

Lariat

MONTICELLO HIGH SCHOOL

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MHS, but then again not so good job, and beware other schools because the season of couch "potato-ness" for our champions is OVER!

Monticello High School is proud of its vast accomplishments over the 2014-2015 school year. Football was in complete rebuild mode and reached new heights in face of many who doubted their ability to even be competitive. Volleyball competed in an extremely rigid 1A, losing only to Panguitch, a squad that swept through girls sports in general. Their state victory over Rich for 3rd illustrated the resiliency and determination. The volleyball squad will return most of its key players for another run in 2015.

Basketball lost four seniors/starters from the previous squad; and yet, returned to the ranks of region champs and battled to a fourth day victory against a despised region 20 opponent.

Wrestling endured a state tourney with multiple holes in different weights. Injuries and other challenges limited their ability to score points, but perseverance and discipline guided them to a strong 3rd place finish.

The Lady Vaqueras battled with Duchesne and Piute but ultimately fell short; however, the trip to Target post-competition soothed any ailing feelings and most regrets. The MHS Drill squad brings back the most potential returning every single dancer including team captain Averi Christiansen who was sidelined with an injury.

However strange 5 third place finishes seems, Monticello High School is extremely proud of their athletic accomplishments during the 2014-15 school year.

THE YEAR OF THIRDS

BUCKAROO ATHLETES EXPERIENCE STRANGE YEAR, FINISH 3RD (5 TIMES)...

by Nathalie Reay

"According to Pythagoras and the Pythagorean school, the number 3, which they called triad, is the noblest of all digits, as it is the only number to equal the sum of all the terms below it, and the only number whose sum with those below equals the product of them and itself" ("3 (number)," Wikipedia). And that is PRECISELY why we can flaunt the orange and black for this

year because our school earned FOUR third place trophies at State! Congratulations to Football, Wrestling, Basketball, Volleyball and Drill for their victories! Nevertheless, it is admitted that third place isn't first, but it is a reminder to everyone not only that the best can't get lazy without consequence, but that the best, even in so doing, are still in the bracket. These third place positions remind us to get our act together, but still serve to point out that even while slacking we are still contenders. So good job



VAQUERAS STRIKE AGAIN FINISH STRONG, PLACE 3RD

by Millie Boyle

The MHS Drill team had a successful season. The Vaqueras started off with a bang back in April with half of the girls being brand new to the squad. They worked hard throughout the summer learning cheers, stunting, and improving on their dance technique. The Vaqueras placed third at the Regional 1A Drill Competition (second in our region), and third at the State Drill Competition. Members of the team include Sydney Redd, Averi Christiansen, Monae Mus-

selman, Ashley Ewart, Molly Anderson, Millie Boyle, Hannah Welch, Addison Hatch, Marci McDougall, Lacey Fortune, Yeni Carranza, Abbi Neilson, Marin Clark, Breanne Slade, Ashton Adams, and Halle Young. Since there are about five-and-a-half seniors left at MHS, and none of them danced, the drill team did not have to say goodbye to anyone leaving this year. This next year looks very promising for the Vaqueras. Team tryouts are April 20-23.

DREAM CRUSHER MUSSELMAN HALTS 4-TIMER'S QUEST

by Alma Beh

The returning state champs had a lot of fame to live up to. Cole Eldredge, Brandon Musselman, and Dustin Christensen had a lot of pressure on their shoulders. The pressure of being nine-time region champs was in the back of their minds as well. This went down to the wire in front of the home crowd. The Buckaroos were able to pick up their ninth straight region title with Parker Knudsen's win in the last match of the day. The crowd went wild in the MHS gym when Parker Knudsen pinned his match to win. Sadly the Buckaroos failed to seize the first place trophy at

State. The Bucks fought hard, but it just wasn't enough. The Monticello Buckaroos fought their hearts out and returned home with a third place trophy. Now we say goodbye to our seniors. Cole Eldredge became our second four-time state champion from Monticello High School. Brandon Musselman,



right behind Cole, came to win his third title this year. Dustin Christensen was a big asset to the team.

Zak Musselman, a freshman with a mission, defeated three-time defending champion Brady Farnsworth (Altamont) to win

his first state championship. Musselman crushed the dreams for many of the Altamont faithful hoping that the senior Farnsworth would finish his epic quest. The freshman had different plans as he erased any hope with a dominating performance.

The Buckaroos are looking forward to the massive amounts of underclassmen returning for yet another run at a state championship. Multiple incoming eighth graders will give much-needed support to a team with some empty weights. Returning studs Brayson Wilcox (3rd Place), Parker Knudsen (3rd Place), Shandon Bradford (2nd Place), along with Zak Musselman (Champion), Coach Kent Adair has to be feeling confident that he will soon raise another banner for MHS.



