



THE MUSTANG GAZETTE

stories from the home of the
mustangs & m-ettes

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Cover Photo: Malta High School's wonderful wrestlers during the State Meet in Billings, MT. Photo credits: Mr. Oxarart.

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Teacher Trivia

Using the hints given, determine the teacher that provided the hint below. Submit your answers to Mrs. Pankratz. Places one and two will get a prize!

1. Ed Sheeran, Shania Twain, Eminem
2. Foo Fighters, Queen, Billie Joel
3. Metallica, Collective Soul, AC/DC
4. Lake Street Dive, Eddie Veder, Nathaniel Rateliff & The Night Sweats
5. Turnpike Troubadours, AC/DC, Mike and the Moonpies
6. Public Enemy, Chris Stapleton, The Lonely Island
7. John Mellencamp, Creedence Clearwater, Tom Petty
8. The Fat Rat, Papa Roach, Tove Lo
9. Ed Sheeran, John Legend, Josh Groban
10. Dierks Bentley, Anberlin, Train
11. Gun n Roses, Van Halen, Fleetwood Mac (COUNTRY MUSIC SUCKS!!)
12. Simon and Garfunkel, Led Zeppelin, Earth Wind & Fire
13. James Taylor, JS Bach, Rachmaninoff
14. Eric Clapton, NeilYoung, Led Zeppelin
15. Doobie Brothers, Spinners, Earth Wind and Fire
16. Ronnie Milsap, Alan Jackson, James Taylor
17. Civil Wars, First Aid Kit, Lin-Manuel Miranda
18. Red Hot Chili Peppers, Grateful Dead, Green Day

Teacher Choices:

- Mrs. Rummel, Mrs. Bruce, Mr. Benton, Mr. Ebert, Mr. Oxarart, Mrs. Murdock, Mrs. Pankratz, Mr. Henry, Mrs. Gilkerson, Mr. Benn, Mrs. Costin, Mr. King, Mrs. Estill, Mrs. Labrie, Mr. Messerly, Mr. Engebetson, Mr. Somerfeld, Mr. Sargent*

Call it in the Ring



Malta wrestler Kolter Schipman gaining two points at the State Meet. Photo Credits: Mr. Oxarart.

Emma Harms MG Staff State Wrestling took place in Billings, Montana at the Rimrock Auto Arena during the weekend of February 8-9th. Malta/Whitewater had six wrestlers qualify to go. Andres Lopez, Kolter Schipman, Luke Lawless, Callan Mears, R.C. Skiff, and Oren Mackey were the wrestlers who qualified to go. Although six qualified, only five went. Out of those five, three placed: Andres Lopez took 3rd at 182, Kolter Schipman took 3rd at 132, and Callan Mears took 5th at 145.

The Malta Wrestling Head Coach, Ryan LaBrie says that aside from winning the Division, Cut Bank was the best meet of the season. “Even without all the guys on the mat, it was our best overall weekend of wrestling. They came out on fire and were able to bring a trophy home that we were just short of a year ago,” said LaBrie. Coach LaBrie has stated that even if the team was not as dominating as it might have been the prior two seasons, that the season went really well. The team is a much younger team, and it was just a matter of getting them all together at the same time, but look out for the foreseeable future. “I’d say state ended very well. It’s always tough and emotional. You always hope for more for the guys... the time and preparation they put in. It’s great we had 3/5 place! But whether they placed or not, I know each one gave their best efforts and need to hold their heads high!” Stated Labrie.

The highlight of LaBrie’s season was having all fourteen wrestlers on the mat for divisionals. “It was the right time bring them all together and to win a 3rd straight Northern B/C Title,” said Labrie. The biggest goal for the next season is for the guys to grow as a team. The Malta



wrestling team, had two seniors on the team this year, Kolter Schipman and Andres Lopez. “Kolter is a one in a million guy. His infectiously positive attitude and unparalleled work ethic has made him a great teammate to many! Andres is a different cat all together, he always has something up his sleeve, or a lack of sleeves. He is probably one of the most gifted athletes, but I’ll probably remember his high jinx more than anything,” stated Labrie.

Schipman, and Lopez both made it to state this year, and they both placed in the top five. For Schipman, state didn’t go as well as he hoped for. Just like everyone else who makes it to state, you go there to win it all. Even if the end of his high school wrestling career didn’t end as well as he hoped for, Schipman still finished his season on a good note, by placing 3rd in the 132 weight class. “Wrestling teaches you how to work hard, and be mentally tough, and you can only blame yourself if something happens,” inferred Schipman. Andres Lopez also placed 3rd in his weight class. Like Schipman, Lopez stated, “I was hoping to be in the state championship but, I took third so I guess that’s good enough.” Lopez has recalled that the one thing he is going to miss the most about wrestling, is the atmosphere of it all. Schipman also commented that he is going to miss being with the team. Being their last year, you can’t go without a favorite tradition. “Just ask the Wrestlers,” says Schipman, and as for Lopez, his favorite tradition was staying at the Church House in Choteau.

“If you’re on our team, stay focused and dedicated. If you’re not, we’d like to challenge anyone who wants to be a part of something bigger! Stay and you’ll be a Champion.” - Coach LaBrie

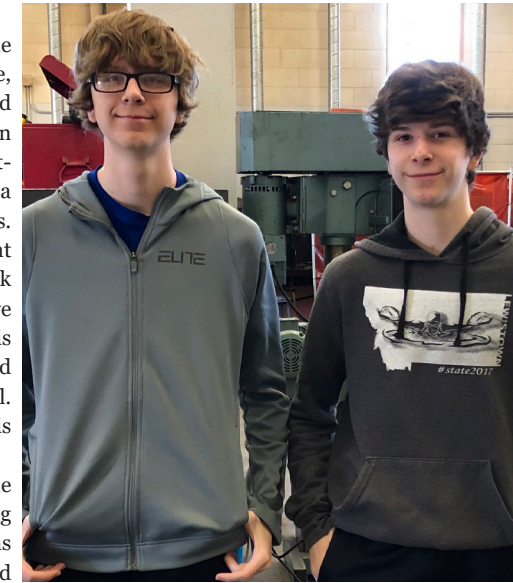


Malta wrestler Andres Lopez celebrating a nice win at the State Meet. Photo Credits: Mr. Oxarart.

Citizens of the Quarter

Taylor Gilkerson MG Staff This quarter we have not one but two outstanding citizens, Darrow and Dallan Messerly. The twins are freshman here at Malta High School. Dallan is involved in FFA, Key Club, and basketball. Darrow is involved in football, basketball, and FFA. Darrow’s goals for this semester are “to get on the honor roll for the third and fourth quarter.” Darrow’s favorite school lunch is pizza. Darrow’s thoughts on the qualities of a good person are “being respectful, sharing, kindness, being polite, and going out of your way to help others and expecting nothing in return.” Darrow is a very humble and laid back person. Darrow’s favorite quote is “hard work beats talent when talent fails to work hard”-Kevin Durant. Dallan’s favorite school subjects are science, PE/health, and AG ED. “The teachers just make the classes so much better,” stated Dallan. Dallan like his twin brother, is a very humble and laid back individual. Dallan’s thoughts on the most important qualities of a good person are “being selfless, being kind without expecting something in return, and just being positive toward all people.” Dallan’s favorite school lunch is either tacos or quesadillas. Dallan’s goals this year are “to get through without completely failing. I just want to get

good enough grades.” Mr. Oxarart, one of the math teachers here at Malta High School gave some insight to the boys’ good behavior. “Both twins are respectful, cooperative, and work well with others and are willing to help others when needed,” stated Oxarart. “Dallan works hard in class and pick things up pretty easily, and when he doesn’t he will work fiercely until he does get it. Darrow is a great student-athlete, he works hard in the classroom as well as on the field and court. He is a fierce competitor and is fun to teach and coach,” said Oxarart about the twins. Mr. Estill, a science teacher here at Malta High School also gave some insight on the twins outstanding citizenship. “Darrow is a fine example of hard work and dedication. Dallan is upbeat, positive, and spontaneous.” The twins have many great qualities, many alike and many apart. “Dallan watches out for his fellow classmates. I have heard him to speak up when he thought things had gone too far and check on classmates to make sure they are okay,” said Estill. He= also stated, “Darrow is a very good athlete and an excellent teammate. His actions and words help to keep his teammates spirits high.” Here are a couple fun facts about the twins Darrow is older than Dallan, while Dallan is taller. Both twins are very nice people, very respectful, they get along with just about anyone, and they are just all-round great kids. Congratulations to Darrow and Dallan on being our citizens of the quarter. Keep up the good work boys!



