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BEARCATS
RUSTON HIGH SCHOOL

900 Bearcat Drive, Ruston, Louisiana 71270

<http://rustonhigh.lincolnschools.org/pages/chatterbox.php>

Chatterbox: The Voice of Ruston High School

You may contact *Chatterbox* at lbruner@lincolnschools.org if you have suggestions or comments.



RHS Principal’s Message

Welcome back Bearcats! I hope each of you enjoyed a restful Spring Break! We are already at the end of the 3rd nine weeks and the finish line is in sight. As always, this is a very busy time of the year with so many activities going on.
Please stay on top of your grades and make sure you are at school each and every day. If you aren't quite where you want to be in some classes keep working hard!
Thank you all for being great representatives of Ruston High School. Continue supporting your fellow classmates in whatever activities they may be involved in. It's truly a GREAT time to be a Bearcat!



Student Council Vice President’s Message

My name is Emma Jane Reeves. I am the Student Council Vice President here at Ruston High School, and I also had the opportunity of being the Homecoming Queen this year! As the school year is coming to a close and my time at Ruston High is coming to an end, I want to reflect on some of the great things about our school.
Ruston High is such a great school. Some of my favorite things about Ruston High are the teachers and administration. I’m so thankful to have teachers who truly care about their students. I love how Ruston High feels like a family. I also love our sports! How cool is it that we went to the state tournament this year in both football and boys basketball? I will definitely miss Bearcat Fridays next year.
I am thankful for the opportunities that Ruston High has given me. It has prepared me for college and the next steps in my life. I have met so many amazing people here who I know will be my lifelong friends. With the year coming to an end, I encourage all students to finish strong and keep a good attitude.



RUSTON HIGH SCHOOL

SPRING
ATTENDANCE
BLITZ

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At Ruston High we know that students learn
best when they are present in the classroom.

Any student who has the willpower and stamina
to attend every class, every day from Monday, March 20
to Friday, April 28, 2023 will be proclaimed a Spring Bearcat
Survivor. This means NO ABSENCES and NO TARDIES!

Bearcat survivors will be rewarded with a
special prize on Wednesday May 3, 2023.

Do you have what it takes to be a Bearcat Survivor?
Don't be a statistic. OUT ATTEND! OUT LAST! OUT LEARN!

Bearcats Did You Know.....

- * The RHS Prom will be held April 15, 2023 at the Ruston Library Event Center. Contracts will be available on March 6, 2023, and tickets for the prom will go on sale at the end of March 2023.
- * Spring Testing is right around the corner. This year, the test cycle will be covered in 3 sessions. Session 1 will be held on April 18-20, 2023, 08:00-10:00 a.m., testing in ELA1/ELA2/US history. Session 2 will be on April 25-27, 2023, 08:00 – 10:00 a.m., testing in Algebra/Geometry. Session 3 will be on May 10-12, 2023, 08:00-10:00 a.m. testing in Biology. Stay tuned for further details.
- * *Chatterbox* is published monthly and provides Bearcat Nation with all Bearcat news and more as known.
- * *Chatterbox* is currently seeking a new adviser as Mr. Bruner will be retiring this year. See Mr. Dan Gressett, the RHS principal, if you are interested in taking over the newspaper and keeping “the voice of Ruston High” heard next year.
- * The Louisiana Lions Camp is currently recruiting high school students, age 16 and above, to fill summer staff positions. Students who are interested are encouraged to apply online at www.lionscamp.org, click on “staff”, and then “apply here” to apply.
- * RHS head basketball coach Meredith Graf was selected as the coach for the East roster in the East-West All-Start game.
- * RHS Senior Jaiden Languill was selected to the LHSCA West All-Start soccer team.

Article deadline for the next *Chatterbox* is April 13, 2023, with a publication date of April 20, 2023. If you have any Bearcat news that you would like to share, please send it to lbruner@lincolnschools.org by March 16, 2023. Bearcats students, faculty, and staff are invited to join share *Chatterbox* through any media source.

Chatterbox is the official newspaper of Ruston High School, “the Voice of Ruston High.” *Chatterbox*. *Chatterbox* is published monthly on the Ruston High School webpage under Student Life and emailed to all faculty and staff . Sharing is encouraged.
The purpose of *Chatterbox* is to promote Ruston High School and allow students the opportunity to explore journalism and share the abilities and ideas. Please send any comments or submissions for print to lbruner@lincolnschools.org.





RHS FFA Prepares for Area More Teams Qualify

Information provided by Landon Davis. *FFA Reporter*

The Ruston High School (RHS) FFA chapter competed in multiple competitions during the period of March 2-3, 2023. Overall, it was a very successful result for RHS FFA as several members placed and many qualified for area competition. Competitors included poultry, nursery, vet science, floriculture, meats, milk quality and products, and welding teams.