BOYS IN BLACK FIGHT TO THE END FINISH 3RD, BLACK EARNS 1ST TEAM HONORS

by Joseph L. Fellmeth

The 2014-15 Buckaroo basketball team enjoyed a successful season this year finishing 3rd in 1A. The team was made up of thirteen varsity players and five C-team players. The varsity players to start the season were Makade Maloy, Sheldon Black, Everett Hatch, Matt Freestone, and Tyler Bird as starters. Eight more players came off the bench. Joe Fellmeth was lost to an ACL Knee injury before Christmas costing the team a prolific scorer off the bench. Jens Brewer came off the bench, giving the Buckaroos great energy and a near perfect shot from the corner. The Buckaroos finished the regular season tied with Green River for the Region 19 title. After the region coin toss with Green River, they went to the state tournament as a number one seed. The boys in black won easily against Manilla and Tintic before reaching its match in the eventual state champ Rich Rebels. The Buckaroos bounced

back with passion defeating the hated Mustangs from Bryce Valley (even despised amongst their own region) for the 3rd place prize. The Buckaroos felt strong about their finish and look forward to returning multiple players from this year's team. Sheldon Black was selected to be on the 1A -All State First Team. Sheldon's time at MHS can be classified as a storied career. A year earlier Sheldon took home the tournament MVP and a state championship. He shot the ball with confidence, defended the best players, and scored more points than many that have come before. Matt Freestone and Tyler Bird were selected to the 1A -All State Third Team. The Buckaroos would like to thank their support staff: Greg Adams, who drove the bus and kept the score book, Vernon Hatch, Terry Eardley, Rhett Maughan (Health Care/Training) and Verizon for providing instant communication for all needs.



THE SOUND OF SILENCE GIRLS HUSH ALL DOUBTERS

by Mary Beh

Ah, yes. The sounds of empty stands (except on those nights the boys had a game after us) is one that I will definitely miss. There was nothing like having 80% of the attendees at games being from the away team. In all seriousness though, the Girls' Basketball Team did far better than anyone believed they were going to this year. I mean, we actually won more than two games! We were even

Region Champions after some cray-say Whitehorse buzzer beaters. We also won our first game at State--a feat that hasn't been accomplished in over ten years (don't quote me on that). Thanks to the talents of myself, the only senior, Juniors Kari Schmidt and Amy Rogers, Sophomores Atlanta Black, Allie Maughan, Michaela Wolford, and Izabell Slade and Ashley Adair, freshman, we made it to the third day at state. I love you girls, kick some booty next year.

Editor's Note:

Hard work and dedication served the MHS Lady Bucks well as they surprised all of Region 19 with dominant play. Mary Beh should especially be congratulated for her willingness to come back as the lone senior and lead with such passion and enthusiasm. Success has to start somewhere Mary, the Lariat staff would like to recognize your efforts in helping rebuild that foundation! Good Work!





HOLLYWOOD NIGHTS JUNIORS DANCE THE NIGHT AWAY...

by Nathalie Reay

Hollywood Nights-- the theme for prom 2015 at MHS. One by one, ladies and their escorts filed through the double doors of the fancy movie theater entrance and down the red carpet before lining up for promenade. Skirts twirled, flowers flew off, and six minutes later, the promenade dance had been performed twice for the adoring spectators. Lining back up, everyone waited eagerly to hear the royalty announced.

Third Attendants were Molly Anderson and Eli Johnson,

Second Attendants were Anna Rowley and Connor DesRosiers, First Attendants were Averi Christiansen and Tyler Bird, Prom King was Tobin Esplin, and Prom Queen was Millie Boyle. Congratulations to this year's prom royalty!

Prom lasted until just before midnight having seen all varieties of reunions, dancing, candy-pinching, photos, and plastic rhinestones. Juniors this year were more than pleased with the turnout, having made memories to last forever.



HISTORY REPEATS ITSELF BUCKAROOS DOMINATE REGION HISTORY FAIR

Monticello High School, in connection with National History Day, sponsored its annual History Fair competition on February 23rd. 40 students in the 8th and 11th grades were selected to represent MHS at the Regional Competition in Blanding on March 17th. Allie Eberling, with her project

regarding the vicious manhunt that took place in San Juan County in 1998, was awarded the Judy Barton Award, identifying her presentation as the best overall project.