Above: Dallan and Darrow Messerly, Freshman Twins Photo Credits: Taylor Gilkerson

One in Fifty-Nine Exploring ASD

Emma Harms MG Staff Autism Spectrum Disorder, or ASD is a developmental disorder. ASD can affect a person’s ability to speak or communicate and interact with others. It is defined by certain set of behaviors and is a spectrum condition that affects people differently, and to varying degrees. Symptoms of ASD include, but are not limited too, toy habits, sensitivity to sound, struggle with change, speech or nonverbal delays, hyperactive or passive, attached to certain objects, lack of safety, inappropriate emotions, and like to be by themselves according to www.verywellhealth.com. There are three levels of ASD. Level one is not as severe as levels two or three, but will still need support. People with level one autism have noticeable issues with communication skills and socializing with others. They can usually have a conversation, but it might be difficult to maintain a back-and-forth banter. Symptoms of level one autism include: decreased interest in social interactions or activities, difficulty initiating social interactions, such as talking to a person, ability to engage with a person but may struggle to maintain a give-and-take of a typical conversation, obvious signs of communication difficulty, trouble adapting to changes in routine or behavior, and difficulty planning and organizing, states www.verywellhealth.com. Level two ASD will require substantial support. Symptoms of level two autism include a severe lack of verbal and non-verbal communication.

This makes daily activities difficult for the individual. Symptoms of level two ASD include: behavior issues severe enough to be obvious to the casual observer, unusual or reduced response to social cues, communication or interactions, difficulty coping with change to routine or surroundings, trouble adapting to change, communication using overly simple sentences, narrow, specific interests, and significant lack of verbal and nonverbal communication skills.

Level three is the most severe level of autism. Those at this level require substantial support. In addition to a more severe lack of communication skills, people with level three autism also display repetitive or restrictive behaviors. Repetitive behaviors refer to doing the same thing over and over, whether it’s a physical action or speaking the same phrase. Restrictive behaviors are those that tend to distance someone from the world around them. This might involve an inability to adapt to change or narrow interests in very specific topics. Symptoms of level three autism include a very limited desire to engage socially or participate in social interactions, trouble changing behaviors, highly visible lack of verbal and nonverbal communication skills, extreme difficulty coping with unexpected change to routine or environment, and great distress or difficulty changing focus or attention, according to www.healthline.com.

From the year 2000-2014 the rate of individuals diagnosed with autism has grown almost 10.1 percent (6.7-16.8). One in fifty-nine births are diagnosed with ASD yearly. As of 2018, one in thirty-seven boys, and one in one-hundred and fifty-one girls are diagnosed with ASD. Studies show that boys are four times more likely to be diagnosed with autism. In the year 2000, boys had a 2.7% chance, and girls had 0.7% chance of being diagnosed with ASD states www.sciencedaily.com. Forty-four percent of children diagnosed with autism or ASD have been shown to have average or above average intellectual ability. Most people don’t see this success for the individuals with ASD though. People with ASD have only been recently noticed, although autism has been around for a very long time, it is only recently been cracked open with not only concern, but solutions to help those with the disability.

Temple Grandin is one of the most successful people who had autism. Grandin did not talk until she was three and a half years old, and now she is a professor of Animal Science at Colorado State University. Grandin has been featured on Larry King Live, 20/20, Sixty Minutes, and on Ted Talks in 2010. Grandin has been featured in articles in The New York Times, Discover Magazine, Forbes, and USA Today. Although Grandin is one of the most successful autistic people in present day, she wasn’t the only one who didn’t let the

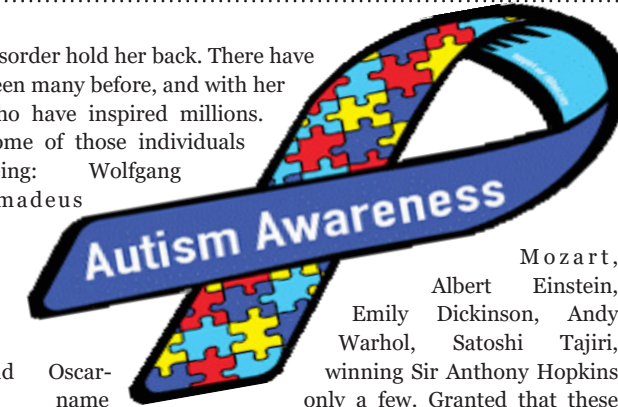
disorder hold her back. There have been many before, and with her who have inspired millions. Some of those individuals being: Wolfgang Amadeus

Mozart, Albert Einstein, Emily Dickinson, Andy Warhol, Satoshi Tajiri, winning Sir Anthony Hopkins

and Oscar-name individuals all had different severities of ASD, they all had or have the disorder. Still some people might label these individuals with ASD as ‘less than’ or ‘disadvantaged’. Aunaleis Wessel is a family member of mine who has three young children, and one of them being a son with autism. When I asked her about her thoughts on individuals with ASD being labeled as “less than” or “disadvantage” this was her response, “Sometimes I think autism advocates like to sugarcoat the truth and paint autistic people as an inspiration. I feel like they’re erasing Chris when they silence our struggles. The life of a lower functioning autistic person can be very hard. To say he isn’t disadvantaged is wishful and ignorant. He is. As far as less than, it makes me angry. Temple Grandin coined the term “Different, not less.” I love that. It’s the truth.” Aunaleis’ son Chris has moderate to severe autism, and is primarily non-verbal. This although is based off his evaluation at age three. Chris is now eight years old, and now might be considered semi-verbal. Individuals with ASD do not “outgrow” autism, but studies show that being diagnosed early, and intervention will lead to significantly improved outcomes.

Sue Gilkerson works with individuals who need specific attention and have specific educational needs. Mrs. Gilkerson has noted that students with autism are very routine driven, and don’t do well usually when the routine is broken. Mrs. Gilkerson’s favorite part of the day is when a student who has been struggling with a certain task, and finally gets that task done. Elaine Stannebein also works with students who need specific educational attention. “Autistic children need structure. They do not like changes” she stated. The best part of Mrs. Stannebein’s day is when a student has learned and remembered a concept from the day or a week before. Both Gilkerson and Stannebein have gone through a certain type of education to help those who need specific education.

“The skills that people with autism bring to the table should be nurtured for their benefit and society’s, and if a cure for autism were found, I would choose to stay the way I am.” -Temple Grandin



Celebrating Mrs. Bruce



Farewell to Malta High School

Story by Sidney Meeks

Malta High School family consumer science teacher, Becky Bruce, plans to retire in June.

Before becoming a teacher at MHS, she taught six years at Jefferson High School in Boulder, Montana. She also experienced many other jobs which helped broaden her horizons. She was a receptionist for a doctors' office, worked at a bank, and worked the longest as a bookkeeper for her late husband's business. When first attending college, Mrs. Bruce received her degree in Biology, but had most of her teaching classes completed, so when returning to college in 2005, she only had to take education classes and content courses for her FCS degree. Since returning to Malta, Mrs. Bruce has spent five years leading MHS students during her time here. She has touched many lives during the past five years, and we will be sad to see her go, although she promises to still be very involved with FCCLA and the school community.

"Now all of my FCCLA members can come sell their items to me!" Added Bruce. Her repertoire of experiences over the past five years include teaching Family Consumer Science, Senior Survival, and Culinary Arts classes, as well as being the organizational leader for both the School Garden Club and the FCCLA group. Under the supervision of Mrs. Bruce, the Culinary Arts class has hosted several meals. First, they played host to around sixty diners, serving

a themed meal in conjunction with a performance by the high school jazz band. The meal featured several appetizers which included sausage wontons, corn chowder, homemade bread and buns, and the main dish of the night, pulled pork. This was followed by dessert featuring five different types of cheesecake. Guest Janessa Salsbery said, "The truffle cheesecake was too good to pass up even though I was so full from all of the other delicious entrees." Turk Salsbery,



Above: Culinary Arts teacher Mrs. Bruce. Below: Turk Salsbery Drizzles Sause onto the Dish.

a MHS Sophomore, revealed, "This dinner was the biggest event this year!" The final Culinary Arts dinner is set for April 2nd ahead of this year's spring play.

Throughout the year, they also organized two luncheons for the teachers. One which was held on February 20th, had a German theme, and included savory dishes such

as split pea and sausage soup and German sweet chocolate cake. The Culinary Arts students expressed that they were happy to be finally preparing this luncheon because the teachers had been questioning them about when it would be their turn to be served another amazing lunch! Over this past year, Mrs. Bruce has made many memories with the students. One memory she said she would remember forever [laughing] is when Skylic Lefdahl caught the cream cheese wrapper on fire in the microwave. "I've never seen blue fire," remarked Skylic. Another contribution Mrs. Bruce has had a hand in, is assisting the senior classes as they prepare for life after high school in her Senior Survival class. Mrs. Bruce has guided many Seniors to realize how much they needed her class to prepare for leaving. "She taught me how to sew and to how to be an above average chef," stated Payton Clausen. I know personally, I was looking forward to taking her class as a senior, and I think many will agree that they will miss her teaching these valuable classes. Even though beneficial, when asked what her favorite class was, Bruce replied laughing, "Definitely NOT Senior Survival."

