



XC ran in Lennox yesterday. Preston Bohl and Tayler Benson led their squads, finishing in 8th and 16th, respectively.

# Blue Ink



## Great face, same place

*Garretson alum comes back to building to teach the newest Blue Dragons*

by **Peyton Hove**  
staff writer

You’ve probably seen a familiar face in the halls this year, Garretson alumni Peyton Heitkamp is back and is helping out in the elementary this semester. Heitkamp graduated from Garretson in 2016, and is now a senior at South Dakota State University. She is spending her first semester not on campus but in the Title 1 room with Mrs. Macziewski. “I am an assistant there, and we are now able to work with more students with me in the room with her,” stated Heitkamp.

While in the Title 1 room, she helps students with reading and math. At first she didn't know what to expect coming back, but she was glad with her decision to come home and help.

The reason why Heitkamp chose to become a teacher was because of the many great teachers she had growing up. However, when asked on if she has always wanted to be a teacher Heitkamp replied, “I wasn’t always planning on being a teacher, but the more time I got to work with kids when working at the daycare and preschool during college, which I

loved, then I knew.” Since the roles are reversed for Heitkamp, being the teacher in Garretson rather than the student, she expressed it doesn’t feel so different anymore and has become used to being the “adult” in the room. While still being a full time college student with online classes, Heitkamp said, “My favorite part is being back in a school. Being away at college is great but now that I am getting closer to graduating and my career goal. It’s been so nice to get more experience in the classroom with students.”

As of now, Heitkamp will only be here for the first semester; but if GHS found funding to keep her for the whole year, we asked Heitkamp if that would work for her student teaching. “I am not sure if a Title 1 room works for student teaching for an Elementary Ed. degree. Although I love the experience and getting to work in the Title 1 classroom, I think I need a traditional classroom with 20+ students. That will help me work on classroom management and full day lesson plans.”

If things go as planned with COVID still allowing students in classrooms, Heitkamp has applied to



Peyton Heitkamp is a 2016 graduate of Garretson and is now sharing her talents and passions with her alma mater. Heitkamp is currently working in the Title1 room but will be finishing her education degree in the spring with her student teaching placement hopefully at Brandon elementary.

Photo by Peyton Hove

three elementary schools in Brandon to student teach for this spring. She stated, “With the experience I am getting now, I am learning so much with ways to teach and what methods and curriculum teachers use. But by getting it in small doses working with small groups, I think this will help me a ton while student teaching, because I will already be familiar with things like that.”

Despite this being a different year, Heitkamp is enjoying her time back in the Garretson School District. She hopes to stay close to home next fall and is looking forward to having her own classroom. So next time you see Ms. Heitkamp, don’t be afraid to say hi.

### This Week’s Need to Know

**FACT OF THE WEEK:** If you replace the “W” in where, what, and when with a “T”, you get the answer to your question.

**LIFE HACK OF THE WEEK:** Trying to hide something you wrote? Write random words and letters over the top instead of scribbling.

**JOKE OF THE WEEK:** What do you use to fix a jack-o-lantern?

**BRAINTEASER OF THE WEEK:** Solve this rebus puzzle.

Answers to  
joke and  
brainteaser  
are on the bottom.

DAYSALLWORK

### Upcoming Events

- Friday, October 2**
- FB @ Elk Point-Jefferson (7:00)
- Monday, October 5**
- JH/JVFB @ Elk Point-Jefferson (4:00)
  - JHVB @ Elkton-Lake Benton (4:00)
  - VB @ Elkton-Lake Benton (6:15/7:00)
- Tuesday, October 6**
- JVVb v. DR St. Mary’s (4:00/5:00)
  - VB v. DR St. Mary’s (6:15/7:30)
- Thursday, October 8**
- XC @ BEC in Volga (4:00)
  - JHVB @ Canton (4:00/5:00)
  - VB @ Canton (5:00/6:15/7:30)
- Friday, October 9**
- No School—Teacher In-Service
  - FB v. Bridgewater-Emery-Ethan (7:00)

### Worth Mentioning

**Congratulations** to soccer on their successful season. The Blue Dragons narrowly missed out on state playoffs, being overtaken by St. Thomas More by 0.077 points on the last day of play.