At the regional competition, 17 students were selected to represent MHS at the state

competition at Murray High School on April 18th. MHS students will represent nearly 95 percent of San Juan County participants at the state contest. Those students will complete

to represent Utah in Washington, D.C., in June at the national competition. Those students include Annsheri Reay, Kiley Tracy,

Aspen English, Adri Black, Savannah Kakunes, Nathalie Reay, Millie Boyle, Molly Anderson, Eli Johnson, Daniel Young, Averi Christiansen, Allie Eberling, Matthew Freestone, Drew Baird, Beth Cecil, Joseph Fellmeth, and Bryson Chamberlain.



GENDER EQUALITY/INEQUALITY SPORTS MAKE THE DIFFERENCE

by Nathalie Reay

It's pretty much a no-brainer when somebody wonders if the sports in Monticello are equally attended to for both boys and girls. It is almost the simple, accepted fact that boys' sports are more important in this town. But why is this? Is it due to a giant gender bias, everyone favoring boys over girls anyway? Probably not. More realistically, it is due to the difference in performance.

To compare sports for boys and girls, one might immediately think of the most contrasted events; Boys' and Girls' basketball. Simply considering the difference in fan attendance for these games in the same sport and season signals a red flag that appreciation is much lacking for the girls' team. This year, our girls' team has seen great improvement, but in years prior this has not been the case. As a general rule, there is a low expectation for the girls' basketball team and this reflects in the interest, or lack of interest, from the spectators and the student body.

However, our school has seen tremendous support for the

girls' volleyball team, especially in years when the girls have blazed a trail of overall success and returned home from State victorious. Also, the increasing support for our high school's cheer and drill teams indicates that perhaps there is not a gender bias at all.

Ultimately, the issue is not whether the sport is played by boys or girls; it is the sport itself. Baseball is another example indicative of this theory; although there remain an enthusiastic few and their more-so enthusiastic relatives, baseball itself is not popular enough to be maintained at a high level at our school. Although this is a boys' sport, it receives no more respect than other less popular sports. In contrast, however, girls' softball has almost been nonexistent, and perhaps this is a result of not only the sport but the gender also. Whether there is a bias on gender in sports, the sport itself likely contributes to its popularity more than anything.



TITLE IX REQUIRES CHANGE REGION 19 TO MAKE SCHEDULING CHANGE...

Is it simply speed vs. skill, execution compared with spontaneity, or good old-fashioned personal bias? Why do female athletes take a back row to their male counterparts?

Title IX, made law in 1972, states the following: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance." Directly stated, they shall not be "subjected to discrimination..." This, like many laws, is open to personal interpretation. Are female athletes discriminated when fans openly exit the venue after the completion of the boys' contest? Are they discriminated in the media with limited exposure, and little enthusiasm portrayed in their coverage? Quite possibly, yes. Female athletes have to take a back row to male sports. Will this ever change?

Monticello High School, along

with Region 19 (Green River, Pinnacle Academy, Whitehorse, and Monument Valley) will attempt to level the playing field in boys' and girls' basketball. Traditionally, during the four game region marathons, the running order of events consists of girls j.v., boys j.v., girls' varsity, followed then by boys' varsity. For the 2015-16 season, the girls' varsity will entertain the prime time audience as the last event of the evening. The schedule will simply flip-flop from prior years.

The region will entertain this notion during the season and judge the results upon the completion of region play. In the spirit of fairness, the plan sounds solid, without holes! However, change can often be painful and adjustments excruciating. However, the Buckaroo faithful will adjust and support their athletes with the utmost passion, and in a perfect world, the transition will fly with little interruption.





BUCKAROO BART

GUIDANCE

ADVOCATE

SUPPORT

ADVICE

ENCOURAGEMENT

COUNTRY TIPS

Good Old Fashion Common Sense!

Buckaroo Bart would love to hear from students at Monticello High School. Please email any such concerns to Buckaroonation@sanjuan.k12.ut.us.

Dear Buckaroo Bart,
You see I have this crush on this really rad girl, and I don't know how to ask her on a date. I'm really nervous. Could you help a dude out? How do you ask out your babes?

Sincerely,
Heart Struck,
Love Dumb Student!

*Dear Heart Struck,
Love Dumb Student,*

Well, ya know. I've had many a girlfriend in my day, I was once known as rambucksious Bart for my crazy dating skills. My first date I went over to Colorado to buy some... fireworks. Anyways I set them up on our very own root'in toot'in football field, I also set up some rock'in stereos to play my favorite song (The buckaroo fight song a course). And I had a plane drive by overhead and drop 112 red roses. It was all planned, I did my best to look sharp, well ya know sharper than usual, I scrubbed my eyes with a toothbrush, combed my hair into a handsome side part and dusted off my hat. Oh, it was pretty awesome. Until the fireworks blew up that dang

plane and sent shrapnel right into my left buttocks. However, that worked out in my favor, because it wasn't going all that well anyways. Such is life in the fast lane between Colorado and Monticello. If you need more help I can give you my contacts. Just Buck up and ask her out!