The poultry team placed 2nd with a total score of 919 points. The RHS FFA nursery team came in 5th with a score of 1095 points. The vet science team captured 1st with a total of 712 points and qualified for area in doing so.

The Floriculture team placed 2nd with a score of 632. The RHS FFA meats team captured another first for the chapter with a score of 785, qualifying for area. The milk quality and products placed 2nd with a score of 697 and will be making the trip to area as well.

Welding consisted of two teams: Landon Davis and Garret Jennings placed 2nd place; and Cooper Martin and Lane Ashby placed 5th. Electricity consisted of two teams as well, with Clayton Roan placing 4th and Wyatt Whorton placing 7th. Rounding out teams who qualified for area, Gabe Middleton and Cole Spurlock captured 1st place in small engines.

RHS FFA congratulates all of our teams and encourages those that will be moving on to area competition to continue their winning ways.



Gaming Gurus Learns About Esports

Submitted by Matt MacDaniels, *Club Member*

Gaming Guru's students met with Gavin, the Louisiana Tech Esports president. He presented to the students what Esports is and what is available to them in the event they attend Louisiana Tech and are interested in Esports.

Essentially, Esports is a competitive/recreational gaming community that allows students to enjoy gaming and build community with others while attending college. Students have the opportunity to play competitively and represent their school on a national level. Thanks Gavin and the Louisiana Tech Esports club!



Bearcat Robotics Prepares to Compete

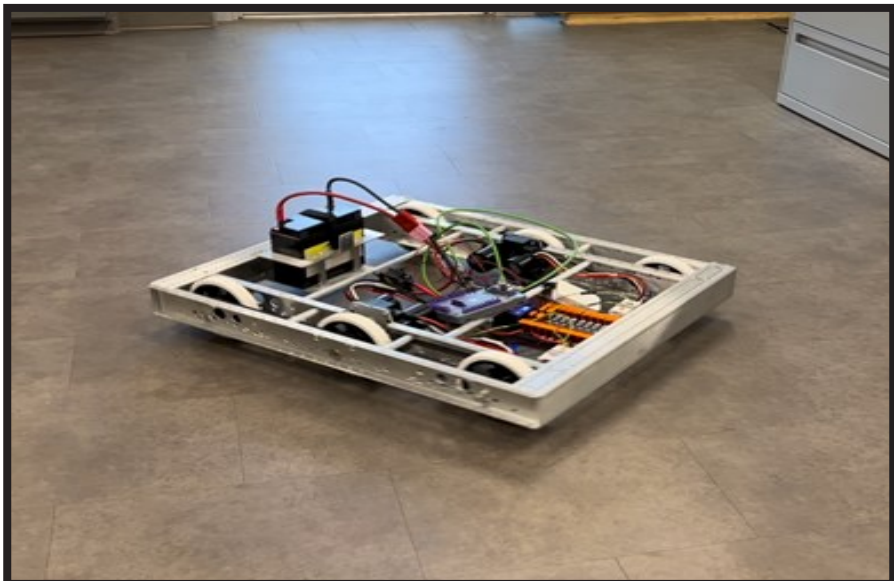
Information Provided by Mrs. Annie Rivera/ *Sponsor*

The Bearcat Robotics Team #9153 will be traveling next week to Kenner, Louisiana, to their first ever *FIRST* Robotics Competition (FRC), the Bayou Regional. As this is their rookie year in FRC, they have learned a great deal through much trial and error. All things considered, the team presents this year's robot, aptly named "Mistakes Were Made," aka MWM.

By the end of build week 3, MWM took its first step... or rolls (pictured below left). In the six weeks since, the team worked through one recalled critical part, learned how to "burn flash", cut much metal, drilled many holes, shop-vac'd, and solved a claw-design crisis. We are currently about one week away from the Bayou Regional Competition, and here is the current status of MWM.

MWM is pictured near completion (pictured below right). In describing MWM, the team adds, "The arm you see is able to move up and down, to extend and retract, and the claw at its end will grab cubes and cones--and orient cones in the proper position to score."

Test drives and programming are progressing well, and the team is excited to show what they have accomplished in this rookie year of FRC! Bearcat Robotics thanks everyone for all the support and invites everyone to check out our website at sites.google.com/lincolnschoolscb.org/9153-bearcat-robotics/home.



FBLA Takes On State!

Submitted by Lainey Bowen/ *FBLA Reporter*

The FBLA Bearcats have been preparing for the State Leadership Conference for the last few months. Members have been meeting during advisory, with small groups and online to perfect their presentations or study for their objective test. Our members will be leaving for Lafayette at 3pm on Saturday, March 25, 2023, and returning Tuesday evening, March 28, 2023.

