago, but waited for LeBron because they wanted to make the right decision. They wanted to make the best decision in order for them to play with or beat LeBron. Now think what if this never happened?

What if LeBron would've decided to stay in Miami? Well for one he wouldn't be in position to win a championship. The Heat will not be good enough this year even with LeBron. Also, he wouldn't have even made a footprint in the NBA this offseason.

PRESIDENTS' BOWL 2014

BY DYLAN HALL

In a classic battle between the top two teams in the state, the Pats came out with a huge win, beating RHS 35-27 in the second game of the President's Bowl.

LHS went down early, giving up two quick touchdowns on deep passes by RHS quarterback Taryn Christian, putting RHS up 14-0 early in the game. LHS senior quarterback Isaiah Roach was not phased by the slow start, as he led the team on two long drives, both capped with touchdowns from senior Braxton Large, who would finish the game with 109 yards and four touchdowns.

The Pats offense would continue to come up big every time they needed to. After another touchdown by Large right before halftime, Roach hit senior Nickel Meyers for an 81-yard touchdown putting the Pats up 28-17 in the third quarter. RHS would bounce back and score a touchdown on the next drive, making it 28-24. On the ensuing drive, Roach would lead the LHS offense down the field, making multiple huge plays, including a 16-yard pass to Meyers on a key fourth-down. LHS would score one more time sealing a 35-27 Pats win.

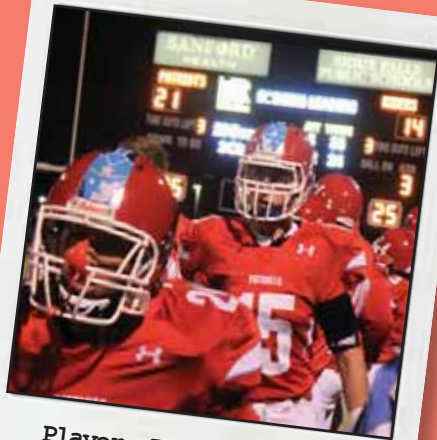
Every time the offense needed a big play, Meyers was there to make it. He finished the game with nine receptions for 196 yards and one touchdown.

"It was a big game for us," said Meyers. "We came out and did our thing, and we played well enough to get the win."

The crazies were out in full force as a sea of white descended upon Howard Wood before the game. The LHS student section was packed last night and everyone was cheering loud, helping the team get the win.

LHS is now back to being the top ranked team in the state, picking up right where they left off last year. If they can keep playing like they did against RHS, they could go back to the DakotaDome for a second year in a row.

"We still have the same expectations as last year," said Meyers. "We won't settle for anything less than another state championship. Hopefully we can take this all the way to the Dome again."



Player, Paul Thanel walks onto the field

PHOTO BY SYDNEY MILLER



A sea of white in the student section

PHOTO PROVIDED BY MELISA MIFTARI



Grace Fjellanger, Dakota Weisbecker, Michelle Haas

PHOTO PROVIDED BY GRACE FJELLANGER



Hannah Faris, Brooke Phillips, Kayli Fitz and Frannie McMunigal

PHOTO PROVIDED BY BROOKE PHILLIPS



Players stand on the sidelines

PHOTO BY SYDNEY MILLER



Students tailgating before the game

PHOTO PROVIDED BY MEGAN SPEARS



Griffin Lockwood-Powell and Zoe Roberts

PHOTO PROVIDED BY ZOE ROBERTS



Band members Cailyn Ganter, Lilly Briggs, Michala Graanstra, Anne Hall and Jenna Bennet

PHOTO PROVIDED BY MICHALA GRAANSTRA

"I BELIEVE THAT WE JUST WON!"

LHS

Coaches Insight



Coach Halseth thinks...



Coach Doyle thinks...



Coach Jarovski thinks...

Who is the best college football team in the country?	The Oregon Ducks. The way they beat up on my Coyotes in week #1, they have to be the best.	I would like to say the Nebraska Cornhuskers, but it's probably the Oregon Ducks.	The Wisconsin Badgers.
Which NFL team will win the Super Bowl this year?	Has to be the Minnesota Vikings. They clearly dominated in week #1 against the Rams.	Seattle Seahawks. They have the best defense in the NFL and defense wins championships.	Green Bay Packers!! Go Pack Go!
Who will be the best player in the NFL this year?	Cordarrelle Patterson of the Minnesota Vikings. He had 102 yards rushing. Not too bad for a receiver.	Calvin Johnson of the Detroit Lions.	Aaron Rodgers.

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Help us find our friend Murphy!

Murphy will be hiding in every issue of the *Statesman* this year. When you find him, take a picture and tweet it with the hashtag,

#WhereIsMurphy

One random entry will be chosen each month to win a **PRIZE** provided by the senior class parents.