-Buckaroo Bart

Dear Buckaroo Bart,
What do I do when my parents both throw a pillow at me?

Sincerely,
*Weak and
Needing Attention*

Dear Weak and needing attention,
Ya take those two pillas and chuck'n as hard as ya can back at them, then take off like the wind, get ya some duck tape run back to ya papa stick'em on his legs, rip that sucka off 'n run to yo room, lock ya door and hide unda the bed. Dis one time I forgot the lock on the door and this big black shadow appeared over the bed... next thing I knew I was gettin shot with nerf bullets.

Suckers hurt at close range. Any other time I'm really great at duels

with em real bullets.

On the other hand, I would truly encourage you to inform some type of authoritative figure, Mr. Walker, Mr. Chamberlain, Mr. Whitaker, Mrs. Ketron, Mr. Welch, or Mr. Hunt, of this gruesome behavior. Pillow throwing at a child, honestly! What type of parent commits such a horrendous crime!

-Buckaroo Bart,

Dear Buckaroo Bart,

I am lost without my headphones and I can't seem to find them in my pocket? What would you do in this situation? I am considering staying home until my (parent and or guardian) finds them before throwing my jeans into the wash. Please, I need your ultimate wisdom and guidance.

Sincerely,
Student with
a Hat on in School...

Dear Student with a Hat on in School,

First of all, I wear wranglers which doesn't allow for actual pockets. Too tight! I would put my ear bud listening device in my back pocket, but where would I keep my gigantic size wallet (no money but it sure does look leathery). I would suggest keeping your cotton noise makers around your neck, but I am concerned that you would look strange with such a tool hanging outside your clothing. Can you imagine a society with headphones hanging all over everything? You need to buy a music box, stick it on your shoulder, and entertain all about with your selection of music. When I was in school I used to hang out by the Trailside listening to Slim Whitman until City Cop Murray chased us off. Oh' the good old days.

-Buckaroo Bart

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Feeling Hopeless?

YOUR PROBLEM, YOUR SOLUTION DON'T BE OVERWHELMED BY FEELINGS OF HOPELESSNESS

by Nathalie Reay

How could you describe it? It's like a plague, invisible and inexplicable and deadly. You see the symptoms, but you can't figure it out. What is it? Is it even real?

There is not a single person in this world who hasn't felt powerless, worthless, hopeless, at one point in their life. Some feel it more than others—that's something that depends on an individual's being and his or her experiences. But everyone feels it. Very few show it. Why does anyone feel that way? Why does everyone feel that way? And what can you even do about it? This plague comes in all strains, and sometimes, we won't hear a cough before somebody falls over dead.

No matter what, there's always going to be the situation that's out of our control. There are situations that affect us greatly, things we can't do anything about. Bad family relationships, deaths, abuse, neglect, illness, disability, circumstance. Even simpler things take their toll. Teenagers hate feeling powerless—they're learning how to take responsibility, feeling the need for independence, understanding for the first time things

they never realized before. Anything beyond their reach is excruciating. And what happens when a teen is rendered helpless? What happens when you get thrown that fast ball that knocks you off your feet the moment you learned to stand?

Worthlessness. It comes from feeling helpless and useless and powerless to change your situation. It's a strange thing how teenagers will apply a bad circumstance to themselves and suffer for it personally. It's almost as though they think it's their fault. Sometimes the effects of a bad experience, especially an ongoing one, leave somebody so victimized that they give up. They feel everything is lost, that they have nothing, are nothing.

There is a hopelessness in many that is not visible. Some feel relatively hopeless; others are run so dry on hope they're beginning to see more light in death. So "she" doesn't have a bad life—so "he" has no "problems." So what? How could anyone know but each individual for himself?

Maybe "he" doesn't have "problems"—not standardized ones. Lots of kids come from

great homes and great families. What problems could they face? Everyone has problems. It's such an assumption to imagine that any person doesn't. Happy people have problems. Miserable people have problems. Those who can smile in adversity and those who cannot all have problems. The catch is in understanding just how bad those may be.

With feelings of powerlessness, worthlessness, and hopelessness always comes the encompassing existence of an over beaten, overstated, entirely relevant, pervasive, and detrimental issue—we all know it; it's depression.

Everyone has experienced some sort of terrible struggle, the intensity of which is specific to their individual. But independent of those who can shed these binding emotions like an old skin, there are those whose depressive feelings and circumstances are eating them alive from the inside-out.