**COUNTDOWN TO BREAK: 7 Days**  
Next break is October 9 through 12 —staff in-service and Native American Day

## A battle to keep Fortnite running

by **Camas Johnston**  
staff writer

Starting in February of 2020, people started to see fake Twitter accounts posting about the Popular Battle Royale game Fortnite being shut down by June then others saying the closure would be around September or even October. September has come to a close and so far these rumors have been verified by many papers as false.

On the other hand Apple Insider has revealed that the



Photo credit: <https://eleccafe.com/2020/08/14/fornite-declares-war-on->

Apple corporation has deleted the Epic Games Developer account. Epic Games is the company that owns and created the game Fornite.

This move has completely eradicated the company’s ability to submit any updates or games. This could cause the bugs in the game to become even more of a problem, and some players will be upset that they can’t get the newest content.

Fortnite is currently absent from the App Store and can only be played by people who have already downloaded the app, and if they accidentally delete the app they will not be able to get it again.

Apple decided to delete Epic Games Developer account because they were not following the Apple store guidelines. According to Apple Insider, Epic Games purposely did not follow the guidelines to protest Apple’s new policy that all developers were to give 30% of profits from the games they create for the App Store.

As people continue to play this game, the lack of updates could become a serious problem. People will start to get annoyed by any bugs they find, and on top of that they wouldn’t be able to access any of the new content available on other platforms.

Fortnite has also been removed from the Google Play Store for the same reason as Apple. The game is still available directly from the developers Epic Games, and the Galaxy Store.



Photo credit: Nintendo

**JOKE:** A pumpkin patch

**BRAINTEASER:** All In A Days Work



# COVID-19’s effect on mental health

by **Rebekah Roth**  
staff writer

With the rise of the COVID-19 virus in the U.S., much has changed in daily life, including mental health. The coronavirus has had apparent negative effects on mental health, causing an increase in emotional issues for everyone ranging from adolescents to senior citizens.

Research has proven that this wave of poor mental health is connected to the isolation and loneliness which many people felt when self-quarantining. Additionally, the shutdowns and closings of many jobs left those in the workforce with high lev-

els of stress since this left millions without a source of income.

Data recorded from late March of this year displays that 47% of people who were participating in lockdown reported experiencing negative mental health, such as stress, worry, and anxiety related to the coronavirus. Correspondingly, 37% of people who were not participating in lockdown reported the same negative effects.

Prior to COVID-19, it was recorded that 47 million, or one in five U.S. adults had a mental illness, 11 million of those being severe mental illnesses that interfered with daily life. More recently, from May through July 2020 during the pandemic, over

one in three U.S. adults reported symptoms of depressive disorder or anxiety.

According to the Centers for Disease Control and Prevention (CDC), “The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children.”

Yet, this did not change the CDC’s stance on health measures during the COVID-19 pandemic, as they later stated, “Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.”

Now, with the reopening of schools and many workplaces, many students and adults are concerned with the health of themselves, their families, and others. Although, with the proper safety measures, this will help students and workers to be healthier mentally by providing them needed social interaction and creating healthy routines.