Our advisor and officer team helped members with tips for state, such as presentation etiquette and social cues that can help secure a top placement. Ms. Lewis and Mrs. Jennifer Ham have been working hard with teams and individuals assisting to verify that each competitive event has covered the entire rubric that the judges will be using.

Our final chapter meeting before the FBLA State Conference is scheduled for Thursday, March 23, 2023, to break into groups for officers to give tips and tools one last time before the competition! Please support our FBLA Bearcats as they represent Ruston High School! Next stop is the National Leadership Conference the last week of June in Atlanta, Georgia.



The Adviser's Corner

Bad habits are formed early in life and are much harder to end than young adults realize. I won't try to get on my soapbox and preach, but some of these habits have been talked about for years and yet continue. Though they mean seem petty to young adults during their young adult years, they can become life-forming as well as eventually life-ending habits. I and many adults have been there and done that, and may struggle even today to rid themselves of these habits that seemed so "cool" back in the day.

One habit that seems to have survived, dare I say thrived, is the art of being a smart mouth and back talker. Today, it seems more prevalent than ever as peers not only feel that they just have to spout off at each other, but also at adults, to include teachers and others in authority. The cute remarks as a 3rd grader become more aggressive as a 7th grader and end up being totally out of line by high school. By then, the student actually believes it is their right and obligation to be as smart mouthed as possible. Young adults, the world will be unforgiving at work and college with that, so perhaps you should consider dialing it back at the minimum while you can still exercise some form of self-control.

Some habits have continued while at the same time been replaced. One such example is smoking. Today, young adults who smoke have declined; however, a new habit has taken over and young adults know where I am going – vaping. Vaping has been proven to be even more harmful than smoking, yet today's young adults are vaping more and more. Is it the status, the mob effect, the various flavors like candy offered? Tales from young kid's books should seem to have warned young adults as they have grown about the dangers of things that seem too sweet to be true. Vapor into your lungs- ever heard of pneumonia?

I could go on and on about the habits that define today's young adults, but I honestly believe the two above are the two most noticeable and dangerous habits that young adult's partake in today. The first (smart mouths and back talk) could cost them their jobs, cost them their freedom when dealing with law enforcement, or cost them their lives should they find themselves dealing with another young adult or person with no self-control. The latter (vaping) has already been shown to be more dangerous than even smoking and WILL lead to health issues and possibly an early grave.

We all have our bad habits, but if the two above are yours, I offer that you find alternatives and drop these habits. They may seem cool or crowd pleasing now, but will eventually find you alone or worse later in life. Learn to speak with more understanding and purpose, and leave those vapes on the counter. If you have both of these habits, I would highly suggest you find help and end these while you still have the will power to do so. Simply saying you can quit or change anytime you want doesn't work and never will. Us old timers can vouch for that.



WARNING: This product contains nicotine. Nicotine is an addictive chemical.



RHS Choir – The Best....Again

SWEEPSTAKES Winners
Submitted by Mr. Nathan Trahan/ *Choir Director*

Once again, and for the tenth consecutive year, the RHS Choirs brought home the SWEEPSTAKES trophies/ratings from the District 1 LMEA Choral Festival yesterday on March 21, 2023 at West Ouachita High School. A Sweepstakes rating occurs when an ensemble receives a Superior rating from all judges in all categories including sight reading. The RHS Men's Choir, Women's Ensemble and Concert Choir showcased a beautiful and impressive performance and represented Bearcat Nation with great distinction. Mr. Trahan and Ms. Kilpatrick are so very proud of our Bearcat singers!!

Upcoming events:
Friday, March 31 at 6:30pm at Howard Auditorium on the La Tech campus – "7 Last Words of Christ" by Theodore DuBois at La Tech with the NCLC Masterworks.

April 20, 22, and 29- a select group of students will be singing with the RHS percussion ensemble on these dates in concert here at RHS and in Natchitoches at NSU. More detailed information will be coming soon.

Thursday/Friday, May 4th and 5th (7:00pm) at the Dixie – “Bearcats on Broadway”

Spring Choral Concert (TBA)

Tuesday, May 23 – RHS Graduation



RUSTON HIGH SCHOOL
SENIOR ART SHOW

HOSTED AT
CREATIVES AT WORK
112 W. ALABAMA AVE

2PM - 5PM
APRIL 29

RHS State Literary Results

RHS Competed at LSU
STAFF REPORT

Ruston High School (RHS) finished as the Division I Overall winner at the locally held district literary rally held at Louisiana Tech University. Those who qualified and those competing in open events headed to LS and competed in the state literary rally.

Representing Ruston High School at state this year in English subjects were John Serio (English II); Carmen Bishop (English IV); and Rylie Nutt (English III). In science, RHS was represented by Siriana Kilpatrick (Biology), Ashton Wick (Chemistry), Charles Ruffleth (Environmental Science) and Riley Moegle (Physics). In history, Avery Madden (Civics), Matthew Daulton (U.S. History), KaraLin Hoover (Government) and Callie Stegall (World History) competed for RHS.