During this past year, Mrs. Bruce also played a huge part in helping Payton Clausen build the first ever school garden. She was the advisor and wrote the grants that funded the garden. Establishing the school garden will always be one of Payton's favorite memories with Mrs. Bruce.

Even with a full load of classes, Mrs. Bruce has also dedicated her time to be the advisor for Malta's FCCLA group. When interviewing Ben Costin, the Vice President of FCCLA, he said that Mrs. Bruce goes to all of the meetings with them and helps them with all of their projects. Ben shared that, "She encouraged me to run for district office." Ben also told me that one of the things she helped him with that will make his finishing high school easier and life after be more organized is that, "She helps us keep track of our service hours and we write them down at every meeting. It will help me with all of my scholarships, and have a



Above: Culinary students and teacher prepare dishes. Clockwise from top left: Turk Salsbery and Malachi Davis help prepare the meal. Jade Darrington mixes away. Mrs. Bruce gives Nikki Nicholson a tutorial. Jade and Nikki work to finish dessert.

better chance of receiving them. I will always be grateful for that." Once again, Mrs. Bruce has gone above and beyond to help students with all of their achievements. Ben also seems to have had great memories with Mrs. Bruce throughout the years because he could hardly tell me the stories without bursting into laughter. When asked what his favorite memory was he beamed, "There are so many. One time we were playing Bongo the whole trip and we thought she was starting to get annoyed, but then out of nowhere she whips the wheel in the process of pointing to the yellow vehicle before any of us even saw it." As you can tell this fun-loving lady will be missed. Ben concluded that, "He will miss all of the fun trips they took and how she always found some way to make it fun even when he thought there was no way possible."

As she unties her apron here at MHS,



there is no doubt that Mrs. Bruce has had a very successful teaching career. She informed me that the thing she hopes students take away most from her class is that, "Cooking can be fun, and I hope they learn to love it." She will definitely miss the cooking labs as she remarked, "I love when they all wear their chef coats and look professional even though sometimes it's chaos. It always seems to work out in the end." Even with all of these great memories, Bruce is most looking forward to being able to cook more at home in her free time, and travel with Colleen and Karen her longtime friends. With that, we at MHS, would like to congratulate Mrs. Bruce on her well deserved retirement! While she will be missed by all of the students and staff, we recognize that she certainly deserves her retirement and we hope she embraces each and every opportunity it brings!

Try Something New!

Delicious Recipes Tested By Mrs. Bruce & Her Students

HEARTY HOMEMADE CORN CHOWDER

Ingredients

- 8 slices bacon, diced
- 2 Tbsp unsalted butter
- 1 medium yellow onion, diced
- 1/4 cup all-purpose flour
- 2 cloves garlic, minced
- 5 cups water
- 8 ears yellow sweet corn (husks and silks removed)
- 1 lb. Yukon gold or baby red potatoes, sliced into 1/2 inch pieces
- 1/4 tsp dried thyme
- 1/4 tsp smoked paprika
- salt and black pepper, to taste
- 1 cup half and half or heavy cream
- handful of chopped fresh chives

Instructions

Slice corn kernels off the cob and set aside. Take each ear of corn and hold it over a bowl. Use either the back of your knife or a spoon and scrape any remaining pulp and juice from the cobs. Cook bacon pieces in large heavy bottomed pot (like a dutch oven) over MED heat. Cook about 5-8 minutes, or until bacon is crisp. Use a slotted spoon to remove to a paper towel lined plate and set aside. Use a clean paper towel to absorb some of the bacon grease, reserving about 1 Tbsp of grease in the pot. Add butter and melt over MED heat. Add diced onions and cook about 5 minutes, until soft and translucent. Add garlic and flour and cook about 1 minute, stirring often.

While whisking, pour in water and increase heat to MED-HIGH. Add in corn, potatoes, thyme, smoked paprika, and salt and pepper. Stir and bring to a low boil, then reduce heat to MED-LOW and simmer. Simmer, stirring every so often, for 15-20 minutes, until potatoes are fork tender.

Use an immersion blender to blend about half the soup until smooth.

Alternatively, remove about 3 cups of the soup to a blender and blend until smooth. Stir the blended soup back into the pot. Add in half and half, reserved corn juice, and about half the chives. Stir in and heat through. Serve sprinkled with remaining chives and cooked bacon pieces, if desired.

Artichoke Bruschetta or Hot Artichoke Dip

Toasty baguette slices are topped with a creamy artichoke speak then broiled until bubbly in this easy appetizer that fancy enough for a party...or for a more casual variation, bake it up as a hot dip instead!

Ingredients

- 1 (8-ounce) package of cream cheese, softened
- 1 cup mayonnaise
- 1 (14-ounce) can of artichoke hearts (whole, halves or quarters) drained and chopped
- 1 cup grated Parmesan cheese
- 1 cup of grated mozzarella cheese
- 1 teaspoon garlic salt
- French baguette loaf of bread, cut at an angle in 1/3-inch slices
- Fresh chopped parsley or paprika for garnish

Instructions

In a large bowl, use an electric mixer to beat cream cheese until smooth. Blend mayonnaise and chopped artichoke hearts. Mix in Parmesan, mozzarella, and garlic salt and beat at high speed until mixture is smooth. Preheat broiler to high.

Dollop a generous amount of artichoke mixture on each baguette slice and spread all the way to the edges (which will prevent from burning). Arrange bruschetta on a baking sheet. Broil for 2 to 3 minutes or until topping is bubbly and starting to turn golden brown. Garnish with chopped parsley or a light sprinkling of paprika, if desired. Serve Hot.

Alternatively the artichoke mixture may be spread in a pie plate or similar baking dish and baked at 350°F for 25 to 30 minutes, until hot and bubbly (you may broil for a couple of additional minutes to brown the top). Serve as a dip with baguette slices, assorted crackers or tortilla chips.



NEXT STOP, DICKINSON STATE

On March 5th, 2019, senior, Andres Lopez signed to play college football for Dickinson State Bluehawks in North Dakota. He was joined by his mother Christina Lopez, brother Antonio Lopez, sister Carole Lopez and her family. Andres is planning to play a running back or wide receiver position. He plans to pursue a degree in agriculture.

Photo credits: Aidan Wiese.

Wishing You The Best

Izzy Markuson
MG Staff

..... may hear from a certain staff member and agriculture teacher, Mr. Grant Messerly, who has been teaching here at Malta High school since 2013 with 2019 being his final year. "Agricultural Education includes agriculture, natural resources, and land management. At higher levels, agricultural education is primarily undertaken to prepare students for employment in the agricultural sector" according to www.naae.org

Mr. Messerly has been a rancher throughout his life so why not pursue a profession in teaching? "I've been a rancher pretty much all of my life and when the opportunity came up to teach things I do every day here at Malta, I took the job. I've always wanted to be a rancher. I feel I'm a good cow man." "I got my teaching degree in 2008, and I taught some and substituted a lot in Dodson. Six years ago in 2013, I started here," stated Messerly. As a rancher, agriculture captivated him more than biology or chemistry ever did. "I have a bachelor's in science and secondary education science broadfield. I'm a biology teacher by trade. When the agriculture job came open in and put my application in just to see if I had a chance. By gosh, I was awarded the job, and I basically had to go back to school while I was teaching to become an agriculture teacher. I enjoy teaching agriculture a lot more than I would biology or chemistry," added Messerly. Although this will be a final year here at Malta, he has decided to resign. "I'm not really retiring as much as I am resigning. Myself and my family run a 170 cow herd, and I think I'm going to spend the first year just trying to get the ranch back in operating order. Working two jobs has been quite tough. I'm not as good of a rancher as I used to be and definitely don't have the energy to be as good of teacher as I was too." He also added that he decided this year would be best because "I guess it was the fact that we aren't getting things done. My wife and I talked about where we're going, what we were going to do, whether we were going to sell the ranch, and I don't want to sell the ranch, and be a full educator. I'd rather be a full-time rancher. We have fields and fences that need to be fixed, but don't have time being here for 9 hours. By the time I get home it's already dark, and I still have cows to feed."

Messerly has been involved around the school with FFA, teaching, and refereeing at basketball games. Senior Charlee Rhodes had stated that Mr. Messerly has taught her how to take responsibility and that what interests her most about his class is the learning experience. Anthony Wegner stated that, "He has taught me how to weld pretty well, and the friendly competition encourages me to try my best." He also added that he enjoys the class because, "The freedom of being able to choose a project and build something cool."