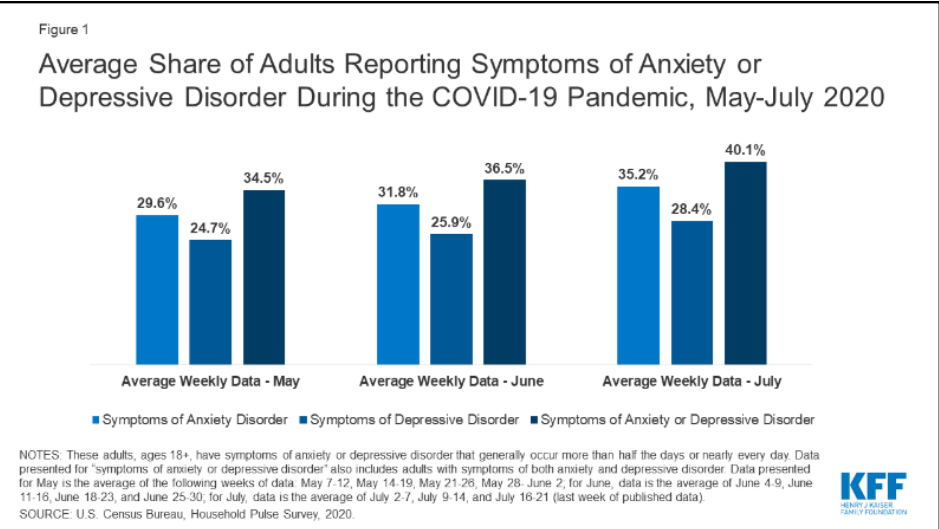


Chart of the Average Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic, May-July 2020

# Hove sets up teammates for success, gets some of her own

Earlier this week when Garretson hosted the Alcester-Hudson Cubs in the Dragons’ Lair, senior setter Peyton Hove accomplished something that hasn’t been done in over a decade. Hove recorded her 1,000th career assist. The last Blue Dragon volleyball player to do so was Morgan Ellefson who reached that feat in 2009.

As excited as Hove was her focus was still set on the team. “I’ve always wanted to get 1,000 assists since my freshman year but I wasn’t sure if I’d be able to do it, because we needed a lot of improvement.”

“It was never my #1 goal,” she continued. “My goal is always focused on the team and how I can help them. But the fact that I was able to accomplish this shows that our whole program is improving.”



Peyton Hove gets under the pass to set up her teammates. With the set and kill, Peyton tallied her 1,000th career assist. To top off the night Hove and the Blue Dragons took down the Cubs in three sets.

Photo by Cory Buchholz



Peyton Hove and her teammates were able to celebrate after the game with signs, balloons, and cookies to go along with the congratulations and hugs.

Photo by Morgan Pierret

Hove was quick to deflect her success and attribute her accomplishment to her teammates. “I was able to get to this point because my hitters got smarter. The passing got better. We were just able to play.”

Most people get a little bit of a sense that they may be moving into record territory; however, Hove said she was mostly in the dark. “No one told me but I found balloons in my sister’s room. I didn’t expect it. I just thought it was for someone else. I didn’t think I was close.”

But Hove definitely appreciated the acknowledgement. “I felt so much love and support from the community and my teammates.” Hove was moved by the crowds cheers, standing ovation, and reactions.

While this is a great accomplishment, about half the season remains, Hove said it really hasn’t sunk in but she does want to thank the girls for helping her out this season and is excited about the potential for the 2020 campaign. “I want everyone to stay healthy so we can play together and hopefully make it to state.”

Hove plans to continue her playing career but just at an intramural level, not looking to play competitively. However she plans on attending a 4-year university to major in biology.

# More clubs available to students this school year

Spearheaded by student interest and staff willingness to supervise. Garretson is able to offer more clubs this academic year.

Most clubs and discussion groups meet during the lunch period, making it easy for students to stay true to their other commitments as well (athletics, arts, jobs, academics, and study hall).

**Anime Club**—Thursdays during lunch, room 214 (new this year, see Mrs. Pliska for more information)

**TATU**—Tuesdays during lunch, room 214 (see Mrs. Pliska for more information)

**Coffee with a Counselor**—1st and 3rd Wednesdays during lunch, room 214 (see Mrs. Pliska for more information)

**Culture Club**—2nd and 4th Wednesday during lunch, room 214 (see Mrs. Pliska for more information)

**Film Club**—Mondays and Fridays during lunch, Mr. Hughes’ room (see Mr. Hughes for more information)

**Oral Interp**—Starting soon, much will be online this year (see Ms. Brown for more information)

# Blue Dragon Social Media

Keep in touch with what is happening in the school and with our Blue Dragon athletics. Many have Twitter accounts they use to post messages about results, performance, and give shout outs to our students.