In math subjects, Micah Blount (Algebra I) and Anhaar Wasi (Algebra II) represented RHS. In foreign languages, RHS competed with Abbey Seney (Spanish I), Jodi Dunbar (Spanish II) and Maggie Ambrose (Spanish III). RHS was represented in business events by Jessica Sanchez-Perez (Business Computer Applications) and Bridney Tomas Perez (Principles of Business). In Psychology, RHS sent Jordan Jones. Rounding out those who qualified at district and attended state were Emily Stutzman (Health) and Esthela Cirilo (Nutrition and Food). In open events, RHS was represented by Gavin McCown, Jacob Wobisch, and Chloe DeMattos.

RHS is proud of the effort of all students who took a Saturday of their time and competed in the state literary rally. Although not all results are yet known, congratulations are in store for Jodi Dunbar (3rd place in Spanish II) and to Chloe DeMattos (Top 3 with 5pts/5pts – Speech Original Oratory).

For Online Access to All Assessment Resources, visit the Family Support Toolbox at:

<https://www.louisianabelieves.com/resources/family-support-toolbox>



RHS Girls Softball Plays On Rebuilding and Improving Information Provided by Coach Lauren Garvie

The 2023 Lady Bearcat Softball team stated off with some very tough losses for new coach Lauren Garvie and the young rebuilding team with their 0-3 start to the season. With those game behind them and having gained valuable experience, the Lady Bearcats looked to close the first month of play with quality wins at the Pineville Tournament on Feb. 24-25, 2023.

In the Pineville tournament, the Lady Bearcats bats came alive and the team began to see positive results from all aspects. In the first game, the Lady Bearcats earned their first victory of the year with a huge 21-0 shutout over Peabody. Although they would lose to Holy Savior Menard 8-11 and Montgomery 2-3, the Lady Bearcats were in the games and playing hard, making for a promising future for the young team.

The Lady Bearcats took a few weeks to practice on lessons learns and enhance their skills as they looked forward to a busy March calendar that would include participating in several individual games as well as two tournaments before closing the month with their own tournament. Taking their 1-6 record to Quitman on March 6, 2023, the Lady Bearcats opened March play with a tough loss 2-4 to close with a 1-7 record before opening district play.

The Lady Bearcats opened district play March 7, 2023, at ASH with a 2-12 loss. They returned home to face Pineville on March 9, 2023, and fell 2-13, moving to 1-8 (0-2). On March 14, 2023, they dropped their match-up against West Ouachita with 0-11, moving to 1-9 (0-3). The Lady Bearcats hit the road to take on Ouachita on March 16, 2024. In this game, they put up a fight but fell 6-12, dropping to 1-10 (0-4).

Remaining on the road, the Lady Bearcats played in the Evangel Tournament on March 17-18, 2023. In this tournament, the bats came alive for the Lady Bearcats as they scored 37 runs over three games, winning 2 of 3. They did this with a 21-2 victory over North Caddo, a tough 6-9 loss against D'Arbonne Woods, and then a big 10-4 win over Minden, bringing their record to 3-11 (0-4).

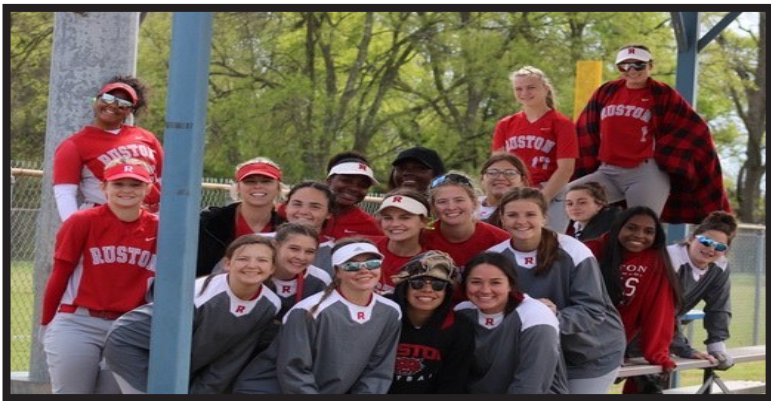
In their final game before press, the Lady Bearcats returned home for a games against West Monroe on March 21, 2023. The Lady Bearcats bats were cooled this game as they fell 0-90 to close with a 3-12 (0-5) record at press.

Tonight, the Lady Bearcats host ASH as they pursue their first district win. Bearcat fans are encouraged to show up and cheer them on inn their pursuit.