Even after resigning we were informed that he will still be at the games. "Yeah, I'll continue to keep officiating. I'm not a big fan of the word "ref." I was asked a week ago if I wanted to do some college level stuff, and I'm really looking forward to that. What I enjoy about it is the camaraderie with the other officials. We definitely recognize that we are a special group of people. I mean there's not many people that'll step on the floor and take the abuse that we do. I have four more years and then I'll get my 15-year service pin, and then we'll go from there. I know my schedule has dropped from 50+ games too. If I can get 10 or 12 high school games and 5 colleges I would be more than happy."

FFA has taken many trips whether it may be for competition, state or regionals as well but one year, in particular, seems to be his favorite. In 2016, "We went to Indianapolis with 16 kids, one being my daughter. We really enjoyed that we had a lot of fun. The first night was very interesting. It's one of those trips you can look back and

"What's the big R word, guys? Responsibility." This is a very common quote students



Featured above: Mr. Messerly officiating a high school boys' basketball game this year. Photo Credits: Mr. Nick Oxarart.

tell your grandchildren about. That was my favorite trip." Adding on one of the highlights of his career, was being the FFA advisor when "in 2014 or 2015 when my Senior Range team was number 1 and my Junior team was number 2. It showed that hard work and days paid off." Rhodes had stated her favorite memory with Mr. Messerly was when, "We were all walking back to the train station at Nationals and Bethany Holm fell and he just yelled "Man Down! Man Down" and just kept on walking." Wegner concluded that, "I don't know if I could choose a single moment. Every day is filled with lots of laughs. He really has a good sense of humor and makes the class fun."

"Good work ethics and responsibility."

Throughout the years, many things have changed from students to attitudes and work ethic, as well. Every day teachers impact students lives and Messerly wishes to leave his students with the importance of, "good work ethics and responsibility. I see that more and more that kids aren't responsible for their actions. Their too entitled, and they want their parents or teachers to do it. And it's those poor students that are going go out into life and it's going to be cold reality. It's going to be harsh. You have to be responsible for your actions, and you have to be a hard worker. Unless things change, you have to work for it."

Regarding the years teaching, Messerly stated that "The staff here has always been wonderful. You know I have some great friends, good friends from before I started here and just got to know them better. There are good students. There are some students I've really enjoyed and enjoyed teaching. Also to Malta High, "I wish y'all the best. I really do. It's a great institution and it's been an honor to teach here. I thank Mr. Kuehn and Mr. King for giving me the opportunity. I will say one more thing, college taught me about professionalism. Mr. King and Mr. Kuehn taught me how to be a professional, and for that I really thank those two." Malta High School students and staff would like to thank and recognize Mr. Messerly for all of his hard work and dedication. Thank You! We wish you the best.



The Secret Garden

Sidney Meeks
MG Staff

..... children's movies like *Pinocchio*, *Snow White*, *The Seven Dwarfs*, and *Robin Hood*. Recently, the Missoula Children's Theatre made it's 25th consecutive trip to Malta, providing the students in our community the opportunity to participate in the theater recreation of another childhood favorite "The Secret Garden". Since throwing open the doors to MCT in Missoula in 1998, Jim Caron, the head director has hosted more than 1.3 million guests. There is usually one hundred twenty full-time staff members and many others that help. The first travelling play they put on was in Miles City. Now they bring the arts to all fifty states, five Canadian provinces, and sixteen countries.

When MCT first rolls into town, they provide one little red truck, two professional actors/directors, five exciting days of practice, twenty hours of rehearsal and sixty proud cast members. All that the town is required to provide are children willing to try, and a community willing to support them. They hold auditions on a Monday, and they pick their actors/actresses that night! Local and area students between the ages of 7-18 perform in the production. They then practice everyday after school until 8 PM with different sections of the play until Thursday. They have a dress rehearsal on Friday, along with a performance that night. They also perform the next day, Saturday morning. "The way they put it all together in five days is amazing," said one audience member. "I hope they have more stuff like this."

This year, on Friday evening January 11th, and on Saturday morning January 12th the Missoula Children's Theatre brought the play "The Secret Garden" to Malta. It was based on the 1911 novel by Frances Hodgson Burnett. This rendition tells the story of Mary Lennox (Tia Siewing 8th grade), a lonely little girl who is sent to live with her uncle Archibald (Mathew Hunter 6th grade) in Yorkshire after being orphaned by a cholera epidemic in India. Along the way, she makes friends with the hilarious Canadian Geese and the colorful giant bugs that rock! In time she learns to appreciate everything around her, including the Moor animals and the helpful



Above: Emma Ereaux, Karlie LaBrie, Braydon Rhoades, Kenzie LaBrie, Tilli Werk, Alex Oshio, MJ Beaman, Hunter Tremblay, Klohie Zieger, and Maddie Tatafu playing Canadian Geese. Upper Left L. to R.: Sierra White, Mercedes Mayer, Jeslyn McCorkle, and Sidney Mayer acting. Photo Credits: Mark Herbert.

fireflies. Still grieving over the loss of his beloved wife, Lily, who died ten years earlier during childbirth and distraught over the condition of his bedridden son, Archibald casts a dark shadow over the manor until Mary discovers a secret garden that had once belonged to Lily. By nursing this garden back to life, Mary somehow restores life to her grieving uncle and his sick

son. The mysterious secret in the garden unfolds as the door to happiness for Mary, Colin (Kinlie Cummings 6th grade) and Archibald. Then they finally begin to enjoy the return of health and happiness in the garden carefully tended... until it blossoms once more.

**"The best part about my job is seeing the growth in the kids I work with."
-Staci Weidner.**

Some of the main roles were Susan Sowerby played by Izzie Hallenberg an 8th grader, Colin Craven played by Kinlie Cummings, and Ayah/Captain played by Jade Inlay. I got a chance to interview these three young actresses on Saturday before their final performance. When speaking with Izzie, she stated "No, I feel more confident in today's performance than last nights, but I wasn't super nervous then either." Kinlie responded, "I am still nervous for today but, not near as much as last night." Jade mentioned that she was "still nervous but think's today's performance will go better for everyone." I also asked if they were planning on trying out next year, and they all gave me a definite yes!

Having the opportunity to reach out to Staci Weidner, one of the directors, it was apparent she was a key part in making this play such a success. She enlightened me on some of her experiences with the Missoula Children's Theatre. I began by asking her if she was involved with MCT when she was a child. Her response was, "Yes, I was in Missoula Children's Theatre productions as a child, and at one point I remember deciding that one day I was going to be one of the Tour Actor/Directors!" Then I asked if she had any background, or any previous acting experience. As I had suspected she had. She answered "I grew up participating in as much theatre as I could. I spent

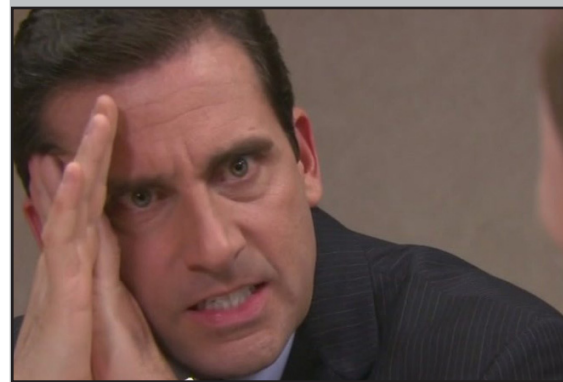
several summers both on stage and backstage at Fort Peck Summer Theatre and was involved in school productions and Speech and Drama. I went to college at the University of Montana and earned a degree in theatre with a minor in vocal performance." I also inquired how long they are on tour for at one time, and how long they have been a part of this program. Staci explained that, "I started touring 2 years ago and will soon be finishing the end of 14 consecutive months on the road. The best part about my job is seeing the growth in the kids I work with. I love watching them learn life skills through the performing arts, and helping them discover potential for greatness in themselves!" Her closing statement regarding the community was, "I love every

chance I get to tour in eastern Montana! It's so great get to work with kids like I once was. Malta was a really fun week with an enthusiastic cast. Definitely one I will always remember!"

This production of the "Secret Garden" took some creative risks, and emphasized the skills of the performers, who managed to put on a five star performance, bringing in 481 viewers! Not only do all of the actors, and actresses memorize their lines, dress the parts, and become the characters. They all have something in common: a desire for opportunities to express themselves, gain a wealth of knowledge, and have fun doing it. That's where MCT comes in. You must attend a performance or participate if you haven't already. You won't be disappointed!



Kinlie Cummings, Andrea Burwick, and Layla Messerly acting. Photo Credits: Mark Herbert.



Student Debt Isn't That Big of a Deal, Right?

Taylor Gilkerson
MG Staff

From a young age we are expected to go to college and further our education in order to succeed in life. People ask you questions like “Where do you want to go to college when you get older?”, or something as simple as “What do you want to be when you get older?” But those dreams of furthering our education is becoming more of a burden. Student debt is burying students. Students go to school racking up their student debt to go out and probably struggle finding a job in their field some times. Then their job doesn't pay as well as they had hoped or they've decided it's not something they want to do, and here they are with this huge student debt to be paid off.