**SCHOOL:**  
@GHSBlueDragons

**FOOTBALL:**  
@BlueDragonFB

**VOLLEYBALL:**  
@BlueDragonVB

**SOCCER:**  
@GarretsonSoccer

**BOYS BASKETBALL:**  
@BlueDragonBBB

**GIRLS BASKETBALL:**  
@BlueDragonHoops

**GOLF:**  
@ghs\_golf2017



You can also follow the *Blue Ink* on snapchat at ghs\_blueink





Pliska earns additional certifications

MS/HS counselor adds national certificate

by **Oliviyah Thornton**  
staff writer

On Friday, September 18, Ms. Michelle Pliska, the middle/high school counselor, received the National School Counselor Certification (NCSC). It wasn't an easy thing to obtain but through hard work, she was able to receive the certification.

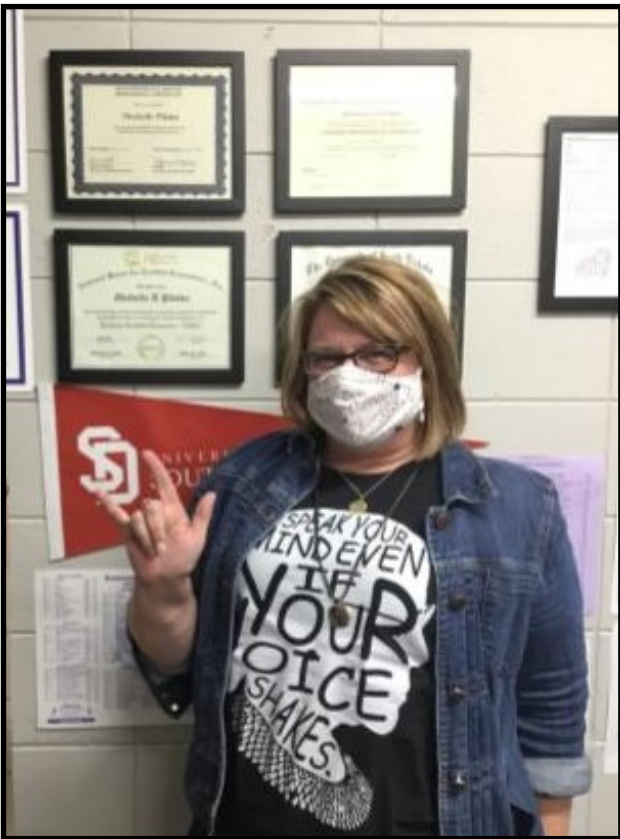
The NCSC is offered to certified counselors who take an active role in performing the highest standards for their school and the students. To obtain this, a counselor must first already have the National Certified Counselor Certification (NCC) which requires them to have a master's degree with a major in counseling consisting of at least 48 semesters or 72 quarter hours of graduate-level academic credit in counseling.

The degree must also consist of one course in Professional Orientation to Counseling and at least six semesters or 10 quarter hours of supervised field experience counseling. In coursework, a counselor must have nine content areas such as Human Growth and Development Theories in Counseling, Group Counseling Theories and Processes, Research and Program Evaluation, Counseling Field Experience, etc. These are just a few requirements to just receive the NCC Certification.

Once a counselor receives the NCC, they are one step closer to getting the NCSC. Other requirements are that they must take three of the five following classes: Counseling Consultation and Program Development, Family Counseling, Addictions Counseling, Counseling Children, Adolescents and/or At-Risk Youth, Counseling for Trauma, Violence, or Abuse.

Work experience has to consist of two academic years in the school counselor position or over 3,000 hours for at least 20 months. Counselors will also have to take an examination. They must have a passing score on the National Counselor Examination (NCE) or the National Clinical Mental Health Counseling Examination (NCMHCE).

"The exams cover theory, ethics, law and best



Mrs. Pliska stands in front of her wall of certifications, including the most recent one she earned, the National School Counselor Certificate.

Photo by Oliviyah Thornton

practices of the school, mental health, and career counseling," Ms. Pliska explained.

Just like the NCC, the NCSC also has a lot more required before counselors can send in their application to receive the certification. Once the application process is complete, they will continuously have to meet ongoing requirements to maintain and rectify their NCSC.

