FIND ME IN THE PAPER

- This picture will be hidden in the Blue Ink somewhere.
- Look for it throughout the issue as you read the articles and browse the pictures.
- Thank you Mrs. Granberg for creating the Blue Ink dragon

WORTH MENTIONING

- Wrestling hosts a quad tonight and basketball has a double header tomorrow..

GERMAN PHRASE OF THE WEEK

- Vacation
  - **Urlaub**
- Thanks to Johanna Knauer for providing the Phrase of the Week.

January 15, 2026
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Garretson High School
Garretson, SD

GARRETSON
BLUE DRAGONS

Blue Ink



Winter scaries take hold

by **Harper Hanisch**
staff writer & infographic creator

Seasonal depression seems to strengthen by mid-January due to cold weather, lack of sunlight

Picture this: it's mid January, all the holidays are over, it's 10 degrees outside, and Monday. Not a very cheery scene, is it? In the dreary winter months of South Dakota, days can feel draggingly long. For children that are student/athletes this can be particularly challenging. Basketball and wrestling are two major winter sports that come to mind, ranging from October to February. Students participating in basketball or wrestling often endure early mornings and late nights, only to be followed by a full school day.

Although sports can be a fun activity, they are also mentally and physically exhausting.

This feeling can be referred to as seasonal depression or more lightly, the "winter scaries." Believe it or not, approximately 50% of South Dakotans experience this feeling! It is caused by a build up of stress, reduced sleep, and a lack of exposure to the sun (vitamin D). Being a student/athlete or student, all of these factors are more prevalent in the winter.

There are many ways to manage the winter scaries such as spending more time outside, staying active, and going to sleep earlier. For student/athletes these tips may look a little different. Being in practice, games, and school from sun up to sun down, there is no extra time to spend outside. Therefore, you should cherish the weekends. Spend this time doing a reset for the upcoming week. Opening up and talking to a trusted parent, friend, teacher, or counselor can also be helpful.

At the end of the day, winter in South Dakota can be tough. Take it day by day, prioritizing things that make you happy. Before you know it, spring will be here!



Halfway through girls hoops



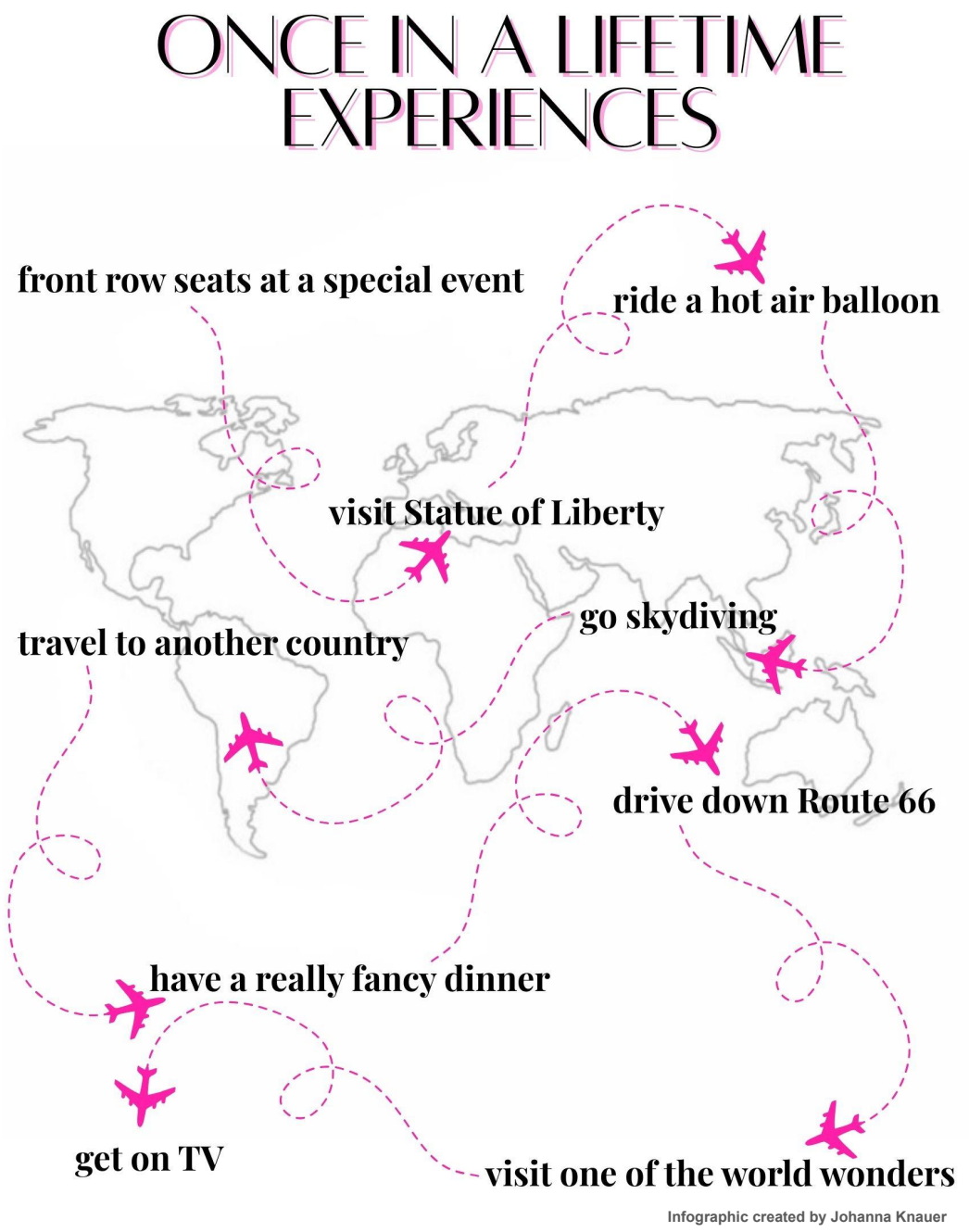
by **Zach Hermanson**
staff writer & infographic creator