According to student loan hero, the average student loan debt for the class of 2017 graduates was \$39,400, up six percent for 2016, and it's only rising. Most Americans have accumulated this student debt, which is a burden in most households. “Student debt is still a large part of my daily life and budgeting”, stated Mrs. Pankratz an English teacher here at Malta High School. Student debt is a big part of the lives of Americans today. Some people are even having difficulty buying a house because they are so deep in student debt.

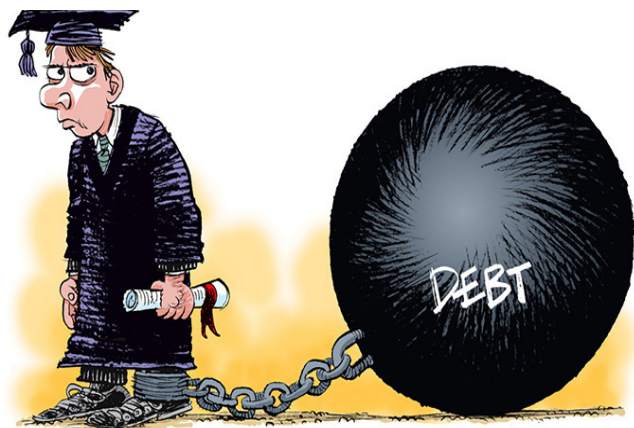
The average student loan debt in Montana in 2017 is about \$28,466 ranked number twenty-six out of fifty states of highest loan debt. Montana is doing pretty good with student debt compared to some other states. The Institute For College Access and Success provided some facts about the average debt of students that graduated in four year schools in 2017. The average debt of students that graduated in 2017 at Montana State University is about \$27,254. Montana State University-Billings had an average student debt of \$26,780. The University of Montana's average student debt in 2017 was \$30,000. Students graduating in 2017 at Carroll College had an average debt of \$30,640. Rocky Mountain College had an average student debt of \$29,452. The University of Great Falls had an average student debt of \$31,642.

There are many ways you can lessen your student debt.

"Ask questions about which route for borrowing is the best fit for you."
- Pankratz

It's a good idea to make a rough plan for what you want to do after you graduate high school and how you are going to do it. Making a rough plan can help you prepare for the next stage of your life. Do some research on the college you wish to attend or find a college that meets your personal needs and wants. Pankratz gave some advice for students looking to attend college, “Apply for FAFSA. Introduce yourselves to those working in the financial aid department at your college. Ask questions about which route for borrowing is the best fit for you.” FAFSA stands for Free Application for Federal Student Aid. FAFSA helps the federal government and colleges figure out your eligibility for financial aid. Applying for FAFSA and scholarships is a good way to lessen your student debt before it even begins. “In state universities' (with the exception of a few of our Dakotan neighboring universities) tuition is cheaper. Be informed and again find your financial aid department and seek assistance with your questions,” said Mrs. Pankratz. It was also stated by Pankratz “I would encourage all students to seek some sort of higher education whether it is a certification program, associate's degree or bachelor's degree. Go see what's out there and equip yourself for success by adding to your resume with training and education.”

Mrs. Labrie, the art and reading teacher at Malta High and Middle School, said “Keep looking for scholarships. There are so many out there for every walk of life. Loans can be scary and overwhelming, but they are worth it. College isn't just for the degree and the scholarly learning but also, and just as importantly, for the social learning.” You should also think about what kind of job you can get with the degree you are going for, and the likelihood you will get that job. Mrs. Webb the counselor at Malta High School said, “there are people graduating from college with a four year psychology degree and you can't really do a whole lot with a four year psychology degree. You have to get a masters or a PH.D., or become a psychiatrist, to make the money to make up for the cost of what you just paid for with your four year degree.” Mrs. Webb also said “for as serious a topic as it is, that's one thing I can recommend to you seniors is just being as open minded as you can and learn

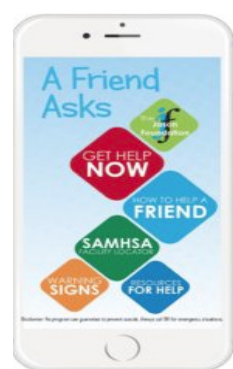


about loans. Learn about how you should be saving and paying as you go, don't wait until you graduate college to pay it off because that's where people are getting stuck. If you are able to work and pay a hundred dollars a month, that adds up in the long run, that will help you a lot.”

There are many ways you can lessen your amount of student debt. It may not be very easy, but it will be worth it in the end. You shouldn't let student debt scare you away from college and your goals. You should definitely do some research on the college of your choice, but you shouldn't let student debt hinder you from doing something you really want to do. Many people have student debt, and it does play a part in their day to day life, however most are slowly climbing their way up to the no student debt zone. You don't need to go to a four year school to necessarily be successful, you can go and get a two year education and sometimes find a better job than people with four year educations. “If you don't think a four year college is for you, don't go to one. Go into a trade. Go get your CDL license or welding certificate. Do some things like that,” said Mrs. Webb. Student debt is something that will be here for quite some time, so we as young people need to start preparing for that burden. “You need a college experience, or at least move away from home for a year. Go work somewhere else. Just go do something else to see what experiences are out there” stated Mrs. Webb. What is best for you.

Deeper Than You Know *Talking Suicide*

Izzy Markuson
MG Staff



Teen suicide is a major issue in America and around the globe, as well. Yet the topic is still relatively kept quiet in many adults and teens views. According to the Merriam-Webster dictionary, the term suicide means, “The act or an instance of taking one's own life voluntarily and intentionally.” With the signs not being known or noticed many have taken their lives due to feeling alone or hopeless. There are many tools to help those with suicidal tendencies or thoughts.

Suicide is the third leading cause of death in people from the ages of 15 to 25 according to Johns Hopkins Medical

Health Library. Also stated was that men are “four times more likely to die from suicide. While women are more likely to just attempt.” “In 2016 alone there were over 9.8 million adults, 18 and older who reported having serious thoughts 1.3 million attempted. Among those adults who had attempted, 1.0 reported making plans for their suicide as well. There was a total of 44,965 deaths,” according to the CDC. The leading causes of suicide in teens range from school bullying, parental divorce, moving, and or a traumatic event. Also according to Stanford's Children Health, “Adolescence is a stressful developmental period filled with major changes — body changes, changes in thoughts, and changes in feelings. Strong feelings of stress, confusion, fear, and uncertainty, as well as pressure to succeed. The ability to think about things in new ways, influence a teenager's problem-solving and decision making abilities.”

For older ages around 50's and up it ranges from PTSD from being in the military, losing a spouse or child. Once again stated by John Hopkins, people who have the following are at risk for suicidal thoughts or actions as well: having a family history of

mental disorders, substance abuse, suicide, or violence, including physical or sexual abuse. Having a medical condition that can be linked to depression and suicidal thinking, such as chronic disease, chronic pain, or terminal illness.” The signs in many people are not noticeable, but some major ones are lack of energy or appetite, no interaction, loss of interest in favorite activities, isolation, and many more. Many of these signs are also proven to be linked to depression as well. Depression is “feelings of severe despondency and dejection.” It is commonly seen in teens and adults, but in certain cases young children may have it as well due to neglect from family.

After speaking to Altacare staff member, Jennifer Strzelczyk, she shared that many teens who are struggling with suicide, a major sign is withdrawal, depression, not talking to anyone, and “a lot of times people don't act any different and that is scary. Many people have different triggers or symptoms. It depends on their personality.” “Normally it is an impulsive action, not necessarily thought out.” Strzelczyk has helped many students by starting off with a basic suicide assessment. Then starts asking questions about their plan. Just because you're thinking about it, doesn't mean you actually will. “Then I go into the safety contract.”

When a friend or person you know is suicidal, and they answer the things on the survey Strzelczyk stated that you need to focus on things like, 'their plan, a time, and the method. If these are all evident you need to take them to a hospital. Keeping them safe is top priority.” Even though there are many signs and causes of depression, “many teens are struggling with relationship breakups, and they don't see a solution. While others are just so depressed they don't see anything happy in their lives”. In conclusion of the interview, we also learned that environmental factors do play a role in suicide and depression; however, “ I have seen kids from every environment. Kids from happy homes want

“Adolescence is a stressful developmental period filled with major changes...”

to kill themselves and kids from bad homes as well, but there is no direct pinpoint on being suicidal. You could be having a good day and a bad text could make you depressed and something else could occur and result in an impulsive action. The trigger points are vast.”