Ms. Pliska had to put in a lot of effort and hard work to receive the NCSC and it couldn't have always been easy but she pushed through.

"I think, given towards me, no but I think, given to the profession, anytime that you're a part of a professional organization and you continue your learning. You are advocating for your profession and that's pretty powerful. You can't put a price

tag on that when you can advocate for students and advocate for a profession. It's incredible." Along with just doing it for personal reasons, there are other reasons and benefits that receiving the NCSC give, such as money.

"The NCSC, and this is the same for teachers so like a national certified teacher, we get \$1,000 from the state additional pay and then the school district matches that for another \$1,000. " Making it \$2,000 in total and a NCSC will continuously get that bonus every year for 10 years but only if the two have that in their budget.

Ms. Pliska also has other certifications such as National Certified Counselor (general - NCC), National Certified School Counselor (specialization - NSCS), Licensed Professional Counselor (SSD Board of Counselors - LPC) Qualified Mental Health Professional (SD Department of Social Services – QMHP), Addictions Counselor Trainee (SD Department of Addictions and Prevention Counselors - ACT).

Not feeling quite finished, she continues to work hard and try to get more certifications.

"I'm working on getting a Licensed Professional Counselor (LPC), Mental Health (MH), and a Registered Play Therapist (RPT)." She continued to explain what an RPT is and how that could benefit her.

"Especially with young people, like little kids, play is their language. They don't always have those verbal skills to express everything like there thoughts and feelings and stuff and so play is there language. So a play therapist, plays with children in a way that works through some of the there trauma, help build there self esteem, building there identities so they can be a stronger version of themselves to be able to attack the tough stuff too."

It seems Ms. Pliska is far from being done on trying to educate herself and continuing her education. Congratulations Ms. Michelle Pliska on receiving the National School Counselor Certification.

A shapeshifting killer

Texas water supply in question

by **Dustyn Winterton**  
staff writer

In early September, a child in the Lake Jackson, TX area died from a brain eating amoeba called Naegleria Fowleri. The cities infected were Lake Jackson, Freeport, Angeleton, Brazoria, Richwood, Oyster Creek, Clute, and Rosenberg.

Naegleria Fowleri is an amoeba that destroys brain tissue causing brain swelling and eventually death. Symptoms of the infection commonly occur five days from being infected and death can occur after 12.

Symptoms of it can be headaches, fever, nausea, a stiff neck, confusion, and lack of attention to people around you. Other symptoms are loss of balance, seizures, and hallucinations according to the CDC. This amoeba is commonly found in southern states with warm water but recently has been found in some northern states.

The amoeba infects people through their nose and travels its way up to the brain where it destroys their brain tissue. The amoeba lives in soil, warm lakes, rivers, and hot springs but won't appear in salt water or properly treated pools and hot tubs. The amoeba was first discovered in Australia in 1965 by doctors. M. Fowler and R. Carter. The amoeba is not actually classified as an amoeba but actually a shapeshifting amoebflagellate excavate.

Places don't really get infected with the amoeba because it lives in warm places and can be found in water pipes and water heaters. The amoeba grows best and can survive temps up to 115 degrees but can't survive temps higher than that for long. The amoeba can be found in river sediment that has a much lower temp than when found in water.

The chances of catching the amoeba is quite slim though; only 148 people have contracted it from 1962 to 2019, but only four of those people have survived. In the past 10 years, there have only been 34 reported deaths compared to the more than 34,000 drowning related deaths in the U.S. If you want to limit the chance of getting it, all you have to do is limit the amount of water going in your nose.

Free school lunches

through 2020

State approved a waiver provides opportunity for children to get lunch and breakfast

by **Guy Johnson**  
Superintendent  
Released to the public earlier this week, available in the monthly district newsletter



We are pleased to announce that the Garretson School District has been approved to provide free lunches and breakfasts to all children aged 0-18 in the District through the month of December 2020.

The State of SD recently approved a waiver that opens a stream of Federal funding intended to ensure that all children have access to nutritious food during the COVID-10 pandemic.

