

# Trojan Tribune



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News From Ouray High School

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## Cross Country Team Finishes off the Season

by Mackenzie Gibbs

The final stretch of this race is a dirt road about 100 meters long. Spectators watched as the runners sprinted their last bit of the 2A Regional race. Despite the heat of the day and the unforgiving wind, it was evident that every kid was giving the competition all that they had.

Both the girls and boys Ouray High School Cross Country teams competed at Regionals in Delta's Confluence Park on Friday, October 20. Only the top 3 runners from each team were scored, determining if they would be one of the top 4 teams, qualifying for state competition in Colorado Springs. The top 15 runners from each race also qualified for State individually.

The boys team had junior Cooper Rondinelli finishing 4th, junior Zach Briggs finishing 14th, and Silverton freshman Harold Rayos finishing 21st. Overall, the team finished 2nd. "I got 12th at Regionals last year and was really hoping to beat that," said Cooper. "I definitely did not disappoint myself."

Although no one on the girls' team qualified

individually nor did the team qualify, they all feel satisfied with what they have accomplished this season. "I feel so improved from last year," said sophomore Geny McArdle. "Self-improvement is what is most important in this sport and I see that in myself and everyone on my team."

Another important piece in Cross Country is, of course, having fun. "Even though it was hot and the wind was blowing hard, it was a really great conclusion to my season," said freshman Scout Donovan.

"This season has been such a blast," said coach Taylor Chase. "It has really been a pleasure to be able to coach all of these kids this year



Junior Zach Briggs leads a pack. Photo Credit: Coach David Emory.

and watch them grow."

High School head coach Bernie Pearce is also very proud of all that the team has accomplished. "It is important to wish all the runners continuing on to State good luck but also to tell the runners whose season has ended congratulations on a great couple of months. It has truly been one of the most fun in recent memory."

## Danger Roams the Streets

by Caeley Eddy

It's that time of the year again, when bears prowl Ouray's streets looking for food to fill up their bellies for hibernation. Ouray has lots of bears. They are most prevalent in the fall, eating apples off trees and digging through our trash cans.

Freshman Haley Kunz had a recent encounter with a bear. She said, "I opened my back door to let in my cat. There was a huge bear standing right in front of me. I fell, which scared it away. I was surprised by this encounter."

"Later it showed up in my backyard again and broke into our shed," Haley said. "It ate all the meat in our outside freezer. I am actually not angry at the bear, it was just fattening up for hibernation."

Because of encounters like this, residents are reminded each year how to minimize bear contact. "Don't feed bears bird food, pick fruit early, and clean after your barbecue. If you have food trash you should put in a plastic bag and put it in a can. Make sure your recycling is clean," said

mayor Pamela Larson.

The Plaindealer's website publishes tips online, as well. Residents should keep food attractants away from our homes. This will keep the bears from either entering or destroying property. If you have a campfire let it burn cold out, and don't leave food residue. Pick all the fruit out of the fruit trees on your property. Most of all keep your windows and garage closed to not allow the bears to help themselves to your food.

The fact is that we share our streets with wild creatures. "If you encounter a bear make yourself seem taller, and lots bigger," said Larson. "You can also use bear repellent."

The town of Ouray hasn't had very much fruit on trees, and it is much harder for bears to get ahold of trash due to the bear protects trash bins. The bears have not eaten that much this year, so it may cause a shorter hibernation season. The bears are hungry so if you are outside at night be careful, use a flashlight, and be as loud as possible to keep them away.

## Ask Anna

Dear Anna,  
I'm sick, AGAIN. I'm sick of being sick. Any advice?

~Strep Throat

Dear Strep Throat,

Being sick is never fun, especially when our immune system just can't seem to get back on track. Many factors can contribute to getting sick; the type of food you regularly consume, lack of sleep, stress, and most importantly...germs.