Many people who struggle do not like to ask for help, but there are many sources such as the Suicide Hotline (1-800-273-8255). It is open 24 hours a day you can call or text. A suggestion from Strzelczyk is an app that is available called the “Jason foundation A friend asks.” “JFI is a nationally recognized leader in youth suicide awareness and prevention programs. JFI utilizes and employs a grassroots approach utilizing a network of affiliate offices to reach communities across the nation.” Through the efforts both the corporate offices and affiliate office network, JFK's suicide prevention programs are used in all 50 states and several foreign countries. This app and website jasonfoundation.com

helps others learn how to help, and the signs and what to look for. “It takes time for someone to talk to try to develop a repoire. They won't tell you anything unless they trust you.” On the Jason app, there are five different bubbles with each on their own individual topic. They range from what to do, warning sounds, how to ask, resources and what not to do. What not to do in this case is also very important if somebody's life at risk. For starters do not keep their threat a secret. Don't be afraid to ask for somebody else's help. Don't ignore them and finally don't say, “I know how you feel” because nobody truly knows what's going on in someone's head or their lives.

Suicide is a major issue among teens and adults every day throughout the world. With the rates increasing of teens and adults taking their lives because they don't see a way out, as stated above. Just because a person pushes you away, don't walk away or give up. Make sure their lives are safe. Suicide is something you need to be aware for friends and family and possibly even yourself.

Lights, Camera, Speech & Debate!

Izzy Markuson
MG Staff

High School if they are a part of or have watched Speech and Drama meets. Eight members of the Malta High School Speech, Drama, & Debate Team took an intense trip to state on the weekend of January 24-27 to Bozeman. With Senior Erika Nagy (Dramatic Solo), Juniors Marcus Woods (Spontaneous Oral Interp), Bonnie Jones (Lincoln Douglas debate), and Keith Epperson (Humorous Solo), Sophomores Tamela Abrahamson (Lincoln Douglas debate), and Turk Salsbery (Mime), Freshman Caty Moore (Humorous Oral Interp) and Ashlyn Morser (Humorous Solo). With both coaches Mrs. Estill and Mrs. LaBrie, the team was on their way to Bozeman with a few interesting things happening along the way. After leaving, not even an hour later, the team was on their way back for a new bus with some heat! Arriving in Bozeman the team got a night of sleep and was prepared to compete for the next two days. Erika Nagy was the only placer at state taking 6th in Dramatic Solo.

The team's season had many ups and downs, and after speaking to a few members and coaches, we learned everyone had their own favorite away trip. Nagy and Epperson said that state was their favorite trip because of “The energy, and seeing new people.” While Moore enjoyed the Power trip. “I liked going to the mall and finding that picture of Mr.Somerfeld.” Moore stated. After many trips where the bus broke down, the team still competed at meets and each walked away with new experiences in their performance. Experiences ranged from showing up and “not knowing what they are going to give you,” stated Woods

or even “hearing myself and others improve” added Moore. Tamela Abrahamson added that “I could argue with people but as a sport. Even though I hate arguing with people it was fun to do as a competition and meet new people and to hang out as a group.”

The team has come a long way this season, but it wouldn't have all happened for our coaches Mrs. LaBrie and Mrs. Estill. A special thanks goes to Mr. Twiggs for assisting the debaters. “Besides all of the obstacles we faced, the upbeat tone the team kept” stated Estill was her proudest moment, and “waiting for results to come in” was the most nerve-wracking moments during state. While LaBrie stated that, “having everyone in a different building was difficult, and my debaters weren't with me. I couldn't help them or know what was going on with them as well.” LaBrie added her proudest moment of the team was, “everyone working towards personal goals and accomplishing them, and together we came home with more hardware than past years.” LaBrie concluded stating that, “it was a good season. I'm very proud of this season as a whole. We are a good team. Everyone worked very hard on their pieces.” No matter the hardships or bumps in the road,



L. to R. Top: Assistant coach - Mendy Estill, Caty Moore, Tamela Abrahamson, Keith Epperson, Malachi Davis, Marcus Woods, Izzy Markuson, Head coach - Anna Labrie. Bottom: Naylene Winkel, Erika Nagy, Ashlynn Morser, Bonnie Jones, Turk Salsbery. Photo Credits: Annual Staff.

the team came home with pride and wins learning and growing after each meet and performance. The 2018-19 season of Speech and Drama was filled with many laughs, wins, hard work, and bonding over music, but also the additional bus breakdowns, team jokes, funny photos, early mornings, and Red Bull addictions. We will never forget the crazy events such as Caty finding paper towels in the Walmart parking lot, getting lost in the mall, and many others. Good job to all the teams and coaches for an amazing, successful season!



MHS BASKETBALL

Leslie Young
MG Staff

Towards the end of February and into the beginning of March 2019, the Boys and Girls basketball teams headed off to Divisionals. Girls playing here, Malta and boys playing in Shelby. The girls played first on February 21, against the Fairfield Eagles. While both teams put up a good fight the M-ettes took the win for the first tournament game. Sophomore, Erica Smith, Junior, Carly Garfield, Seniors, Raina Mortenson, Kloie Marks, and Kyleigh Schipman, were the starters for the M-ette's. Kelbee Denham is another starter but due to an injury she could not play. However, she was still a huge part of the team. The M-ettes got the jump ball and flew down the court. The game went both ways, Fairfield would be ahead, then Malta would catch up and take the lead. The final score was Fairfield, 30, Malta, 32. Since Malta won their first game. They went on to semi- finals. The next game Malta played Harlem and unfortunately Malta lost, but they still held

their heads high while they had another game to get prepared for. Their final game for the season was against the Glasgow Scotties. The girls put up a good fight against our schools rivaling team, but sadly the girls lost. After the games ended and the girls season came to an end. All of the seniors wished the underclassmen good luck in the future and inspired them to do better and fight to win. “Keep pushing through no matter what situation you're in, also have a positive attitude,” stated senior Kyleigh Schipman. “It has been an awesome year this far with a group of great kids. I have enjoyed everyday with them, and I hope they will have had a positive experience as well,” exclaimed head coach Nate Hammond.

When the boys headed off to Shelby, they played Rocky Boy for the first game. The starters for the Mustangs were Sophomore Kooper Oxarart, Juniors Ben Costin and Tanner Smith, Seniors Kaden Bergos and Kevin Henry. Before they played Henry put in a few good words for their team. “Good defense brings good offense. We will give everything we got.” Unfortunately they lost, but they had another game to play the next day. The second game the boys played the Choteau



Bulldogs. It was a pretty good game with the Bulldogs taking the lead and the Mustangs not far behind. Although the Mustangs lost the battle with the Bulldogs, Malta fans were still very proud of our boys. The Mustangs played and worked hard to get to where they have gotten. Good luck next year to the Mustangs and the Mettes!



Clockwise from top left: Andres Lopez, Kolter Schipman, & Cole Boardman; Boys Varsity Team Picture; Girls Varsity Team Picture; Girls Varsity moments before game starts. Photo Credits: Annual Staff.

Regional BPA

Hailey Cummings MG Staff
 The bus left at 4:00 A.M. on January 16th, to Lambert. We stopped and picked up the Saco BPA kids. The bus arrived at Lambert around 8:00 A.M. The school supplied breakfast, doughnuts, fruit and juice. Open testing started at 9:30 A.M. and everyone had to do at least two tests. For the remainder of the day, most of the kids played games, walked around the school and got coffee or smoothies because the school had their own coffee place. At 1P.M. they served everyone lunch, they had sandwiches along with chips salads and water. At 2:30, the school presented awards which took about an hour to go through after awards. We took pictures and then got back on the bus and came home.



Photo By: Mrs. Colleen Costin

The students that will be competing at State will be Tyler Arnold who placed 1st in Integrated Office Applications and Administrative Support Concepts. Bryan Bertos who placed 8th in Digital Marketing Concepts. Ben Costin who placed a total of seven times got 1st in Advanced Office Systems and Procedures and Payroll Accounting. Malachi Davis who placed 6th in Fundamental Word Processing. Aidan Kaasa who placed 10th in Fundamental Word Processing. Raina Mortenson who placed 2nd in Advanced Office Systems and Procedures. Reese Sjoström who placed 1st in Advanced Word Processing. Taylor

Eggebrecht who placed 4th in Fundamental Accounting and 8th in Financial Math and Analysis Concepts, Kelbee Denham who placed 5th in Advanced Word Processing and 6th in Banking and Finance. Macy Williamson who placed 4th in Intermediate Word Processing and 8th in Banking and Finance. Erika Nagy who placed 1st in Personal Financial Management and 2nd in Payroll Accounting. Chloe Hunter who placed 5th in Advanced Office Systems and Procedures. Jillian O'Brien who placed 3rd in Database Applications and 9th in Digital Communication and Design and Ezra Judd who placed 9th in Intermediate Word Processing. Good luck at State BPA members.