Our program has been approved to begin on October 1, and will continue through December 31, 2020.

The program is available for all children aged 0-18, even if they do not attend school, or if the family has opted for distance learning, they are still eligible for the program. Meals can be picked up between 10:00 AM and 10:30 AM for those not in attendance at school. A delivery option is also available for those who need it.

If your children do not physically attend school, but you would like to participate in the program, please call the school office to ensure that we have prepared enough meals to meet the demand.

The program will provide breakfast and lunch for each child. Students who wish to purchase extra milk or a la carte items or additional entrees will need to have money in their account to pay for those items.



# Are we saying goodbye to TikTok?

by **Morgan Pierret**  
staff writer

By now I'm sure everyone has heard of or watched at least one TikTok video. TikTok is a video sharing social media app, owned by a Chinese company, ByteDance. Recently, there has been a lot of confusion and questions as to if TikTok is actually getting banned. No one really has any answers right now, not even Donald Trump, nor the TikTok owners.

Trump and a security team have been looking into TikTok to see if there

are any signs of the ByteDance company spying on US users. The security researchers said to have found that TikTok iPhone users are being spied on by the Chinese government secretly reading users' clipboards, but TikTok denies these allegations. A clipboard is an operating system that provides short-term storage and transfers information between other application programs.

On August 6, Trump ordered that TikTok would be blocked from completing transactions and removed from the App Store. Trump gave the app 45 days to sell itself to a US company. That 45 days would've ended last Sunday, September 20.

During the trial on Sunday, the judge temporarily blocked this order from the Trump administration just hours before it would've gone into effect. Trump agreed to a new set date of November 12. So as of now if TikTok isn't bought by a US company by then, it will be removed from the App Store.

Currently, there is a lot of confusion about who's going to own the app and what percentage that company gets. Microsoft offered to buy the app, but their offer got rejected and they backed out of the deal. In the beginning, Walmart and Oracle agreed to take 7.5% and 12.5% and ByteDance, the Chinese company, would have the remaining 80%.

Which would mean that four out of five of the board seats will be filled by Americans. But, now Trump is saying he wants the whole app to be controlled by the US or he is not going to go through with the deal, and he'll ban the app.

A person involved with the situation told reporters that as of now the app will still be partially owned by ByteDance investors, but ByteDance itself will hold zero percent of the new company. He also said that Oracle will be responsible for the app's code, algorithm, and data including usernames and passwords. Oracle and TikTok are still trying to come to an agreement to satisfy Trump.

"I approved the deal in concept," Trump told reporters. "If they get it done, that's great. If they don't, that's okay too."

Oracle and Walmart are fighting hard to not have this popular app be removed. It is estimated that together they could pay up to \$12 billion just for their stake in TikTok. If these companies go through with the deal, they would also change the app's name from TikTok to TikTok Global.

So, what happens if this deal doesn't go through? TikTok would be removed from Apple and Google app stores. If you already have TikTok downloaded, it will continue to run, but there will be no updates and no transactions. The TikTok owners would be severely affected by this as there are over 100 million users in the US.

In addition to TikTok, WeChat is another ByteDance owned application that would also be shutdown. WeChat users will still be able to use the app, but there will more than likely be complications due to the fact that it's data is run through the US.

To recap, if TikTok isn't bought by a US company by November 12 it will be removed from all app stores. It will still function, but there will not be any updates or any transactions completed. People from around the globe are fighting hard to try and keep this popular app around.



TikTok has over 500 million active users from around the globe, and 100 million of them live in the US. With the potential ban that could happen, these 100 million users would not be able to update the app or complete transactions.

