

# Talon

MINNEHAHA ACADEMY - VOLUME 98, ISSUE 3

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Photo of French students at French Day at the Minnesota Zoo by Emma Melling

## Rebuilding at 3100 W River Rd Plans for north campus design and time frame are solidified

BY MICHAEL DINARDO  
Staff Writer

This school year, Minnehaha Academy has seen many changes. However, after the transition to the Mendota campus and start to the new school year, there are still major questions that need to be answered: When will the new Minnehaha Academy north campus building be ready to use? How much will it cost? Will it be exactly like the old building or will everything be subject to change? The staff at Minnehaha got straight to work to answer these big questions.

Rebuilding the new school has been put on a "flash track" plan, as the plans for the new school need to be done as soon as possible. The Cunningham Group, the Minneapolis based architect firm that is designing the new school, and members of the Board of Trustees are planning on the new school being reopened in the fall of the 2019/20 school year.

"The most important timeline to be aware of is the opening of the school in the fall of 2019," said Board

SEE REBUILD PAGE 3



Photo by Annika Johnson

A photo taken in January showing the progression of demolition at north campus. Demolition of the 1912 and 1913 buildings began about four months after the August 2 explosion and has continued throughout January and February of 2018. Minnehaha Administration expects students to be back at north campus in the fall of 2019/20.

## Quiet leaders Exploring introverts' ability to lead

BY EMMA MELLING  
Staff Writer

Many people are familiar with an iconic scene from *Dead Poets Society*, in which a classroom full of boys watches in astonishment as their English teacher springs from his chair and climbs atop his desk.

The students chuckle, not knowing how to respond. Full of energy and charisma, the teacher then makes each student stand on the desk to get a new perspective.

Starring Robin Williams as John Keating, an English teacher that shakes up an all boys prep school with his boisterous teaching methods, the 1989 film contains examples of classic extroverted leadership.

Keating leads rowdy class discussions, pushes quieter students to speak and makes the class participate in a variety of spirited activities.

Robin Williams' character in *Dead Poet's Society* is an example of an extroverted leader.

While some might lead in the same energetic fashion as Keating, others wouldn't. These two types of people are known as "extroverts" and "introverts" respectively, and both lead in very different ways. According to *Psychology Today*, about 50 to 74 percent of the population are extroverts.

"Extroverts get their energy from being with people," said Dr. Christina Kaiser, a professor of business and economics at Bethel University. "An extrovert can be in front of people; they get energy from talking to large groups. They're able to get people really excited and fired up and get energy from that."

Introverts, however, recharge

SEE LEADER PAGE 4

## Teens impacted by vaping

### The true consequences of vaping and e-cigarette usage

BY ANNIKA JOHNSON  
Staff Writer

Vape nation? We're not far off. Many have likely noticed the jump in vape interest in recent years. In fact, according to a study by the National Institute on Drug Abuse, 16.2 percent of high school seniors reported they used an e-cigarette in the past 30 days, while only 11.4 percent of high school seniors stated that they had smoked cigarettes during the same period. So what's with the rise in this new form of tobacco?

"[Vaping] is very popular at Minnehaha because it is relaxing

and is so normal to do nowadays," said a sophomore Minnehaha student.

Vaping was created with the intent of helping to curb cigarette addict's smoking habits. Vaping is considered "smokeless smoking," and eliminates some of the dangers tar causes in traditional cigarettes.

In an article published by the National Cancer Institute, it was stated that "tar contains most of the cancer-causing and other harmful chemicals found in tobacco smoke."

However, some of the recent debates regarding vaping have been whether it is used as a gateway to

other forms of tobacco use, such as cigarette smoking.

The topic of vaping is deeply divisive. Health and government experts have released data that suggests e-cigarettes cause "wounds that won't heal in teens" (*Daily Mail*) but other reports have declared "e-cigarettes around 95% less harmful than tobacco," (Gov. Co UK).

So which is it? The problem is, vaping is a relatively recent phenomenon so there is little research conducted regarding either the short or the long-term effects of vaping. Answers on the effects of vaping

greatly vary.

On the pro-vape side of the spectrum, many people say that vaping can help curb cigarette addiction and it that it doesn't bear the same health risks that cigarettes do.

Many pro-vape claims state that vaping is better in comparison to a different forms of substance use such as cigarette smoking.

Ozan Ademi, an employee at Smokedale, a local tobacco and e-cigarette store in Stadium Village, said, "Vaping is definitely healthier than cigarettes because there is no

SEE VAPING PAGE 2



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### Mission Statement

Our mission at the Talon is to express student voices and communicate knowledge to the Minnehaha community and beyond.

