

# Trojan Tribune



**Editor: Mackenzie Gibbs**  
**Instructor: John Kissingford**

**News From Ouray High School**  
**Reporters: Anna Biolchini, Caeley Eddy, Ally King, Cliona Pasek**

## Calendar

### Thursday, November 30

All Day - HS Sange de Cristo Tournament

### Friday, December 1

All Day - HS Sange de Cristo Tournament

1:00 pm - VS Youth Orchestra in APAC

### Saturday, December 2

All Day - HS Sange de Cristo Tournament

All Day - MS G Bball SJBL Regionals

### Monday, December 4

4:00 pm - MS Auditions for Aladdin

### Tuesday, December 5

5:00 pm - NHS Induction

## Students Escape Their Comfort Zones

by Caeley Eddy

Imagine getting up and standing in front of a crowd of people, their eyes staring at you as you are about to recite your speech. Sweat beads down your cheek as you begin your speech. At that moment your legs begin to quiver. That is what it's like being in speech.

Seven Ouray High School students are in speech. The students preparing in the drama category are Caeley Eddy, Ella Colpitts, Cliona Pasek, and Jaden Kunz. The two others, Joy Vann and Sadie Dunham, compete in poetry.

They described as soon as they stepped into their first competition, at Gunnison High School on November 18, as an overload of the senses. There were lots of other schools crowding the tables and being loud; all the Ouray participants were transfixed. Going to a table in a corner, they practiced.

"I felt terrified and I hoped to do as well as possible," said junior Jaden Kunz.

There were three rounds within the competition. "Almost every round felt as good as the last. Each time I performed my piece I felt more confident and could see the little changes I could make," said freshman Cliona Pasek.

After the three rounds, an award show was held for the few schools that appeared. The students at Ouray placed and won several ribbons.

In poetry, Sadie got 12th and Joy got 8th. In drama, Caeley got 5th, Jaden 4th, Ella Colpitts 3rd, and Cliona 2nd.

Speech, the students decided, takes a lot of courage. "I felt stressed, nervous, anxious, and wanting to throw up," said freshman Sadie Dunham.

But all of them were also happy to get out of their shells and speak out in public. This is something that is not inside most people's comfort zones and can be pretty difficult. "Speech gives you a creative outlet," said Cliona. "It allows you to challenge yourself in your speaking abilities, and I think that is very important as a high school student."



## How Do Students Deal With Stress?

by Cliona Pasek

Stress. We have all had it at one point or another in our high school careers. For most students, stress comes from homework.

Because the years of high school are filled with these stressful times and with late after-school sports and activities, balancing homework can become a burden for some students.

"It's a lot of work," said junior Nisha Harding. "When I get home from school I don't want to start working on homework right away because I'm exhausted. Then I go to dance and then I come back at 8:30, then I have to eat dinner, take a shower, and that's when I usually start my homework, around 10. Even then I don't get most of it done."

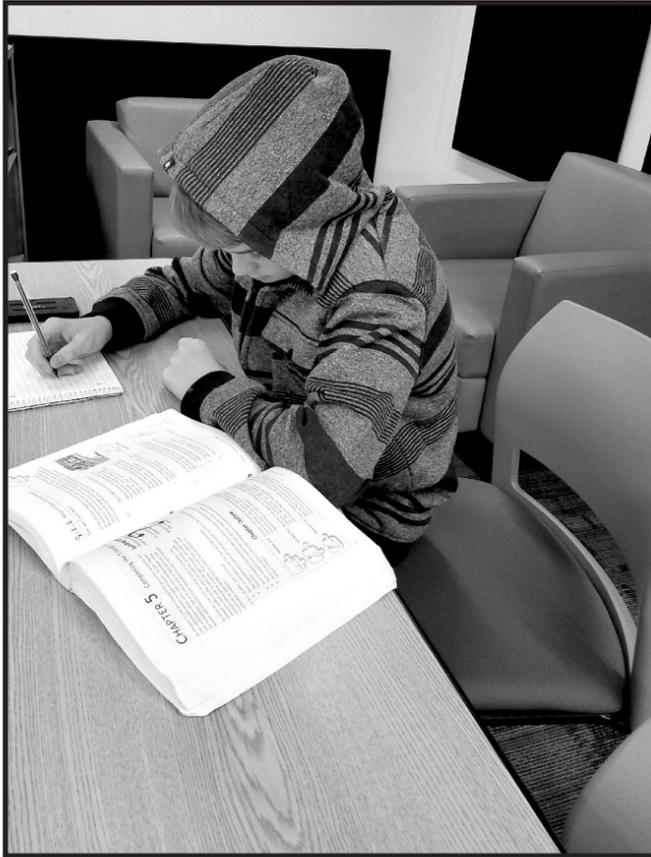
Other students resent the burden less. "Homework is my life right now... It's not terrible though, I can just never catch my breath. I love the classes I'm taking, and individually they don't give that much homework, it's when it's

