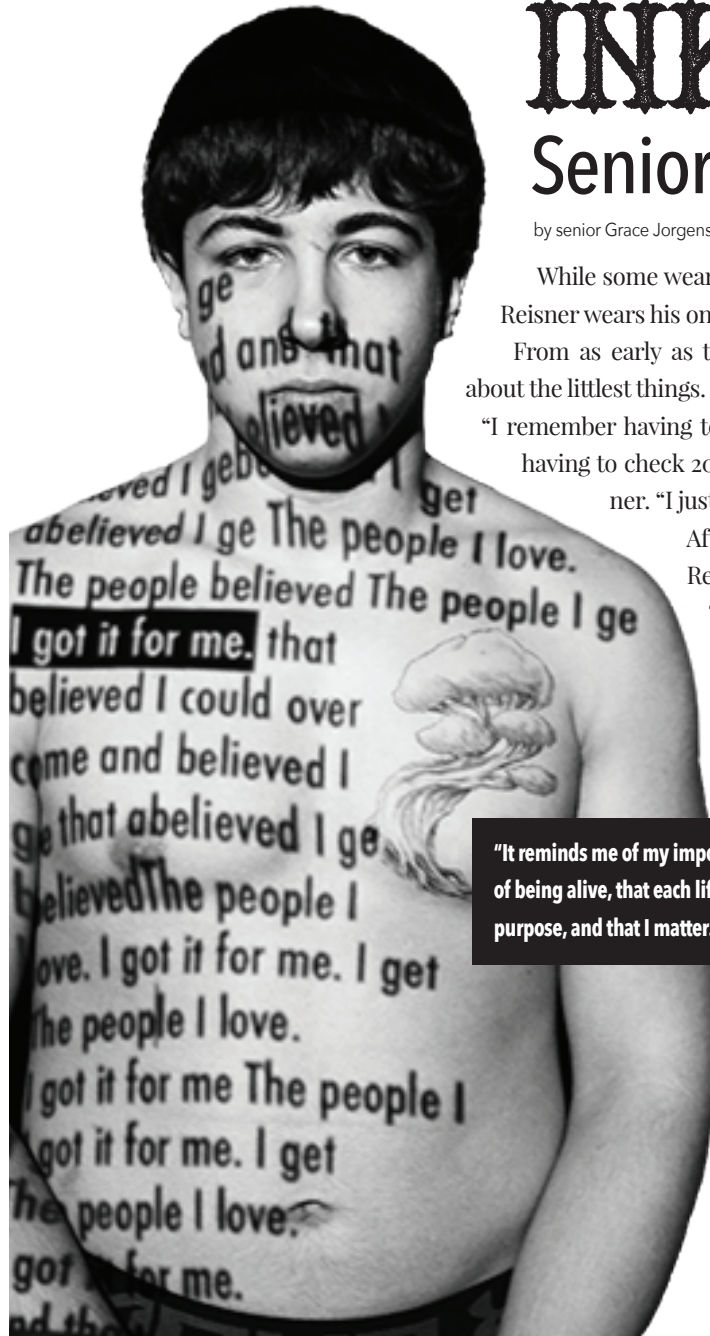


INKED with INTENTION

Senior shares powerful meaning behind tattoo

by senior Grace Jorgensen



While some wear their hearts on their sleeve, senior Jackson Reisner wears his on his chest.

From as early as the fourth grade, Reisner recalls obsessing about the littlest things.

"I remember having to wash my hands [so] many times a day or having to check 20 times if the doors were locked," said Reisner. "I just thought it was normal."

After three years of this obsessive behavior, Reisner's mom began to suspect that these "routines" were anything but. After seeing a therapist, Reisner was diagnosed with anxiety.

Five years later, with the help of medication and therapy, Reisner has a better understanding of his condition and of himself.

"Finally admitting to myself who I really was, finally admitting where I was suppose to be and who I was suppose to be instead of trying to be somebody else, is when I started to overcome," said Reisner.

Last October, Reisner fulfilled this need along with his dream of getting a tattoo. On the left side of his chest, he planned to get a Japanese Bonsai tree. Although the tree symbolizes harmony and

inner strength, to Reisner it means so much more.

"It reminds me of my importance of being alive, that each life has a purpose, and that I matter," said Reisner.

The tattoo would not only act as a reminder of what he had overcome, but it would act as a way of showing people what he went through.

"Not many people knew that I was going through that stuff," said Reisner. "You can't really teach or explain what you are feeling." This tattoo was the perfect opportunity to convey the feelings that he couldn't express with words.

The journey of getting inked, in many ways, reflected his personal journey with anxiety.

"It was rough," Reisner laughs, referring to the day he got his tattoo. He thought about giving up halfway through the process due to the immense pain.

Recalls Reisner, "When I was sitting there I was like, *Why am I doing this? Why did I drive here alone and pay this guy a lot of money just to sit in a chair in pain?*"

After asking and finding that there was only one person who didn't finish, Reisner gave himself a much needed pep talk. "I told myself that I had to be stronger... than that one girl," Reisner laughed.

Afterwards, Reisner felt that the pain was worth it. "(By getting the tattoo), I was physically defeating (my anxiety)," said Reisner.

The pain of the tattoo was a battle, just as Reisner's struggle with anxiety was. Now, Reisner will permanently wear his tattoo as a badge of honor, signifying that he is an overcomer.

Said Reisner, "Whenever I look in the mirror at my tattoo, I am reminded of the true strength the human mind has to overcome its own enemies."

"It reminds me of my importance of being alive, that each life has a purpose, and that I matter."

EXPRESS YOURSELF

by sophomore Payton Sherwood

How some students at Hudson High express themselves



"Dying my HAIR makes me more confident- it MAKES ME FEEL MORE ME."

-senior Hannah Fread



"My CLOTHES are a part of my personality. Wearing them is like PUTTING MYSELF OUT THERE."

-freshman Jetta Colsch



"My PIERCINGS MAKE ME FEEL BOLD."

-sophomore Rain Winklepleck