Malta High School Elective Options 2019-2020

- | | |
|--|---|
| <i>Emma Harms</i>
MG Staff | 5th Period
<i>Spanish</i>
<i>Woods</i>
<i>Culinary Arts</i>
<i>AP Biology</i>
<i>Chemistry</i>
<i>Ag Ed 1</i>
<i>Journalism</i> |
| 1st Period
<i>IT Explore</i>
<i>Ag Ed IV</i>
<i>HS Choir</i>
<i>Weigts</i>
<i>AP CS Principles</i>
<i>Chemistry</i> | 6th Period
<i>Art</i>
<i>Welding</i>
<i>HS Band</i> |
| 2nd Period
<i>Woods</i>
<i>Per. Fin./</i>
<i>Bus. Comm.</i>
<i>Annual</i>
<i>Jazz Band</i>
<i>Forensics/</i>
<i>Microbio</i> | 7th Period
<i>Business Math</i> |
| 3rd Period
<i>Culinary Arts</i>
<i>Anatomy</i> | 8th Period
<i>Senior Survival</i>
<i>Physics</i>
<i>Art</i>
<i>Ag Ed 3</i> |

Fight Like There Is No Tomorrow

Leslie Young
 MG Staff

Cancer is not one disease, but many diseases that occur in different areas of the body. Among Montana residents, Cancer is the second-leading cause of death, after diseases of the circulatory system, such as heart disease and stroke. Each year, approximately 5,600 Montanans are newly diagnosed with cancer and an average of 1,900 Montanans die from the disease stated the Cancer Control Program. In Billings, MT, at St. Vincent hospital many people who have cancer come to get a check up. Cancer can take decades to develop. That's why most people are diagnosed with cancer are older. The most well known type of cancer at the hospital is prostate cancer, followed by breast, and melanoma. "In the last 6 months we have had four patients with glioblastoma, which is a rare fast growing malignant tumor on the brain or spine," stated Carmen Allen, a nurse at St. Vincent. According to Montana Central Tumor Registry, "3,826 Montanans were diagnosed with prostate cancer between 2011–2015 for an average 765 new cases each year. In Montana the average age at diagnosis was 67 years old. While it's more common in adults, cancer isn't exclusively an adult disease, cancer can be diagnosed at any age. Over half of cancer diagnosed in Montana occurred among men."

Among Montana residents, Cancer is the second-leading cause of death, after diseases of the circulatory system, such as heart disease and stroke.

Experts don't know what causes prostate cancer, but they believe that your age, family history (genetics), and race, affect your chances of getting it. Cancer was the leading cause of death in Montana from 2011-2015. There were a total of 10,271 cancer deaths from 2011-2015, for an average of 2,055 cancer deaths each year over that time period. Lung cancer is a common cancer that causes death, up to 26%, that's 2,685 deaths out of 10,271.

Cancer is caused by changes also known as mutations to the DNA within cells. The DNA inside the cell is packaged into a large number of individual genes, each of which contains a set of instructions telling the cell what functions to perform, as well as how to grow and divide. Not all cancer is just from genetics, some lifestyle factors play

a part as well such as smoking, and going on a high-fat diet, or even working where there are harmful chemicals is a huge risk for adults who have cancer or might just be developing cancer. Everyday life can have an effect on the risk of getting cancer. Many people don't know what they are doing in there everyday life that can be a huge risk. Some children have cancer, but they are too young to be exposed to lifestyle factors. Children can also get the disease from environmental exposures such as pesticides, fertilizers and power lines. Some get their cancer from family genetics. According to Stanford Health Care, "some genetic disorders, for example, Wiskott-Aldrich and Beckwith-Wiedemann syndrome are known to alter the immune system. The immune system is a complex system that functions to protect our bodies from infection and disease. The bone marrow produces cells that later mature and function as part of the immune system. One theory suggests that the cells in the bone marrow, the stem cells, become damaged or defective, so when they reproduce to make more cells, they make abnormal cells also known as cancer cells. The cause of the defect in the stem cells could be related to an inherited genetic defect or exposure to a virus or toxin." Children who have had the use of chemotherapy and radiation are more likely to develop a second malignancy in future years. A second Malignancy is cancer that comes back after the first treatment or is a new type of cancer that appears.

There are many treatments for fighting cancer. According to the Montana Cancer Control Program, "Reduce the proportion of adolescents who use artificial ultraviolet light for tanning. Second: Reduce the impact of tobacco use on cancer risk and decrease the prevalence of commercial tobacco use and exposure to secondhand smoke. Third: Decrease prevalence of overweight and obese individuals through education, physical activity, nutrition and health promotion/improvement interventions." More examples include the following: chemotherapy, radiation therapy, surgery, hormonal therapy, stem cell transplantation, and targeted therapy. Targeted therapy is treatment

that uses drugs, but very different from chemotherapy. It helps target genes or proteins to help stop the cancer from getting bigger or even worse spreading. The genes or proteins are found in the cancer cell itself or related conditions like blood cells.

Even though these treatments are super helpful, they can still cause side effects. According to the National Cancer Institute, "anemia, depression, fatigue, hair loss, infection/fever, low blood counts, mouth sores, nausea and vomiting, neutropenia, pain, thrombocytopenia, difficulty breathing, weight loss, brain and nervous system problems, cancer spreads, and cancer that returns." The side effects also determine how far the cancer has grown, how old the patient is, the patients health rate, how much of the medicine you are taking, and how strong the medicine is. Chemotherapy and radiation therapy can cause heart problems, if the therapy is used on the chest. People older than sixty-five are at a higher risk along with those who received higher doses, those who have had herceptin, ogivri, and doxorubicin. Chemotherapy and radiation don't just cause heart problems they can also damage your lungs and cause lung problems. There are many people out there in the world who have cancer. Some may not know it yet, while others are fighting to get rid of it.



SUDOKU - GIVE IT A SHOT

Place 1-9 once each into every row, column and bold-lined 3x3 box.

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		1			
6		4			5
5			9		1

Horoscopes

Hailey Cummings
 MG Staff

Aquarius
 Dates: Jan 20-Feb 18
 Traits: Deep, imaginative, original and uncompromising

Pisces
 Dates: Feb 19-Mar 20
 Traits: Affectionate, empathetic, wise and artistic

Aries
 Dates: Mar 21-Apr 19
 Traits: Eager, dynamic, quick and competitive

Taurus
 Dates: Apr 20-May 20
 Traits: Strong, dependable, sensual and creative

Gemini
 Dates: May 21- June 20
 Traits: Versatile, expressive, curious and kind

Cancer
 Dates: June 21-Jul 22
 Traits: Intuitive, sentimental, compassionate and protective

Leo
 Dates: Jul 23- Aug 22
 Traits: Dramatic, outgoing, fiery and self-assured

Virgo
 Dates: Aug 23-Sep 22
 Traits: Practical, loyal, gentle and analytical

Libra
 Dates: Sep 23-Oct 22
 Traits: Social, fair-minded, diplomatic and gracious

Scorpio
 Dates: Oct 23-Nov 21
 Traits: Passionate, stubborn, resourceful and brave

Sagittarius
 Dates: Nov 22-Dec 21
 Traits: Extroverted, optimistic, funny and generous

Capricorn
 Dates: Dec 22-Jan 19
 Traits: Serious, independent, disciplined and tenacious

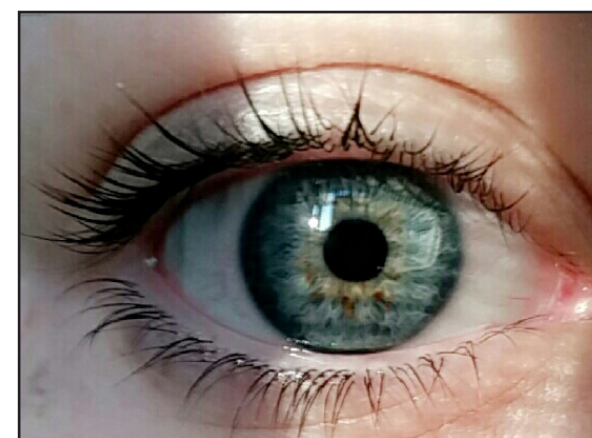
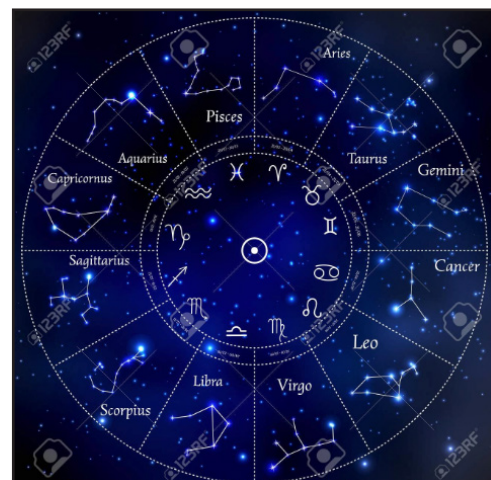