This weekend, the Lady Bearcats will play in the Calvary tournament on March 24-25, 2023. They hit the road again to face Pineville on March 28, 2023, and West Ouachita on March 30, 2023.

Closing March and starting April, the Lady Bearcats host their own tournament (Bearcat Bash) on March 31 – April 1, 2023. On April 3, they travel to North Webster before returning home to face Ouachita on April 4, 2023. The Lady Bearcats then close out district play at West Monroe on April 6, 2023, and close their non-district schedule on the road against St. Frederick.

Bearcat Nation is asked to come out and support these young ladies as they look to rebuild the team for a strong finish and maybe more. The action is intense and their hearts are in it, so show them the support they deserve.



RHS Baseball Battles Back Winning Big in March STAFF REPORT

After starting the young season with a loss, the 2023 Ruston High School (RHS) baseball team bounced right back on February 23, 2023, with an impressive 13-5 victory over St. Frederick to even their record at 1-1 in the North Desoto Tournament. The 'Cats faced three other opponents in the tournament, falling to each one in games that could have easily went either way (Byrd 4-11); Parkway (2-3); and Captain Shreve (7-8). The 'Cats remained confident at 1-4 as they welcomed Benton on February 28, 2023. It was another tight game for the 'Cats, but the 'Cats prevailed with a 9-8 victory to bring their record to 2-4.

Taking their last victory and 2-4 record into March, the 'Cats traveled to the Ouachita Christian tournament on March 2-4, 2023, for 4 games. In this tournament, the 'Cats opened with a victory against a tough Walker team, 3-2, and followed by a shut-out victory over John Curtis, 1-0, to even their record at 4-4. On double-header Saturday, the 'Cats soundly defeated Denham Springs 8-0, and then took down Northwood 7-6, making it 5straight wins and bringing the record above .500 to 6-4. After the tournament, the 'Cats hosted Byrd on March 7, 2023.

The 'Cats moved their winning streak to 6 as they won 8-3, moving to 7-4 overall. On March 9-11, 2023, the 'Cats traveled again, this time to the East Ascension tournament. In the tournament, the 'Cats would roll and win all 4 games, bringing their winning streak to 10. Against Zachary, the 'Cats took a 6-1 victory before defeating Mandeville 3-1. The 'Cats them shut out Archbishop Shaw 13-0, and closed play by defeating the host school, East Ascension, 7-2. This brought the 'Cats record to 11-4.

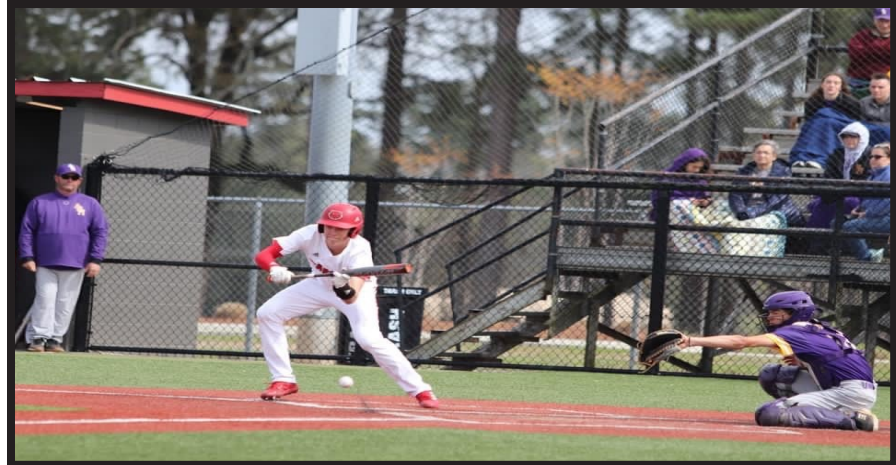
In a non-district game, the 'Cats returned home and welcomed Airline on March 14, 2023. In this game, the 'Cats lost in a close game, 1-2, ending their 10-game streak and bringing their record to 11-5. For 'Cats opened district play at home on March 16, 2023, hosting Alexandria. The bats slowed down as the 'Cats loss 1-8, moving to 11-6 (0-1). In the rematch with Alexandria on March 18, 2023, the 'Cats bounced back and won 6-5, moving to 12-6 (1-1) on the year. The last game before press, the 'Cats hosted Glenbrook on March 21, 2023, a non-district opponent. In this game, the Bearcat bats came alive as the 'Cats won 16-7, closing at 13-6 (1-1) at press time.

The 'Cats will continue district play tonight as they travel to Pineville. Two days later on March 25, 2023, they return home to face Pineville again. After a March 28, 2023, non-district home game against Calvary Baptist, the 'Cats close out March with a March 30, 2023, district showdown at home against West Ouachita.