To those of weak issues, there is no greater asset than a forward mentality and an optimistic perspective. To those who cannot retain hope half as easily, the solution stands the same. There are always tips to help those in need of hope—practicing patience, engaging in exercise, participating in social activity, seeking medical help. These things do help. But statistics report that only one in five needing help ever seek or receive it. There is one thing that everyone must know. There may not always be help.

You know what you need. If you need help from others, you cannot wait to be found. Seek the help. Search for the solutions you know you need. A value of self will carry you through the darkest of

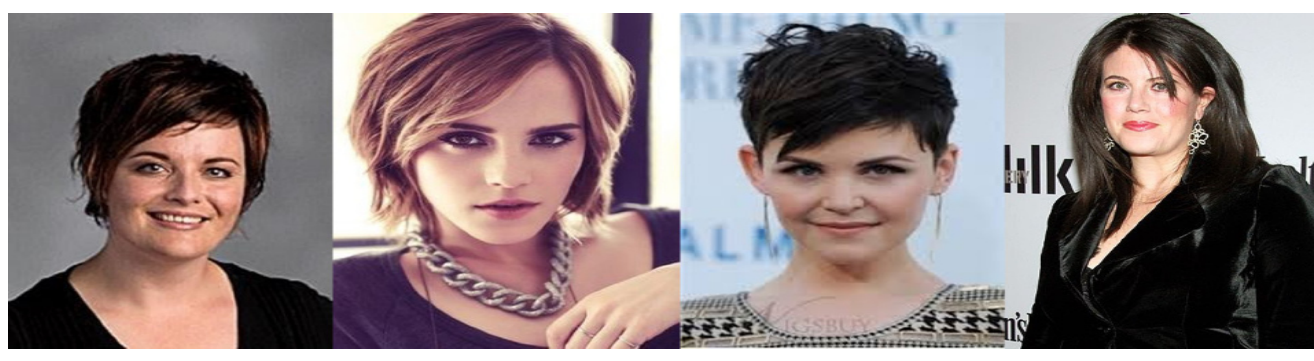
moments. Remind yourself of the qualities you have that are good. Change the things you do not like. Do not change to appeal to popularity or other individuals; change to become better.

Circumstances are out of our hands—not always, but often. You cannot control everything that happens to you. You can only control one thing: you. Sadness—depression—is a part of life that is inevitable and inescapable. Everyone feels down at some point and will continue to do so in the future. But there is always a way out. Even if it is nothing more than changing your view, holding on, or smiling and simply trying to remain happy. Yes, you will be powerless at times. Yes, you will feel worthless; there will always be someone better than you; there will always be someone ready to put you down. Yes, there will be dark moments with no hope immediately apparent; yes, you will surely feel hopeless at some future moment in time. These are things that cannot be fixed. But it is not the circumstance that always needs changing. It is your perspective of it, if nothing more than a patient endurance waiting for it to elapse. There are solutions to everything. There is always hope. You always have a purpose, a value. If everyone succumbed to the negative feelings they experienced, even the most intense of these, this world would be an empty place with no progression, no laughter, no life. Bad things are normal; but there is a strength in all people that pressures survival, that speaks of success. It is only up to each individual, it is only up to you. And you are not the only one—you may not have an angel sent to help you, but that does not mean you cannot be one.



MHS FACULTY/CELEBRITY *LOOK A LIKE*

The Lariat Staff is pleased to sponsor the "First Annual MHS Faculty Celebrity *Look a Like* Survey..." 12 members of the Lariat Staff selected several celebrities to compare with the staff at MHS. The Lariat is sponsoring the "Google Survey" located at the bottom of the page. Please visit this site to vote for your favorite "Teacher/Celebrity!"



Mrs. Knudsen (English)



Mr. Esplin (P.E/Health)



Mr. Adair (English/Library)



Mr. Reeve (Math)



Mr. Walker (Ag/FFA/Shop)



Mr. Chamberlain (Woodshop/Careers/Driver's Education/Mullet Mastery)

RESILIENCY DO NOT FEEL POWERLESS!

Cambria Welch

High school can be a trying time for many kids today. Some of the main struggles that kids face today are peer pressure, rejection, and many other things that give any kid reason to feel inferior or not up to par. It seems like in the movie or on television, everything for a teen is cake. You go to school where everyone loves you, you hang out with friends after and always laugh and having a fantastic time. However, it does not reflect the reality of the majority of teens' lives. What are some things in a high schooler's life that can make them feel powerless, worthless, and hopeless? Problems with friends, lack of or rejection in romance, and not doing well in one's extracurricular activities.