Soccer kicks off a new season as a sanctioned sport

BY ALISHA AUVEN

Since 1997, high school soccer in Sioux Falls has been a club sport. Players would run on the field with red, white and blue jerseys, but it was not classified as a sanctioned LHS team. They would practice just as much as the football players and sweat just as much as the basketball team. But still, they were not receiving the same recognition. This year the LHS soccer players, including senior Katie Gillette and junior Jamal Awadallah get to play on the now sanctioned, LHS soccer team.

"It's great that soccer is sanctioned this year because it allows us to play against more teams. In previous years the school district didn't have enough money in the budget to add soccer as a sanctioned sport," said Gillette.

Being sanctioned means that the sport is school sponsored, and all expenses are covered by the school. Now that soccer is sanctioned, the players get to ride the bus. This gives them more opportunities, as it was hard for the players to find rides all the way up to places far away, like Rapid City.

"It's a good social experience to get to know our teammates better when we all have to ride the bus together for out of town games," said



PHOTO BY SYDNEY MILLER

Blake Hustrulid 10, Jamal Awadallah 11 and Daniel Patterson 11 get ready to take a free kick.

Awadallah. "Also, as being chosen as one of the captains this year, I intend to enhance my leadership skills by helping out and talking to the underclassmen."

In order to be a good team, it is important to be connected with the teammates on it. If a team works together and gets along, it is easier to play together. Another great part about soc-

cer being sanctioned is that it adds new faces to the team.

"Being sanctioned gives more kids, who couldn't afford it before, a chance to play and usually you find quite a bit of talent in that group," said Awadallah.

Having soccer being sanctioned this year

opens up doors for many students. This means that kids with less financial support can play school soccer. In previous years the kids would have to pay for jerseys. The teams received new jerseys that have been bought by the school, due to soccer being sanctioned.

"I believe all school sports should be sanctioned and recognized by the school," said Gillette.

There are only a few sports that are not sanctioned; including, softball, baseball and bowling. Although some sports may not be sanctioned, that does not limit how many wins the teams have throughout the season.

"I think our team is strong with or without being sanctioned, but it is nice to have the benefits of being a sanctioned sport," said Gillette.

High school soccer is a very important sport to numerous LHS students. Now that soccer is sanctioned, the players can run on the field with pride knowing that they are representing their school.

"There is one thing that is unique about high school soccer, the pressure. Nobody wants to let their fans down, especially when you're one of the leaders," said Awadallah.

Can Little League make a comeback?

BY MADDY HACKETT

Having a more competitive team, getting aired on national TV and giving every kid a chance to play, it sounds like Little League is too good to be true. So is it?

Believe it or not, Little League is more than just a baseball organization that gets TV time. Little League may get to put on an international tournament every year, but after the kids outgrow the 13-and-under team and move to legion ball, the fame is over and they are forced to check back into reality.

"Little league teams play other little league teams like any organization would," said Sioux Falls Falcon's coach, Tim Wishard. "Then when they are done with their league games, they play in a state tournament. From the state tournament they create two all-star teams from each state and then those teams go to regionals. If they do well enough, they go to super regionals, and if they perform really well, they get the chance to compete in the national tournament."

Wishard used to live in Rapid City, where their Little League team is known for being

good every year. What people might not know though, is that Brandon and Mitchell both have Little League teams set up in their com-

munities as well.

"The reason the Rapid City Little League team is so good every year is because they have



PHOTO PROVIDED BY MCT CAMPUS

Mon'e Davis is just the 7th girl to play in the Little League World Series and was still one of the best pitchers on the field. Her team got all the way to the Championship.

awesome parent volunteers who are running a good program," said Wishard. "This goes for any team. If the SEBA program in Sioux Falls had solid coaching, they could be just as good as any Little League team. A good foundation is the key to a successful team."

The Philadelphia Little League team had a very successful season this year with the help of their superstar pitcher, Mo'ne Davis. She is one of the first girls to participate in Little League baseball, and the first girl to take her team all the way to the championship. Davis is arguably the best player on the Philadelphia team, and she proved that through her pitching.

"Davis has positive impact on girls everywhere who want to play baseball, but not just that. Davis is so open about her thoughts on the future and what she wants to do for a career," said Wishard. "She's playing baseball and basketball and is excelling in both; in fact, she wants to be a professional basketball player when she grows up. I think if Sioux Falls starts a Little League team, they should teach the kids to focus on having fun like Philadelphia is doing with their kids."

SOFTBALL



Katie Strande, 12
Pump up song: "Jill Ricke's laugh"
Good luck charm: Isaiah Roach
Guilty pleasure: Striking boys out



Jill Ricke, 11
Pump up song: "No bad days"
Good luck charm: Playing outfield
Guilty pleasure: I'll find out when we win a game.