At the midpoint of the 2025–2026 season, the Garretson Blue Dragons girls basketball team holds a 1–8 record, compared to about 3–5 at the same point last season. They finished last year with a 5–16 overall record, showing that this year has been more challenging so far.

The girls are averaging 26.7 points per game this season. Shooting has been a struggle, with the team hitting 22.9% from the field, 14.9% from three-point line, and 27.3% from the free-throw line. These numbers have made it harder for the team to stay competitive offensively.

Garretson has shown effort on defense, with 177 rebounds and 74 steals, and the team has totaled 30 assists, showing teamwork and ball movement in games.

The next game is against Colman-Egan, giving them another chance to compete. One of the closest games so far came against Canton, where Garretson lost 42–32. In the second half of the season, the team will look to improve shooting while continuing strong defensive effort.



January 15, 2026 I ISSUE NUMBER 13-020

New spelling bee champ is crowned

Third through fifth graders take on a fight with words

by **Shea Smidt**
staff writer

The spelling bee is a tradition every year. Grades 3rd through 5th compete every year to see who's the best speller in the elementary. The event was on Wednesday morning at the school.

Three time champ, Landen Snyders, was undefeated but did not compete due to being in middle school now. So this year there was a new champion of the spelling bee.

A total of 24 kids competed, four top spellers from each classroom. The winner of the entire thing received a $30 Barnes and Nobles gift card and got an opportunity to participate at the regional spelling bee in Mitchell, if that is won they get to go to the state spelling bee.