High school psychologist Selina Oliver in Pasadena, Maryland, said, "When kids feel powerless, they feel worthless and when they feel worthless, they often feel hopeless." What is a kid in high school supposed to do to combat these feelings of hopelessness? Some look for answers in friends, others look for answers in more harmful ways. They look for answers outside of themselves, when in reality, the best way to bounce back from rejection and struggles is fortifying yourself in your habits and your ways of thinking to not necessarily take away all of your problems, but to be able to see the good in them and hopefully learn something that will help you be prepared for another struggle

down the road.

The word resiliency is defined as: "the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched;" or "ability to recover readily from illness, depression, adversity, or the like." Sounds great, right? How are you supposed to become resilient though? In an article from the American Psychological Association, it talks about how important resiliency is in teens and gave 10 doable steps to help a teen become more resilient.

The first step is to "Get together," meaning get together with friends, parents, or trusted adults and talk about your struggles and listen. After telling them about what you're struggling with, don't forget to listen. Listen to the advice that they give you. Your parents have way more life experience than you think. They were teenagers once too!

Step number two is "Cut yourself some slack," meaning don't be so hard on yourself. In the heat of the moment, things can seem way worse than they are and it can be very easy to beat yourself up. It also says to take it easy on your friends too, because they may be going through hard things or be under a lot of stress as well.

Step three is "Create a hassle-free zone." Home should be a safe haven free of unnecessary stress and bad feelings. The article advises, though, that you should remember that your

parents or family may have had a stressful day or happening and may want to spend time with you.

"Stick to the program" is step number four. Things at school may get a little hectic, but make sure that when you're at home you have a routine of sorts. Have things that you do that bring you comfort and do them often.

Number five is "Take care of yourself," which is one of the most important steps in becoming resilient, because when you take care of yourself, you feel good, and when you feel good everything seems a little bit better than it might seem when you don't feel good.

Step six is "Take control." Taking control of even the small things of your life helps you to not feel completely powerless and can help you become more goal-oriented. Accomplishing things is great and can help you feel empowered and feel good about yourself.

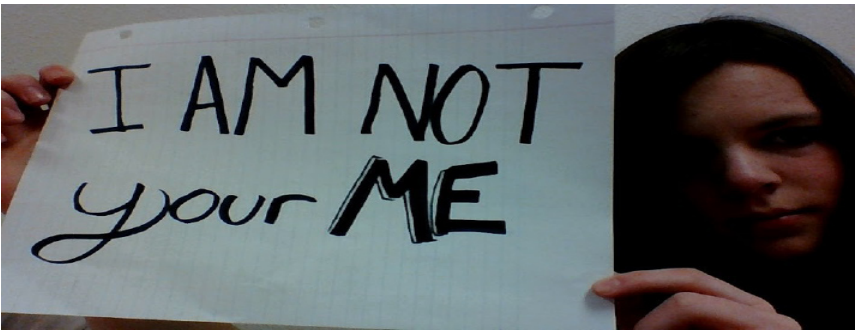
"Express yourself" is number seven of ten. High school is a time of self-discovery and it can be a struggle to say how you feel or to even put it into words with a lot of thought. If just talking about your problems is too hard or uncomfortable, find other ways to express yourself, like music or art. Not only will this help you vent, but it can help you develop talents that you didn't really know you had before!

Step number eight is "Help somebody." Service is an amazing thing, because when you lose yourself in service, you can actually find yourself. Serving others takes the focus off of you and your issues and shifts

to making things better for someone else. It offers suggestions like helping in your school, community, or even just at home.

Step nine is "Put things in perspective;" when you look at the high school years in the perspective of time, it's really only four short years of your life, even though it seems like everything right now. Just remember that there is so much ahead of you and that time will pass. Hard times will pass. Stress will pass and you will make it through the things that you thought were impassable.

The last and final step is "Turn it off." Turn off the news, turn off the phones, turn off the computers. Media has a way of emphasizing the bad, scary, and stressful things that are going on in the world. This won't help you feel better about anything; in fact it may make you feel worse and cause you to become paranoid and misinformed. Go outside and enjoy the fresh air-- see what's outside. Enjoy the nature, because despite all the bad things that are happening, you can turn it off for a while and go somewhere that isn't overflowing with too much bad information. I think most of all, through everything you'll go through, remember to keep your chin up and to smile. Things may get tough, but so are you. Never give up. With some or all of these tactics under your belt, you can become a more resilient person and be able to bounce back from hard times and better enjoy life because it truly is a beautiful thing.