Kenady Landon, 12
Pump up song: Any song Jill Ricke sings during warm ups.
Good luck charm: Tim's bald head
Guilty pleasure: The second half of Taylor Kokenge's tooth

BOYS' GOLF



Jacob Hackel, 12
Pump up song: "Eye of the Tiger"
Good luck charm: Rubbing Josh Dannen's belly for good luck
Guilty pleasure: Happy Gilmore tee shots



Tommy Vining, 12
Pump up song: "Still Tippin'" by Mike Jones
Good luck charm: Frau and Dale
Guilty pleasure: Germany



Ben Prisbe, 12
Pump up song: "Love on Top" by Beyonce
Good luck charm: I don't need luck.
Guilty pleasure: Gambling

GIRLS' TENNIS



Jessie Rames, 12
Pump up song: Whatever Jess Ackert is singing
Good luck charm: Aidan Deboer
Guilty pleasure: Watching Kaitlin Olson lose her match.



Kaitlin Olson, 12
Pump up song: "Hotel Room" cover by Jessie Rames
Good luck charm: Aidan Deboer
Guilty pleasure: Jess^2



Jess Akert, 11
Pump up song: "Dinosaur" by Ke\$ha
Good luck charm: Caleb Rector
Guilty pleasure: Creeping on pictures of Zoe and Daisja

BOYS' CROSS COUNTRY



Will Lauer, 12
Pump up song: "Helena Beat" by Foster the People
Good luck charm: My watch tan.
Guilty pleasure: Frozen blueberries



Nathan Schroeder, 12
Pump up song: "Hall of Fame"
Good luck charm: Pillsbury Dough-boy
Guilty pleasure: Anything from China



Anders Rasmussen, 12
Pump up song: "Midnight City" by M83
Good luck charm: Burke Nielsen's neck
Guilty pleasure: Looking at Jack-threads.com.

GIRLS' CROSS COUNTRY



Katie Patrick, 10
Pump up song: "Remember The Name" by Eminem
Good luck charm: When cute boys watch me
Guilty pleasure: Graham crackers and milk while watching "Gossip Girl"



Sydney Sweeter, 11
Pump up song: "Beep" by Pussycat Dolls
Good luck charm: Squad 3- you know who you are.
Guilty pleasure: "The Bachelor"



Brooke Infield, 11
Pump up song: "Can't Hold Us" by Macklemore
Good luck charm: I have a lucky ponytail holder that I wear at every race.
Guilty pleasure: Fruit snacks

BOYS' SOCCER



Erik Rossing, 12
Pump up song: "I'm Shipping Up To Boston" by Dropkick Murphys
Good luck charm: Pablo's hair
Guilty pleasure: Making a goalie run during games.



Parker Bullard, 12
Pump up song: Any of Bailey Monson's song covers on Instagram
Good luck charm: Esther Breukelman
Guilty pleasure: Sometimes I pretend I'm dating Sydney Miller.



Keaton Leslie, 12
Pump up song: "Dale Migh" by Kendrick Lamar (featuring Q-dogg and the Fam)
Good luck charm: My Deja Vu rewards card
Guilty pleasure: The Paige



Teren Schuster, 12
Pump up song: Anything by Fergie
Good luck charm: Madeline Kelly
Guilty pleasure: Cesar's hair



Cesar Cuellar, 12
Pump up song: Anything with trumpets, maracas and guitars
Good luck charm: Lucky Charms
Guilty pleasure: Adam Brandner



Adam Brandner, 12
Pump up song: BJACN'S cover of "Hold On, We're Going Home"
Good luck charm: Luck?
Guilty pleasure: Cuddling with Nate Bolger, discussing the fallies that have been fallen us.

GIRLS' SOCCER



Hannah Faris, 12
Pump up song: "I Want Candy" by Aaron Carter
Good luck charm: Two sets of twins on our team
Guilty pleasure: I eat a Taco Johns taco and ole's before every game.



Katie Gillette, 12
Pump up song: "Burning Up" by The Jo Bros
Good luck charm: My handshake with Ellie Leach
Guilty pleasure: Toe Socks



Ellie Leach, 12
Pump up song: "Burnin' Up" by Jonas Brothers
Good luck charm: My and Katie Gillette's handshake
Guilty pleasure: Climbing trees



Maggie Smither, 12
Pump up song: "Get'cha Head In The Game" by HSM
Good luck charm: My razor scooter named Baxter
Guilty pleasure: It's a secret!



Brooke Forsman, 12
Pump up song: "We Didn't Start The Fire" by Billy Joel
Good luck charm: My shrinky-dink necklace
Guilty pleasure: Watching Steve try to be serious, "I'm not laughing."



Brittany Forsman, 12
Pump up song: "Money On My Mind" by Sam Smith
Good luck charm: Melanie Loe's prominent chin
Guilty pleasure: Eating Culvers with my clique on game day.



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to discover.**

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One-on-One Visits: M-F, 8 am-5 pm

Jackrabbit Previews: Fridays this fall

Honors Visit Day: Friday, October 10

Register for your visit at sdstate.edu/visit or 800.952.3541.

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