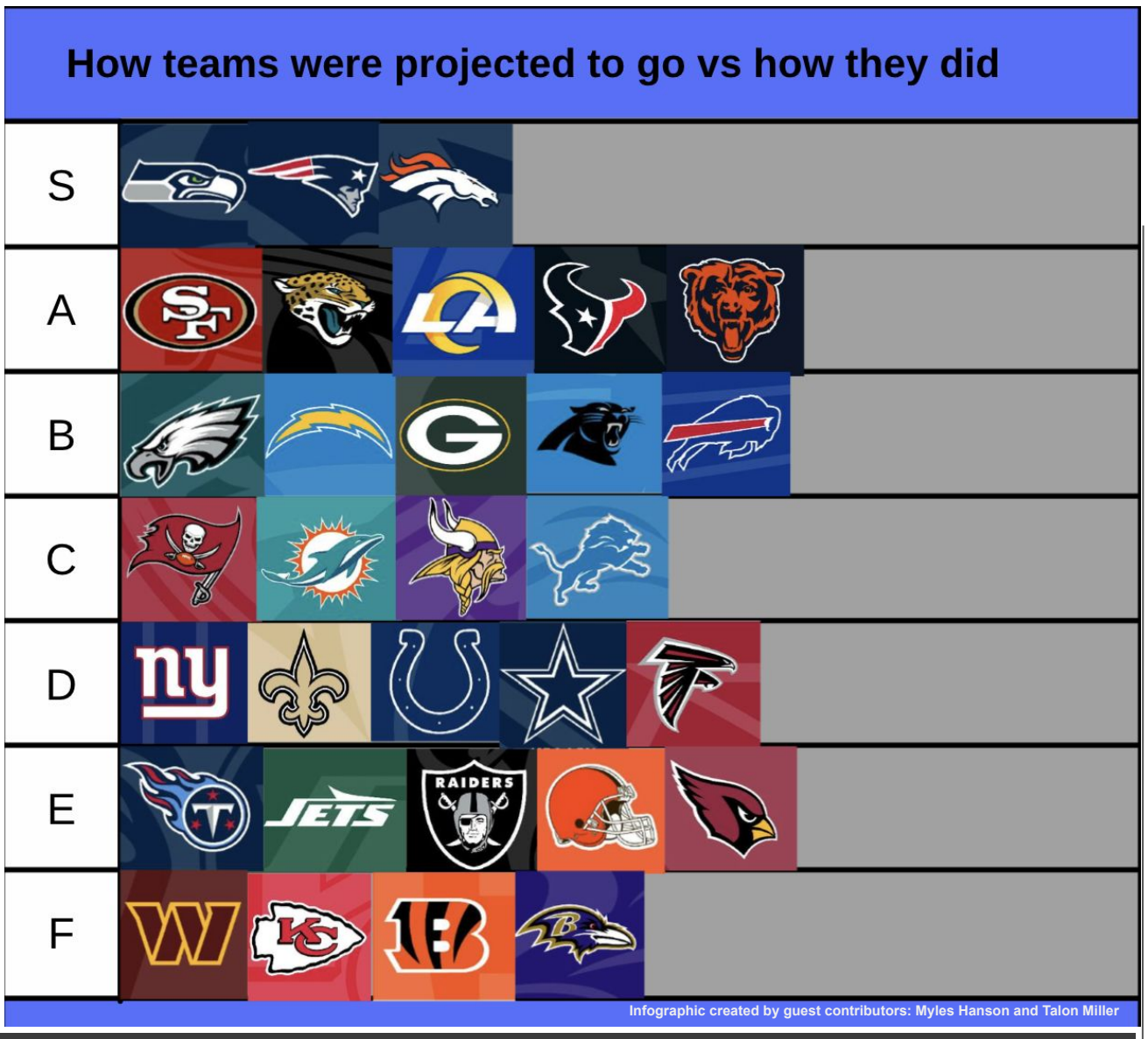
Every class will had a winner, though, who received a $15 Barnes and Noble gift card.

Congratulations to our winner Coyer Buchholz. After getting second the past two years, he rose to the occasion and became the spelling bee champ.

Allison Schmid, who finished third last year, gave it her all and moved up to second place. But she's only a fourth grader, so she will get another chance next year. Ingrid Jacobson rounded out the podium for third place.

The spelling bee lasted a total of 12 rounds and continued to be a part of Garretson Elementary tradition.