On April 1, 2023, the 'Cats travel to play West Ouachita again. On April 4, 2023, the 'Cats remain on the road for a non-district showdown with Sterlington before returning home to face district foe Ouachita on April 6, 2023, and then turn right back around and travel to Ouachita the next day. The 'Cats will the host non-district Oak Grove on April 8, 2023, before returning home to play a non-district game again Ouachita Christian on April 11, 2023.

District title hopes loom as the 'Cats take on West Monroe in a home and away series on April 13, 2023 and April 15, 2023. The 'Cats then close out the regular season against non-district Mangham.

Bearcat baseball looks to have a great year and encourages all of Bearcat Nation to come out and support them in their efforts. See the schedule provided and come out and support the RHS Bearcats pursuit of the district title and beyond.





RHS Boys' Powerlifting at Regionals

Lifters Place at Regionals/ Next up is State
STAFF REPORT



After working hard to support the Powerlifting girls' regional tournament held at Ruston High School (RHS) on February 18, 2023, the Ruston High School (RHS) boys' lifters competed at Calvary Baptist in their own regional tournament on February 25, 2023. Lifters south their personal best as well as a shot to compete at the state meet that will be held in the Cajun Dome at the University of Louisiana – Lafayette (ULL) on March 24-25, 2023.

In the boys' tournament, 7 Bearcats placed in the top 10, of which 5 of them placed in the top 5. In 7th place in his classification was Xander Edwards. Placing 6th was Cedric Rhone. Into the top 5, Avery Overstreet lifted his way to a 5th place finish. The Bearcat lifters had two lifters place 4th in their classifications: Kameron Dobbins and Miguel Leon. Placing a strong 3rd was Chamarion Williams. Topping off regionals. RHS Bearcat lifter Mason Skipper placed 1st (champion) in his classification for his lifts.

PowerCats!



RHS Indoor Track Results

Team Places 11th Overall
STAFF REPORT

On February 18, 2023, the Ruston High School (RHS) indoor track team traveled to Louisiana State University (LSU) to compete in the state meet. Overall, the RHS track team placed 11th, with several athletes placing in the top 20, and 9 placing in the top 10.

The girls' results included Lily Garrett placing 6th in the girls 1600m with a time of 5:15.40. In the girls' 4x400 meter relay, the team of Zoie Holstead, Alaysia Taylor-Braggs, Sara Naff, and Sydney Owens took 10th place with a time of 4:21.09. In the girls' 3200m, Hallie Hebert placed 12th with a time of 12:55.74 and Parker Nations impressed with her 3rd place finish of 11:29.12. The girls' 4x800 meter relay team of Zoie Holstead, Lilly Garret, Sara Naff, and Sydney Owens placed 2nd (state runner-up) with a time of 9:52.48. In the girls' triple jump, Sophia Roberson placed 16th with a jump of 9.58m and Faith Miller placed 11th with a jump of 10.22m.

On the boys' side, Bryar Madden placed 10th in the 1600m with a time of 4:52.77. In the 3200m, Landon Byrd placed 8th with a time of 9:55.60 and Thomas Rogers placed 5th with a time of 9:38.83. In the boys 4x800 meter relay, the boys' team of Andrew McKaskle, Taylor Roller, Liam Lowe, and Bryar Madden ran away with the state championship with their time of 8:11.30



RHS Track Competes at Cedar Creek

STAFF REPORT

On March 3, 2023, the Ruston High School (RHS) boys' and girls' track team competed in the Cedar Creek track meet. Overall, both the RHS boys' and girls' track teams had a very successful meet.

For the girls' track team, the 200 meter dash had T'Avion Clark capturing 1st with Brianna Alexander placing 5th. In the 400 meter dash, Zoe Williams placed 3rd. Alaysia Taylor-Bragg captured 1st in the 300 meter hurdles. In team events, RHS girls' teams placed 2nd in the 4 x 100 meter relay and the 4 x 200 meter relay. In the 4 x 400 meter relay, it was all RHS as the girls captured 1st. In other individual events, Alana Conley placed 4th in the triple jump; Jouri Douglas placed 5th in discus; Jordan Tate placed 3rd and Lacy Neaville placed 5th in javelin; and Jordan Tate placed 3rd and Jouri Douglas placed 4th in shot put.

For the boys' track team, the 100 meters dash saw three place as Jordan McWain won the event with Jallin Jones placing 4th and Kenny Hoang placing 5th. The boys' finished 1-2 in the 200 meter dash, with Kendrick Jones taking first followed by Jallin Jones. The 800 meter run was another 1-2 event led by Andrew McKaskle in 1st followed by Landon Byrd in 2nd. In the 1600 meter run, Joshua Daulton took first followed by John Madix in 5th. In yet another 1-2 finish, thye 3200 meter run had Al-Amin Wilson place 1st followed by Josiah Finley in 2nd.