Photo Submitted By Izzy Markuson



Photo Submitted By Sydney Meeks

MALTA HIGH SCHOOL STUDENT PHOTOGRAPHY



Photo Submitted By Leslie Young

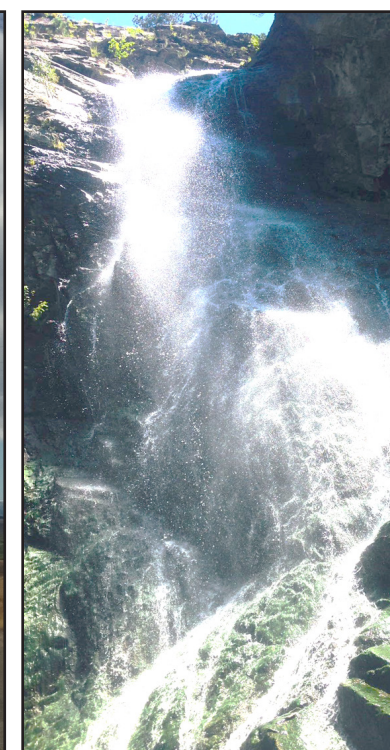


Photo Submitted By Emma Harms

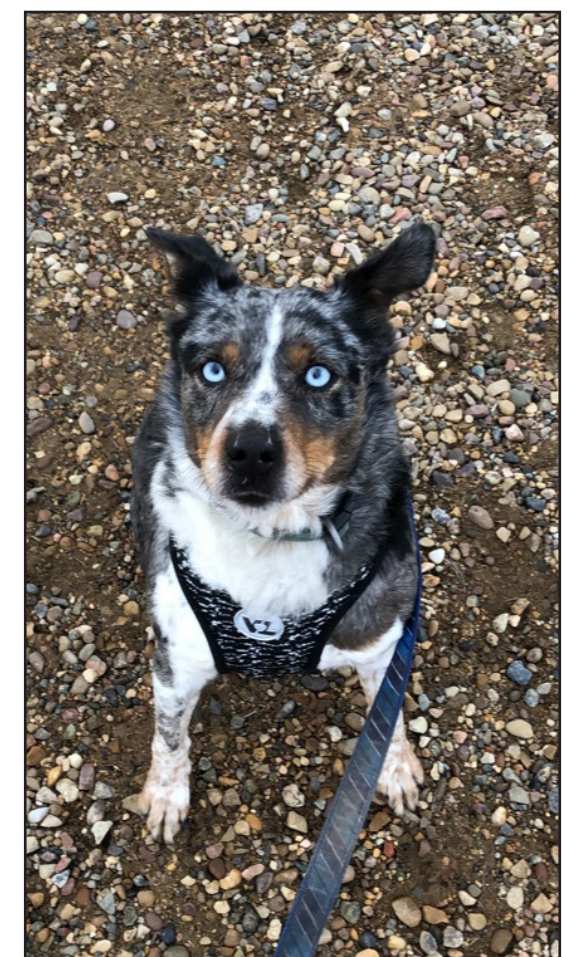


Photo Submitted By Taylor Gilkerson

Unbreakable, Split, Glass

Emma Harms
MG Staff

“Real villains are among us. Real heroes are within us.” David was *Unbreakable*, Kevin was Split, and Elijah was made of Glass. Security guard David Dunn has returned to fight his biggest battle yet, in M. Night Shyamalan’s epic conclusion to the Unbreakable franchise. During the ending scene of Split, we were brought to a diner where on the tv the news is covering the story of the man who has multiple personalities and calls himself the “Horde”. A waitress then says, “This reminds me of that guy in a wheelchair they locked up a few years ago. They gave him a funny name too, what was it?” We then were thrown for a loop when David Dunn (*Unbreakable*, 2000) appears sitting at the bar and answers her with, “Mr. Glass.”

The top billed cast include: James McAvoy, Bruce Willis, Samuel L. Jackson, Anya Taylor-Joy, and Sarah Paulson.

Glass was released in January 2019 following *Unbreakable* (2000), and *Split* (2016). M.Night Shyamalan’s *Glass* remained on top of the box office for three straight weekends, bringing its ticket sales to a whopping \$88.6 million and worldwide earnings to \$198.9 million. “First name: Mister. Last name: Glass.”

After escaping from Dennis, Patricia, and Hedwig, Casey Cooke has been thrown back into Kevin Wendall Crumb’s life. When he, David Dunn, and Elijah Price have all been brought to a mental ward where Elijah or Mr. Glass plans



THE NATURAL RESPONSE TO STRESS

Hailey Cummings
MG Staff

Anxiety is a person’s natural response to stress, especially in a fight or flight situation. Anxiety effects 18.1% of the United States teen population. Crippling anxiety can lead to many problems such as depression, eating disorders and sleeping issues. Teens and young adults that aren’t treated have a higher risk to perform poorly in school, miss out on important social experiences and turn to drugs and alcohol to self-medicate according to mayoclinic.org. There are many different ways to treat anxiety and there are various coping skills that can be used effectively without any additional help. Other options include: therapy, medication, complementary and alternative treatment, and transcranial magnetic stimulation. Although medications work they can also lead to other problems, and if not used properly can lead to suicidal thoughts and completion of suicide. There are also many other side effects to medications as some may cause headaches, stomach ache, nausea and even trouble sleeping. Anxiety can have long term effects on your body and health and can even lead to cardiovascular and autoimmune issues. Not treating or ignoring your anxiety can cause breathing problems, muscle problems and dizziness.

Yoga can help you let go of the muscle tension throughout your body that is common during panic attacks.

The most popular relaxation techniques for anxiety are deep breathing exercises which help people learn to breathe slowly and deeply and enables oxygen to reach all levels of the body which in turn helps you feel more relaxed. Watching your breathing can also be a cleansing effect, aiding in your ability to feel energized and refreshed while also encouraging mindfulness.

Another coping skill to utilize is visualization. This can help calm you down by picturing yourself in a calmer environment in which you feel safe or somewhere you like to be. This has similar effects to deep breathing by calming your thoughts and relaxing your body. Yoga and Meditation can also be useful ways to reduce the increased effects of anxiety on the body. Yoga can help you let go of the muscle tension throughout your body that is common during panic attacks. Meditation can be used alone or as a part of yoga and is a good way to feel more calm, concentrated and balanced by minimizing extraneous thoughts in the mind.

Progressive Muscle Relaxation (PMR) is the simplest way to help anxiety and even insomnia according to adaa.org. PMR was created in the 1920s by an American physician named Edmund Jacobson. Sometimes its very hard for patients to calm down and relax during a panic attack so PMR really helps if you have lots of tension you don’t know how to deal with. How PMR works is that you get comfortable and make sure you are free of distractions you can be sitting or standing, you

start by breathing deeply and slowly making sure to concentrate on only your breathing. Then you start with your feet tightening and releasing your muscles every ten seconds working all the way up to the top of your head. The process ends by taking a few more deep breaths and opening your eyes, you should be able to see how much calmer and relaxed you are. This is a skill that takes lots of time to master, but if you practice it every day you should be able to master it so you only have to clench your toes to be calmed down.

I talked with Jennifer Strzelczyk who started working as a mental health therapist in Malta High School in the fall of 2004 on how she works with people with anxiety problems. I asked her “What is your favorite therapeutic approach?” “Being real and honest with all the kids,” stated Strzelczyk. Strzelczyk started working in the criminal/legal field and wanted to get closer to home and later found this job in the school. “Do you think prescribing medication or therapy works better?” “For anxiety, No! It is easily treatable with behavioral methods if you put in the work to do them.”

Anxiety is a very common mental health issue that affects many young adults across the world in various different ways. It is important to treat anxiety early or else it will have a cumulative effect and eventually lead to more frequent, debilitating panic attacks. Eventually, you can get a panic attack worrying about getting a panic attack. The cycle is very vicious and therefore early intervention is highly recommended. The more you work with treating anxiety, the better you get at utilizing your coping skills in order to be calm, cool and collected. Ignoring your anxiety is a bad idea and it can lead to self-medicating by using drugs and alcohol. When this occurs, you will not be treating your anxiety alone, but an addiction as well.



Above: Jennifer Strzelczyk, Altacare Therapist.

Advice Column

MG Staff
Anonymous

Why is Alabama sweet home?
Forrest Gump was born there. It’s obviously a great place.

Why is Sean pronounced Shawn but Dean is pronounced as Deen instead of Dawn?
Why are you asking this? I don’t even have an idea.

Why are there only four years of high school?
After four years, you’re ready to get out of here.

Do plants dance when we aren't looking?
Yes, duh.

What percent of a plan is good to have when you graduate?
Plans usually never go as planned so...

Why don’t we call a group of moose 'meese'?
Sorry. I can’t answer this right now.

How do you get involved with sports and also find time to work?
You clone yourself.

Mustang Gazette Staff:

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Leslie Young	Mrs. Pankratz
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