Infographic created by guest contributors: Myles Hanson and Talon Miller

Senior Spotlight
Levi Top

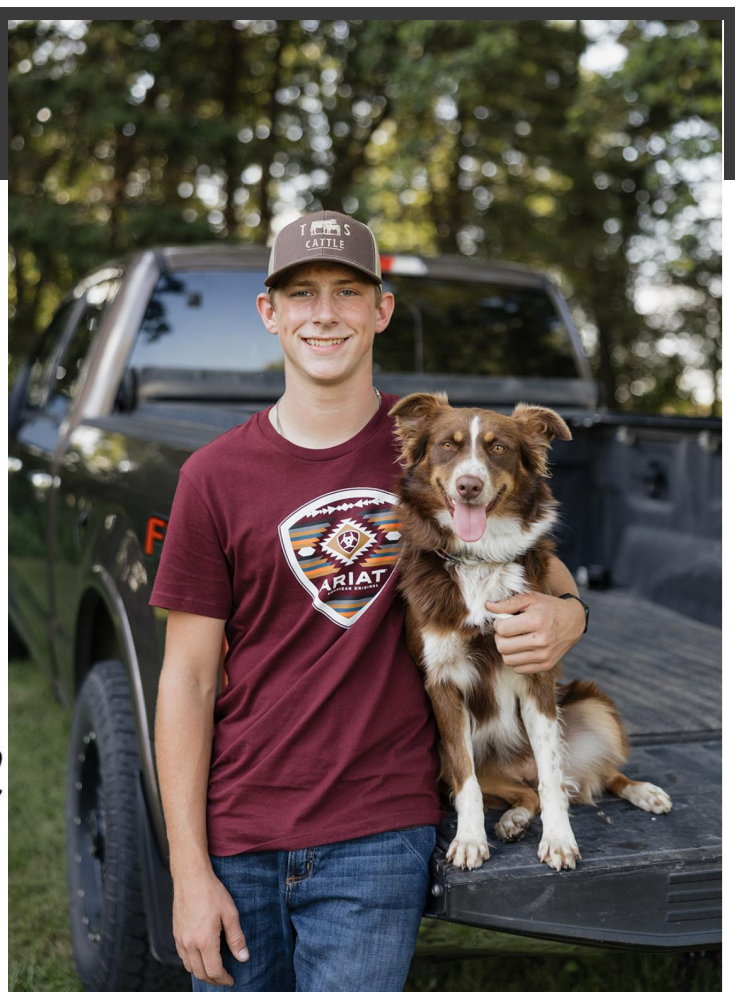
Activities Involved In:
Trapshooting
FFA
Youth Group
Baseball

Who/What Will You Miss Most:
Games

Favorite School Lunch:
Pizza

Favorite Class You've Taken:
Earth Science

Plans for Next Year:
Go to Lake Area Tech for Ag Productions



Class Of 2026

This Week's Need to Know

Upcoming Events

Thursday, January 15
- Wrestling v. Quad (V-H/I-W, Mar./Free., Chester)

Friday, January 16
- No School - Staff Inservice
- JH GBB v. Colman-Egan (3:30)
- JH BBB v. Colman-Egan (4:15/5:00)
- GBB v. Colman-Egan (3:30/6:00)
- BBB v. Colman-Egan (4:30/7:15)
- Girls Wrestling @ Harrisburg (4:00)

Saturday, January 17
- JH BBB @ Sioux Valley Tourney (9:00)
- Girls Wrestling @ Mitchell (9:00)
- Boys Wrestling @ Tri-Valley (10:00)
- C BBB @ Parker/Marion (11:00)

Monday, January 19
- No School - Dr. Martin Luther King, Jr Day

Tuesday, January 20
- Elementary Cheer Practice (3:30)
- GBB @ Alcester-Hudson (5:00/6:15)
- BBB @ Alcester-Hudson (5:00/8:00)

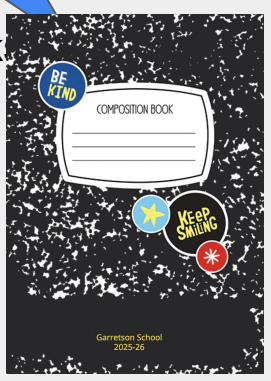
Thursday, January 22
- JH BBB @ Tri-Valley (4:00)
- GBB v. Dell Rapids (6:00/7:15)
- Elementary Cheer Performance (Halftime of GBB)