Continuing with boys' results, Dylar Richmond took 1st place in the 300 meter hurdles. The boys's team captured 1st in the 4 x 100 meter relay, and placed 2nd in both the 4 x 200 meter and 4 x 400 meter relays. Rounding out individual events, Caleb Hampton placed 5th in the long jump and placed 3rd in the triple jump, and Christian Davis placed 5th in the javelin.



RHS Track Competes at ULM

Boys' and Girls' Place 1st Overall
STAFF REPORT

On March 4, 2023, the Ruston High School (RHS) track team competed at the University of Louisiana – Monroe (ULM). Overall, both the RHS boys' and girls' track teams placed 1st, led by many individual and team placements.

RHS track had several girls place in the top 5. Individually, RHS saw several 1-2 and other back-to-back finishers. Ziah Jones placed 5th in the 100 meter dash. In the 200 meter dash, Faith Mattox took 3rd. The 400 meter dash saw Megan Modest place 2nd with Brianna Alexander right behind her in 3rd. IN all the long runs, RHS individuals placed 1-2. In the 800 meter run, it was Lily Garrett capturing 1st followed by Hallie Hebert in 2nd; in the 1600 meter run it was Parker Nations capture 1st followed by Sara Naff in 2nd; and in the 3200 meter run, Sydney Owens captured 1st followed by Zoie Holstead in 2nd. The girls' team placed 1st in the 4 x 100 meter relay, 1st in the 4 x 200 meter relay, and 1st in the 4 x 400 meter relay.

In addition to the running events, RHS girls' team members also saw success in other areas. In the long jump, Faith Miller captured first followed by Sophia Roberson in 2nd. In the triple jump, Faith Miller placed 2nd followed again by Sophia Roberson with a 3rd place finish. In the discus, Jouri Douglas placed 2nd. Jordan Tate placed 2nd in the javelin, and Jouri Douglas wrapped things up with her 3rd place finish in shot put.

The boys' team also performed well in winning their side of the meet. In the 200 meter dash, Darius James placed 3rd. In the 400 meter dash, Bryton Carr placed 5th. RHS went back to back in the 800 meter dash as Bryar Madden took first followed by Taylor Roller in 2nd. The 1600 meter run saw Thomas Rogers finish first with Liam Lowe placing 4th. In the 3200 meter run, Cole Maestrini placed 2nd and Cole Magee placed 5th. The boys' teams won 1st place in 3 of the relay events as they won the 4 x 100 meter relay, the 4 x 200 meter relay, and the 4 x 400 meter relay. They also placed 2nd in the 4 x 800 meter relay. In the long jump, Ray Owen placed 3rd and Logan Malone placed 4th. Logan Malone added a 1st place in triple jump for RHS, and Gavin Jolivet placed 5th on pole vault.



RHS Athletes Shine

Honors and Recognitions
STAFF REPORT

Many athletes at Ruston High School (RHS) continue to receive accolades after the conclusion of their seasons. Some have already been recognized in *Chatterbox* whereas some additional athletes have been added to the growing number of athletes that continue to shine at RHS.

For RHS boys' soccer, many players were recognized on the All-District team. Among them was Jaiden Languill, selected as the offensive most valuable player (MVP). Joining him with All-District honors on the 2nd team were Trenton Richard and Koy Tolar. Honorable mentions were also made for Carter Tims and Austin Guillory. In addition, Jaiden Languill and Trenton Richard were also selected to the All-Northeast team.

RHS girls' soccer also had members recognized for their performances this year. Making the 1st team All-District was Reagan McCulloch. Joining her on the 2nd team All-District was Morgan Foster, with honorable mentions given to Ashlyn Cripps and Mia Tapia.

The RHS basketball team finished 29-4 and made it to the semi-finals of Marsh Madness thanks to the efforts of many players. Braylan McNeal and Aidan Anding both were selected for the 1st team All-District. Joining them was Lonnie Dimmer on the 2nd team All-District. RHS also had 3 platers added to the All-District team as honorable mentions: Zhy Scott, Jay Lillard, and Jordan Parker.

30th Annual Hoss Garrett Relays

Rescheduled to Saturday, March 25, 2023



Bearcat Boys' Basketball

2 'Cats Play Into Marsh Madness Semi-Finals

Information provided by Coach Ryan Bond

The Ruston High School (RHS) basket team has played at a high level most of the season, and looked to take their best game into the playoffs. After ending the regular basketball season with an impressive # 2 rating and a 27-3 record, the 'Cats earned the #2 seed in the state tournament and a first round bye. The 'Cats would show that they were indeed a force, as they made it to the semi-finals for the 1st time since 1988, with two blow-out victories in the playoffs before falling just short in a defensive semi-final round.