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# Vaping impacts in subtle ways

## Uncovering the harmful effects of a recent phenomenon

### VAPING FROM PAGE 1

tar in the liquid. Research shows that the tar is the worst part of smoking cigarettes and tobacco in general.”

Ademi adds, however, “Vaping has its bad parts. People start vaping and they think it’s a safe alternative and they vape a lot. That can also be hard on your chest if you smoke a lot.”

“My opinion is that vaping is okay,” said another Minnehaha sophomore. “It is not horrible, but it is not exactly great. Nicotine is not a multivitamin, but it’s better than heroin. I never really understood the attraction to it, yet I do it myself. I think the idea of vaping seems cooler than it actually is and it is overrated.”

“Vape culture is based around trying to make yourself look cool.”

### Minnehaha senior

Others view vaping as dangerous and detrimental to overall health.

“Some people use vaping as a gateway, most people starting it are assuming there are no nicotine involved, however, there still is,” said upper school nurse, Heidi Streed. “Kids and adults can try adding in different things, they can try adding in marijuana and think it’s not a big deal then continue on with the next things.”

Some students believe vaping is not worth investing time and resources into doing.

“Vape culture is based around

trying to make yourself look cool, and I don’t believe that it is something that you should base your life around or something you should care about in your day to day life,” said a Minnehaha senior. “If you really want to vape, go for it. I just don’t think it is a good use of your money time, resources, energy, or life. Don’t vape, it’s for nerds.”

The fact is, many students are oblivious to the actual rules regarding vaping due to the ambiguity surrounding the topic.

The penalty is the same as that of cigarette smoking, which is in the school chemical policy.

“[Vaping] is against the law, anything that is against the law is against school policy, too,” said Lance Johnson, dean of students. “Kids have to be 18 years old to vape, for our 18 year old kids here at school it still doesn’t matter because they fall under school jurisdiction. So we just say, this is against our school rules, much like tobacco. From what I’ve read, most of the vaping products contain tobacco, which obviously we want to discourage.”

With e-cigarette use on the rise, we may not have yet seen peak vape. It’s yet to be seen whether this “vape nation” will be any less detrimental to public health than traditional cigarette tobacco smoking.

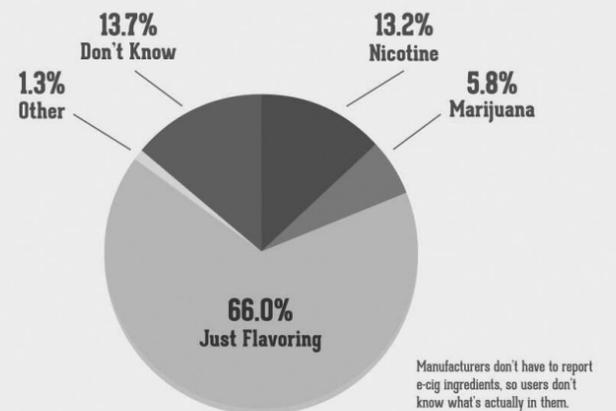
But one thing is sure: There’s likely to be strong opinions on both sides of the issue for the foreseeable future.

The question is: “to vape or not to vape?” In the end, each individual holds the choice in their hands. With so many variations in opinions and data, the real question should be: “who’s telling the truth?”

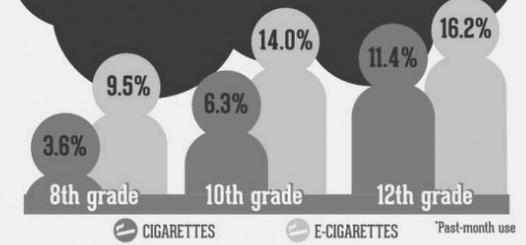
### TEEN E-CIG USERS ARE MORE LIKELY TO START SMOKING.\*2



### WHAT DO TEENS SAY IS IN THEIR E-CIG?3



### TEENS ARE MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES.\*1



Graphics courtesy of National Institute on Drug Abuse

(Top) Graphics showing what teens believe are in e-cigarettes and how likely teens are to start smoking after using e-cigarettes. (Bottom) Statistics showing e-cigarette usage in teens.



Photo by Annika Johnson

A smoke shop in Minneapolis that sells multiple forms of tobacco, e-cigarettes and vaping pens. “Some people use vaping as a gateway,” said upper school nurse Heidi Streed. “Most people starting it are assuming there are no nicotine involved, however, there still is.” While vaping appears to have minor consequences, it can still cause dangerous health issues.