I AM NOT YOUR ME! Anna Rowley

I am not your me. There were days when I felt like everyone saw me as something that I wasn't, as just being the quiet girl in the corner, the naive one that was so nice, but didn't understand the real world. I was the one that went unnoticed; when I played capture the flag I would just walk over to the jail, touch someone, and walk back. No one noticed... If I was shy and forgettable it was entirely my fault; people only believe what they are lead on to believe. But it was, and in some ways still is, an insecurity of mine; I didn't want to be forgotten or boring. I didn't want people to see the dumb, shy girl. It was the fear that people would always see me as something I'm not, just

I AM NOT SHY Lacy Jenkins

Definition of shy: being reserved or having or showing nervousness or timidity in the company of other people. There are many symptoms of shyness, which are: stuttering, not speaking or saying very little, very little or no eye contact, blushing, increase in heart rate, feeling sick, having butterflies or upset stomach, shaking, and dry mouth. There are also the inward symptoms of being shy, those symptoms are: low self-esteem, negative thoughts,

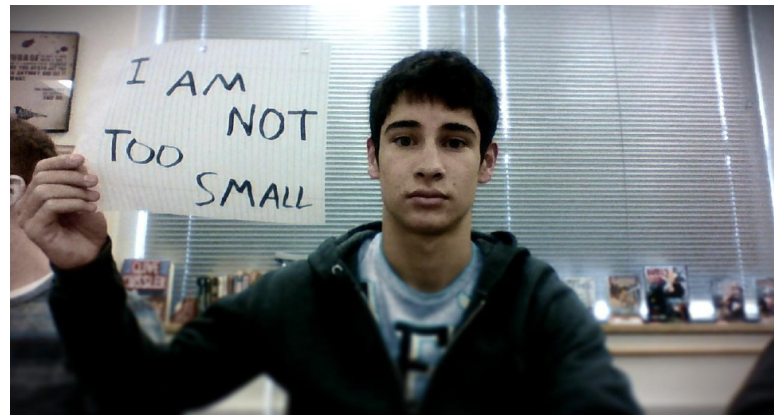
what they expected me to be. I was afraid that I would always be fake for others and never have the willpower to be real to anyone. And deep down I think I was scared I didn't know who the real me really was at all. As an insecure Jr. High student, this was an issue, but I found my way around it. I found that the only one I could blame was myself, and if I wanted people to see me then I would have to find it, then show it. I learned it is scary to be yourself. It still intimidates me. And I am not quite over it, but I'm working on it and that is all that is enough for now. My advice to you, be who you want yourself to be, not what others want you to be.

fear of being judged by others, excessive worry, and anxiety. One of the difficulties I have with being shy is it makes me kind of socially awkward. I stutter and jumble up words when I have to talk to someone that I don't really know or someone of authority. Thinking about it beforehand makes it worse for me because then I have the pressure from myself to not stutter or mess up and I end up stuttering a lot and messing up even more. I think a disadvan-

I AM NOT TOO SMALL Andrew Torres

I have always thought of myself as being too small to do much, especially in sports. Lately I have realized that I am not too small to do things. Part of this is because of the fact that I am growing. I have begun to mentally accept that I am not smaller than my peers. I am living in the past and remembering what I was like in elementary school.

Even if I was small, I would not be too small to function in this world. In the world today, with the technology that we have access to, I would do more than simply survive. I am simply not too small to be a part of this world. I have to quit living in the past and play on my strengths. I am smart, capable, and ready to size up the world outside.



tage for me being shy would be when I have to apply for a job and talk to someone for a job; I will probably stutter and mess up a lot and not make a good first impression with them.

My plan to overcome shyness is that I'm going to practice saying what I have to say in my head before going up to talk to somebody, try to make more eye contact with whoever I'm talking to.

My advice for other people to overcome shyness is to maybe practice what you're going to say to someone before actually talking to them. Practice eye contact with family members or friends. Pretty much just don't give up hope; different people will have different ways to overcome shyness, but the main thing is be confident and believe in yourself.



SAGE MEANS 'WISE..' OR DOES IT? STUDENTS ENDURE AN EXTREME AMOUNT OF TESTING..

by Nathalie Reay

100%--now that's a smart kid. But 42%? Wow, that's a dumb kid. I mean, I guess that's why we have testing, to figure out who's who and who's going someplace in life and whose futures should be invested in, versus whose should be condemned. But maybe this isn't right. What is a test, anyway?

Only two years ago, the Utah State Office of Education implemented what is known as SAGE testing, which acronym stands for "Student Assessment of Growth and Excellence." Throughout the year, students in various grades will test about three times in areas of math, English, and/or science in preparation for the final Sage Exam. Testing on average takes three days for most students; some students take longer. But one might ask, "What does all this testing prove, anyway?"