## Senior Spotlight

*Dominic Abraham*

**Activities Involved In:**  
Football, wrestling, NHS

**Best Part of Senior Year:**  
Hanging out with friends


**What Will You Miss Most:**  
Football

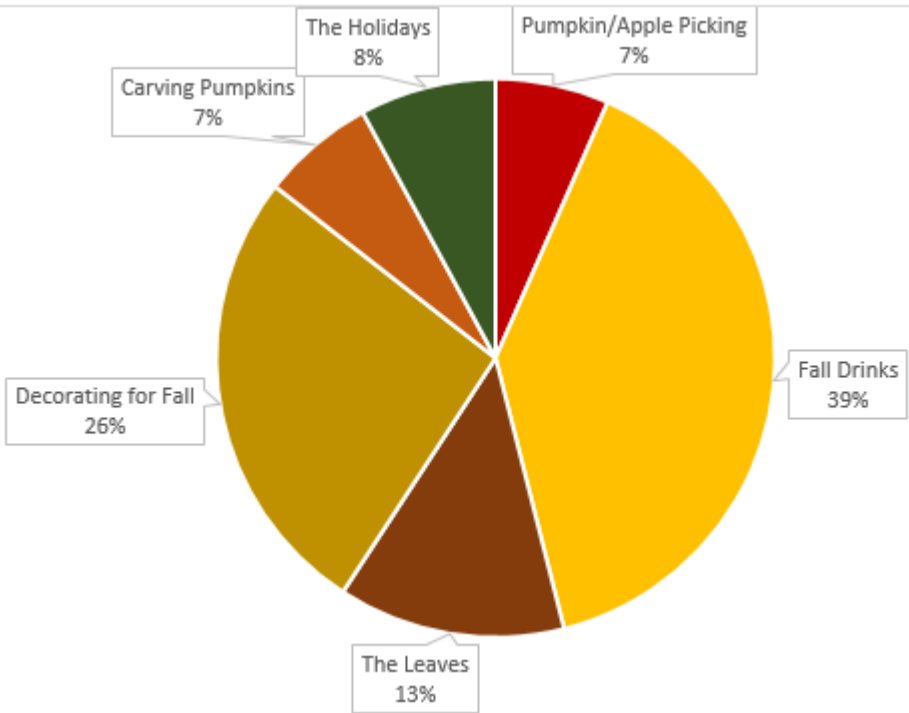
**Plans for Next Year:**  
Attend college for a degree in physical therapy



## Student Opinion Poll

### *Favorite part about fall*

- Pumpkin/Apple Picking
  - Fall Drinks (Hot Apple Cider, Pumpkin Spice Latte, Hot Chocolates)
  - Playing in/Crunching the Leaves
- 
- Decorating for Fall
  - Carving Pumpkins
  - The Holidays (Halloween & Thanksgiving)

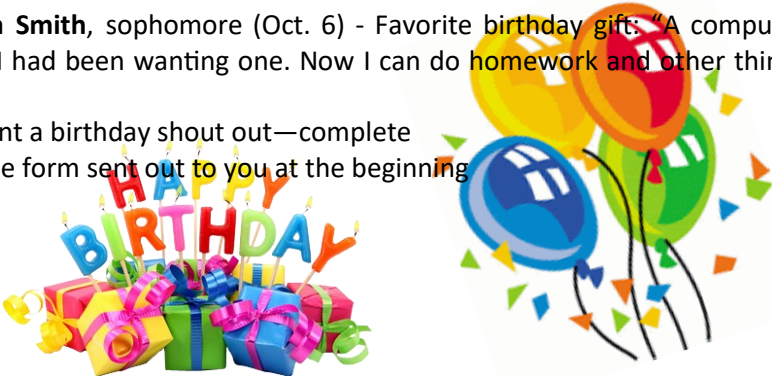


## Blue Ink Birthday Shout Outs

Happy birthday to the following Blue Dragons!

- **Mason Tillma**, junior, (Oct. 1) - Favorite birthday gift: “
- **Blaine Tower**, freshman, (Oct. 2) - Favorite birthday gift: “Money, because why not.”
- **Marissa Smith**, sophomore (Oct. 6) - Favorite birthday gift: “A computer because I had been wanting one. Now I can do homework and other things on it.”

If you want a birthday shout out—complete the google form sent out to you at the beginning



## Game day dress up themes

- Monday: VB @ Elkton-Lake Benton—WHITE OUT  
Tuesday: VB v. DR St. Mary—CLASSIC DAD/MOM  
Thursday: VB @ Canton—BLUE OUT