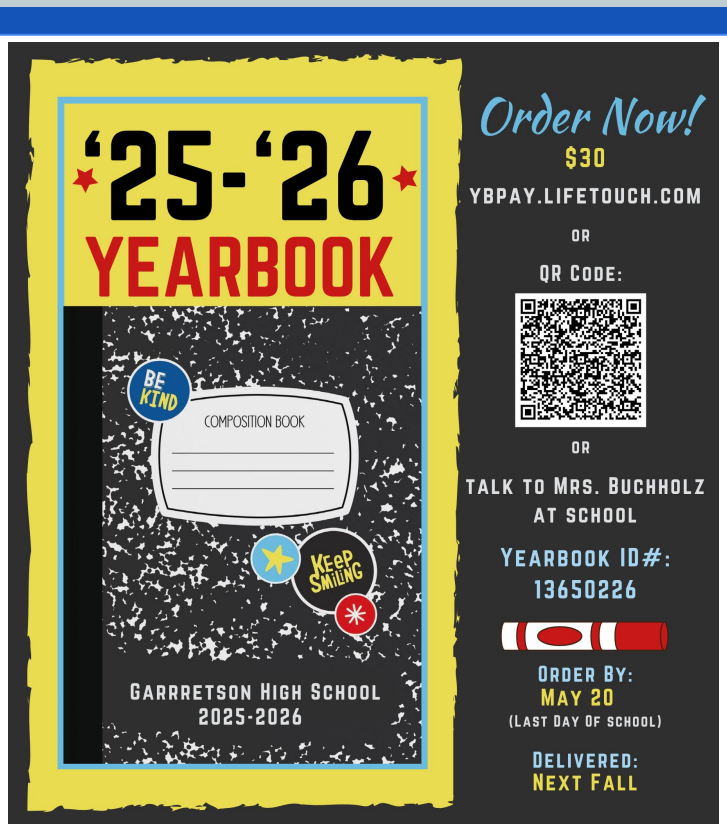
Worth Mentioning

NO SCHOOL already! Tomorrow there is a staff inservice and then on Monday it is Dr. Martin Luther King, Jr Day. Enjoy the four day week, four day weekend, and then another four day week.

CONGRATULATIONS to all of the students who have been recognized for showing positive ACE qualities (Attitude, Character, Effort). Our five winners from November are Cooper Smith, Alyssa Olson, Drew Chester, Caylix Buchholz, and Bryce Howe. Please see Mrs. Costello in study hall for an extra reward.

ORDER YOUR '25-'26 YEARBOOK today. They are $30 each, a steal for the millions of memories made this year. You can order online at ybpay.lifetouch.com. Please come find Dr. Buchholz if you have any questions.







Snowmobile Safety

Finale tied up most loose ends, but left room for more

On Sunday, January 25, there will be a free snowmobile safety training available to anyone 12 years of age and older.

The safety course put on by Siouxland SnoTrackers will take place at Nordstrom's Automotive from 1-4 pm.

The course focuses on operation safety and ethics, proper clothing, trail markings, safety gear, and more.

If there are any questions or an interest in attending please contact the Siouxland Snotrackers by email at siouxland.snotrackers @gmail.com.

Are You Smarter Than a 5th Grader?

SOUTH DAKOTA EDITION

1. What is the capital of South Dakota? **PIERRE**
2. Which mammal is the state animal of South Dakota? **COYOTE**
3. What national memorial features the faces of four U.S. presidents carved into a mountain? **MOUNT RUSHMORE**
4. What is the official state nickname? **THE MOUNT RUSHMORE STATE**
5. What city is known as "The Heart of the Black Hills"? **RAPID CITY**
6. What is South Dakota's state bird? **RING-NECKED PHEASANT**
5. What is South Dakota's state bird? **RING-NECKED PHEASANT**
6. Which river forms the eastern border of South Dakota? **MISSOURI RIVER**
7. What is the largest city in South Dakota? **SIOUX FALLS**
8. In what year did South Dakota become a state? **1889**
9. What famous South Dakota attraction hosts an annual Motorcycle Rally? **STURGIS**
10. In what year did South Dakota become a state? **1889**

Infographic created by Blake Benson and Bence Bonste



Senior Activity Spotlight



Jesse James Invite

by **Chase Arend**
staff writer

The Jesse James wrestling tournament is a huge event in the Garretson community. Beginning in the early 2000s, the Garretson wrestling tournament has been a staple in the community for multiple reasons. First starting off with the wrestlers, the varsity wrestling team had the Jesse James meets this past weekend and there were multiple placers.

Sixth place from Chase Costello, Talon Miller, Beckett Dickey, and Ty VanHolland. Fourth place Chase Arend, Drew Chester, and Tanner Baatz. Second place Bence Bonte, and first place Blake Benson. Winning the overall team tournament was Tri-Valley with Garretson coming in fifth. Mr. Bohl said, "The wrestlers are making huge improvements, and are on the right track to succession this year."

There have been countless members throughout the years of the tournament who have helped this tournament grow and grow. Tony Martens and Dave Wagner have been a huge part of the success of this program, not by just helping in the tournament but being a great example for the decades to come by showing their hard work for this tournament since the start. Teams who have been at the Jesse James tournament are Tri-Valley and Flandreau.

In conclusion there is more to the tournament than just the metals and the matches. It's about communities coming together for a special event held once a year. The hard work and dedication of the Coach's, volunteers, parents, and the wrestlers are the reason why this tournament is where it is today, and how it will bring wrestlers and fans in years to come.