Personally, I find it hard to imagine that it proves very much. Formerly I can recall the dreaded end-of-the-year Core Tests that seemed to stand as an overall measure of the compiled school year. Many students complained about this in its day, groaning that it was unfair to test us on everything we had learned for an entire year and that it was a very detached idea to test on so much information all at once. Yet since SAGE tests have been instigated in our schools, students have found themselves greatly missing the single test for the year.

Viewing this new, intermittent testing as a periodic check on students' progress may not be

the best idea, however. Speaking personally, I can attest to a very different scoring on my own SAGE tests, having earned



scores from roughly 42% to the 92%. Test time has also varied dramatically for me. Is it really accurate to weigh the 50% increase in performance during such a small interval? Surprisingly enough, most students score very poorly on SAGE tests. According to The Salt Lake Tribune in October of 2014, less than half of Utah's students have managed to test proficient in any of the three categories of English-Language Arts, Mathematics, and Science.

So what exactly are we trying to prove?

Disregarding the resentful grumbling of the students (and any student that can be found will attest to their dislike for frequent testing), it is important to take into consideration the views of both teachers and parents. Parents, who are relatively removed from these testing horrors, will even admit that they think the repeated testing

is "excessive." Also, teachers too have grown wary of these "assessments," understanding well that their students' scores

not only reflect individually, but collectively upon their instructor. And with less than 50% of students scoring proficient in any given category, this is cause for concern.

In addition to this, most teachers may also complain that they are not given enough class time to cover their material. This is a great source of stress to both teachers, and eventually, students. As SAGE testing takes on average three days for most subjects and is reinitiated about three times during the year, the equivalent of two weeks' worth of school days is vacuumed up by the same old testing as before.

Students also do not feel that this is a proper reflection of their performance or progress. In our own experiences also, there has been as much a correlation between scores and assumed intelligence as there is between scores and time

spent—and this is not an accurate representation of much. Students themselves cannot present a suitable alternative (as most would rather shrug any assessment of progress at all), but it cannot be dismissed that perhaps hard, repetitive testing is not the most efficient method. One elementary school child commented, "SAGE testing? I hate it! It's stupid. And they should just give us tests on paper."

In contrast, SAGE testing was not thought up by a board of grudging old children-haters who brought it forth as a mode of some type of torture. Although at times the testing may feel that way, it was clearly not designed as a punishment, but exactly what is professes to be: an assessment of "growth and progress." We do not condemn the instigators of SAGE testing as villains, but is a very deep sentiment in most of the others on the end of the verdict that SAGE testing is ineffective and bothersome, stressful, inaccurate, and time-consuming. We recognize the good intentions behind the idea, but reserve the right, nonetheless, to brand it as a bad one.



TIPS FOR INCOMING 7TH GRADERS MAKING THE MOVE TO MHS POSITIVE

by Anna Rowley

7th Grade can be a "rough" transition year for students at Monticello High School. New schedule, new teachers, and new requirements. Each 7th grader moves into a different role: biggest kid in school to the smallest runt on campus. It is challenging, but not impossible. Below are seven (7) amazing tips for parents and 7th graders to help make a smooth transition to MHS!

1. Pay Attention in class-- I know it is so much easier to daydream, but you must control yourself. Mind over Matter! I promise that school is a piece of cake, all you have to do is try.

2. You will hear this over and over again, and probably get sick of it, but you must stay caught up in your classes. You get some homework, do it in class!

3. I need to remind you that lunch time is not P.E. There is no race to the lunch line, the food isn't going anywhere, trust me. Probably the most annoying thing you can do is run to the cafeteria-- doing so will tag you as childish and immature.

4. Now, no one likes a suck-up teacher's pet, most of all, the teachers. However, that being said, the teachers here at the school are really cool and deserve your respect . Remember

they are doing you a service; it is great if you get to know them as friends and staying on their good side does have rewards.

5. Know your manners, raise your hand when you have a question, pay attention when someone is talking, and answer intelligently when



asked a question. When class is over say thank you because someone has just spent an hour of their day to help you prepare for your future ,and that deserves a little gratitude-- remember that. That goes for the lunch ladies too, so say thank you every time. If you make a mess, clean it up yourself to the best of your abilities, and express appreciation when the janitor comes to help.

6. Participate in school ac-

tivities. Join book club, pick a sport, give drama a try. My number one regret is not doing more; don't make that mistake. Make some new friends and get

to know new people. Not to sound cliché, but these are the years that you start to become who you are going to be. So make sure that you're like that person.

7. I know that at first the school can seem like a labyrinth of twisting halls filled with people twice your size. My seventh grade year I would leave out the front doors and run all the way around the school to get to band. If you need help, don't be afraid to ask someone. High school may seem scary at first, but it really isn't as bad as you think.