As a student, sometimes I can't the time to eat right. This results in days where I feel like I ate a breakfast, lunch, and dinner of greasy fast food. In reality I simply ate something that I normally do not consume, something known not to be healthy for the body.

If you have an off day, try to think of the food you consumed in the past couple of days. Tracking what you eat can be helpful. Instead of that nice tempting soda, grab a nice, cold, refreshing glass of water that shines in the light.

Then there are the issues of stress and sleep. They sometimes come in a nice package of baggy eyes and illness. Stress is known to suppress the immune system as it drains the body as it is in

fight or flight mode for a long period of time. Stress also interferes with sleep.

Students should aim for at least 7 hours of sleep every night. The lack of sleep can cause everything to plummet. As the body is trying to function with hardly any sleep and lots of stress, the immune system always seems to be in the cross-fire.

I would recommend that you try to find and use your own way to deal with stress: perhaps exercise, or yoga, or reading, petting a dog, or listening to music. Anything that you enjoy doing will release endorphins, bringing your stress levels down. And I know that is hard to get enough sleep being a highschool student, but try to be aware of your sleep.

When your immune system is down, germs come to town. Washing your hands regularly is probably your most important strategy to keep those germs away from your body if you're feeling physically down. And maybe don't take that nice sip of water from a friend's water bottle.

Sickness is caused by many factors and I wish you a speedy recovery. In most happily ever afters, the immune system comes back and takes back what used to be its own.

## Speech Team Revived

by Cliona Pasek

Ouray School is re-launching its speech program for high school students this season. Speech provides students with a creative outlet and an opportunity to practice speech skills that can be used for the rest of their lives.

"It is amazing to me how many times in life I personally have relied heavily on my speech training. I have had so many special opportunities due to my ability to speak publicly which I am hoping is what will happen with these students," said Ms. Kentee Pasek, the new speech coach at Ouray School.

Ever since Ms. Nancy Nixon retired in 2015 after 25 years of teaching, the Ouray High School speech team has been non-existent as the recent renovation of the school, new teachers, and budget cuts has made it difficult to get speech back up and running. Several previous middle school speech participants worked with Ms. Cappi Castro and Ms. Pasek for two years, and are now in high school.

In fact, there are currently no students in the high school that have ever had the opportunity to participate at the high school level. "I am really excited because I wasn't able to do it my freshman of sophomore year so I am glad that it is starting up again. I am also worried because I have never been in high school speech before and it's more competitive," said junior Ella Colpitts.

Students compete in categories including dramatic interpretation, humorous interpretation, poetry, duo interpretation, extemporaneous speaking both national and international, public forum debate, Lincoln-Douglas debate, cross examination debate, and original oratory. They choose a specific piece to practice and customize practice slots with their coaches.

"I'm excited but kind of nervous because I know it will be a lot different than middle school and I only did it one year. Since there are a bunch of different meets, I think it will be really cool," said junior Jaden Kunz. In Middle School Speech, participants only compete in one meet per year.

The 2017-2018 Speech meet schedule includes Gunnison, Palisade, Grand Junction, Delta, Montrose with State Quals in Grand Junction and State in Denver.

"It's going to be pretty good. We are going to be able to leave Ouray a lot more often and you don't have to be all anxious for just one meet. If you get into the final tournament you can be all prepared to be able to do what you are going to do," said freshman Caeley Eddy

Ms. Pasek commented, "I know first hand, the budget restraints and I am volunteering my time to make sure this influential program is back at Ouray High School. This is not a paid position but one that pays it forward for our students today making them our leaders of tomorrow."

## Heard in the Halls

"We're not friends anymore and I hope you never get past level 2 in 'Zombies' ever again."

### Calendar

#### Friday, October 27

8:00 am - HS Denver Theater Trip Departs

#### Saturday, October 28

9:00 am - HS VB District Tournament

9:00 am - HS XC State in Colorado Sprgs

#### Monday, October 30

3:00 pm - HS KB in Mancos