Analog 2026

Trend brings a break from the digital age

by **Cece Fiegen**
staff writer & infographic creator



“2026 is the year of analog,” is ironically becoming a popular statement online. Analog, in a nutshell, is simply the opposite of digital. The average person looking into the analog lifestyle should know what it entails, reason for it becoming popular, and embodiment of the trend before diving into the trend.

Going Analog

The analog lifestyle has slowly been gaining traction among Millennials and Gen Z, but it is still an underground idea. The word “analog” was created to be the opposite of the word “digital”, which most people know as anything relating to technology, the internet, and electronic devices. An analog lifestyle is similar to the analog word, but very few people truly mean disconnecting from all technology. Most are referencing a purposeful shift away from many modern devices, but more specifically, smartphones and social media.

Analog living emphasizes reconnecting with real people and reclaiming time by unplugging from the internet. The trend is rooted in a longing for a change in lifestyles while breaking away from the need to scroll endlessly.

Rising in Popularity

The average screen time for a Gen Z person in America is nine hours a day, and the more time they spend on it the less satisfied they report being. It has been known for years that high screen time can be directly attributed to increasing anxiety and depression. Many are taking analog living as an opportunity to reclaim their life after being “trapped” online for years.

Another reason the analog lifestyle is on the rise can be attributed to many people longing for real, *human* interactions. With over half of social media users saying that they are uncomfortable with the use of AI in ads and content, many are seeking for something more real. This is encouraging reconnection among communities and people. Cookouts, craft nights, and book clubs, which are all analog activities, have all been rising in popularity with more people wanting to gather in person with friends and family.

Embodying the Analog Lifestyle

When trying to embody the analog lifestyle, most people participating find it difficult to unplug from the digital world after being on it since a young age. Many find it especially strenuous to quit or moderate phone usage when all of their entertainment, photos, music, and habits reside there. This is where living analog comes in, it disconnects these things from a smartphone.

Instead of relying on smartphones for instantaneous entertainment, replace the habit with real hobbies. It may take awhile to find one, but there is a hobby suited for everyone. Instead of spending hours curating an Instagram post, spend that time scrapbooking. Or replace online gaming with playing card or board games with friends and family.

People are often hesitant to get off their phone or delete apps because of years of virtual media that are at risk of being erased. Swapping playlist with thousands of songs and camera rolls with thousands pictures, with an iPod or a CD collection and digital cameras that can be transferred to real photo albums. When the amount of songs and pictures are limited, numerous people find themselves being more intentional about each picture they take and song they listen to.

Followers of this trend will argue that going analog is not about buying the aesthetic, but about being intentional about managing time by disconnecting from smartphones. This can be as simple as making your smartphone “dumber” by deleting all distracting apps, which costs zero dollars. If it is needed to purchase things to assist in becoming analog, the best place to look is a thrift store or a grandparent’s house.

Only Time Will Tell

Technology used to be an escape from reality but now people want to escape technology and to return to reality. The shift in people wanting to separate themselves from their phones is something fairly unique to recent years. Because of this, time will only tell what the outcome will be.



Boys basketball hits midpoint of season

Multiple contributors lead Blue Dragons to over .500 winning percentage, still half of the games to go

by **Colton Buchholz**
staff writer

Believe it or not, the 2025-26 Garretson Boys Basketball team is halfway through their season. With that being said, that still means that there is still more room for improvement.

The Blue Dragons are sitting at 6-4 at the mid-point just coming off of a big win against Mount Vernon-Plankinton 59-44. Garretson has gotten back on track after a tough loss to St. Mary with two straight wins. Tomorrow, the boys will finish their back to back home games by taking on the Hawks of Colman-Egan.

Looking ahead to the future, the Boys team will have two away games: Alcester-Hudson and Flandreau, and then work their way back home for a five game home stretch.

This year, the Blue Dragons boys basketball team is only looking better and hopefully able to make a sneaky run in the playoffs.

This year, our stats haven’t been taken over by just a couple people, it has been mostly spread out through our starting lineup, and even some key bench players as well.

Juniors Carter Siemonsma and Jackson Arend lead almost all the statistical categories but are solidly supported by senior Brecken Weir, juniors Isaiah Coburn and Ethan McGregor, sophomore Shea Smidt, and freshman Colton Buchholz.