In their first game on February 28, 2023, the #2 seeded 'Cats welcomed # 15 East St. John to Ruston, who had defeated #18 Terrebonne in a low-scoring defensive game in the first round 47-37. With a few days extra rest and not having to have played in the first round, the 'Cats hit the floor running and never looked back as they ran away early. Using a smothering defense that included several blocked shots, the 'Cats added in their explosive offense that would not let up. By halftime, the score was 31-14, and at the end of the third, the 'Cats pulled away 59-25. The clock kept running most of the 4th as the 'Cats brought home a huge 75-35 victory and a record of 28-3.

In the quarterfinals, the 'Cats opponent was # 7 seed Barbe, who had advanced by defeating Southwood in a tight 50-49 victory. To date, the boys' bracket had gone as expected with seeds 1-8 all advancing to the quarterfinals, and the 'Cats were playing hard to return to the semi-finals. Playing at home as the higher seed, the 'Cats once again packed the stands and brought their "A-game" against Barbe. The 'Cats opened up with the first 15 points of the game and kept the pace going throughout. By the end of the first quarter, the 'Cats led 22-4 and pushed the lead to a 40-17 halftime advantage. Playing several players, the third quarter ended 59-24 and the 4th quarter was played again with a running clock. The final score was a tremendous 70 - 33 victory, moving the 'Cats to 29-3 and most importantly into the semi-finals and into Marsh Madness.

The 'Cats headed into the semi-finals for the first time since 1988, the last year they won a state championship, ready to show that they were the best. Although the games in Marsh Madness were played in Lake Charles, a large fan base followed them and they were also designated the home team. The 'Cats faced up against the #3 seed Ponchatoula, who had defeated the 6th seed Sulphur to earn their place in the semi-finals. Although homecourt was not quite the same as the home fan packed Ruston High stadium, the electricity in the air was still there for the 'Cats. The game remained close throughout, with the first period ending tied at 11-11, and the halftime score also tied at 25-25. The 'Cats held a slim 37-35 lead at the end of the 4th, but a strong 4th period by Ponchatoula led to the 'Cats falling just short, 55-62.

The 'Cats ended the season with an impressive 29-4 record and their heads held high. They are already looking at next year, and lose only 1 senior, Braylan McNeal, while picking up many more quality players from the junior high school. During the off-season, the 'Cats will continue to prepare for what promises to be another great season for basketball at RHS.



Coach Bond teaches and mentors.



2023 RHS Bearcat Basket Team



2022-2023 RHS Basketball 29-4!
Semi-Finalists Marsh Madness

RHS Girls' Basketball News

District 2-5A MVP and Honorable Mentions

Information Provided by Coach Meredith Graf

The 2022-2023 Lady Bearcat basketball team had a year of injuries and heartbreaks, but played well enough to make it into the playoffs. Their season ended with a 14-14 record in the 1st round of the playoffs in yet another heartbreaking one point loss. However, despite the adversity, the team played hard all year and persevered.

Recently, District 2-5A honors were announced for girls' basketball, and RHS basket was proud to have 4 players recognized for their performances this season. Freshman honorable mention was earned by Ella Kate Jones for her contributions to the team. Sophomore recognition for honorable mention went to Kiersynce McNeal for her efforts this year. Rounding out honorable mentions was senior Marcy Parker for her steady play and effort. To cap the season, RHS basketball was proud to see junior Jaliyah McWain selected as the District 2-5A Most Valuable Player. McWain truly took over and did an outstanding job during the season ensuring that the Lady Bearcats remained competitive all year round. Congratulations to our young ladies for being recognized for their efforts and a great year.



MVP Jaliyah McWain



Honorable mentions pictures left to right: Freshman Ella Kate Jones, Sophomore Kiersynce McNeal, and Senior Marcy.



January Athletes of the Month

Recognition by Kim Dupree State Farm

January's spotlight was on two outstanding athletes, Madison Jacks and Dean Colvin! These two represent the Ruston High School Powerlifting team and have definitely made a name for themselves! Here's what their coaches had to say:

"Madison has consistently worked hard in the weight room this year to improve her lifts from last season. As we head into Girls Regionals, she is currently ranked 3rd in her weight class of all 5A school." -Coach Sarah Wages

"Dean Colvin, a first year lifter for the Bearcat Powerlifting team, placed a 1,130lbs total in the 165lb weight class helping the Bearcats take their first Boys meet win of the season. Dean has placed at two meets this year, taking home Bronze and Gold. After several attempts this year, Dean hit 450lbs on the squat lift, pushing him to make the Regional lifting team. Dean is currently ranked the 13th strongest lifter in the 165lb class in 5A for the State of Louisiana." -Head Powerlifting Coach Chad Reeder

A BIG congrats to Madison and Dean on all of your amazing accomplishments! We are cheering you on and can't wait to see what else you accomplish!