added up that it becomes stressful," said junior Abbie Link.

Younger high school students have less homework.

So far, said freshman Audrey Gibbs, "it's not even that bad. There are some classes that I have a lot in but it's all good." Freshman Kalli Bridges said, "The homework is going all right. Some nights I am up kind of late but that's okay."

The key, according to many students, is to avoid procrastination. "Just do it. All the little things seem like they're stupid and they are a waste of time, but if you do it and get it done then you're just going to feel so much better about it," said senior Courtney



Alvarez.

But some students say that taking breaks from homework can actually help. Various students suggested outlets such as sports, brain breaks, coloring books, dancing, petting your pets, or taking quick power naps.

## MS Girls Shoot for Success

by Ally King

They were on a winning streak, and at 5-2, this tournament would decide where they sit in the postseason. "I'm ready to put everything I got to the table," said 8th grader Katie Woodman. Ouray lost one of the games and had to forfeit the other game due to an injury on November 18th at their home quadrangular tournament.

"The girls are so energetic," said middle school basketball coach Scott Pankow. This is Mr. Pankow's first year coaching at Ouray and he "loves the team." There are nine girls on the team this year. "We started off with only two," said Mr. Pankow. "Those two girls recruited the rest." Mr. Pankow is grateful the girls show signs of "learning, grace, and excellence."

"The girls have been working very hard this year," said assistant coach Mr. Pearce. He enjoys watching the girls' "hard work and effort" pay off.

The girls have been working hard in order to achieve such a great season.

"I have faith in our team," said 8th grader Aynsleigh Wood. She has been playing basketball for a while and enjoys being a part of the team. "I'm very excited," said 8th grader Aynsleigh Wood, "for districts to be held." Mr. Pankow said, "I am very optimistic and believe Ouray will still be able to hold the championship game."

Luna Sandoval, grade 7, is glad that she decided to join the team this year. "I love working with my teammates." Luna believes her team is a "family." This year has been an amazing season. "We have been working together to be a stronger team," said Luna.

"They have great work ethic," said Mr. Pankow, "and they work hard all the way through."

## Ask Anna

Dear Anna,  
 I have found myself freezy more and more as winter gets closer. What can I do to stay warm?  
 ~Human Popsicle

There are many types of freezing things though they are all essentially the same. A cold drink. A frosty stare. A frigid winter. They all come back in a nice snow ball. From my own personal experience and perhaps most others, being cold is not fun. The cramping muscles, gritted teeth, and shivering are not enjoyable experiences.

The first advice I will give is probably something people have told you multiple times. Bring extra clothing and layer up. Those extra layers will help keep your heat from being whisked away. The clothing will help insulate you. However, make sure your outermost layer is able to resist water and that you don't get too sweaty on the inside. The extra water will chill you and make all those layers useless.

Another thing that you could try is to adapt to the cold better. Adapting to the cold may be

uncomfortable at first until your body starts to learn to adjust. The flow of the blood, metabolism, and how our body reacts changes with experience. People who are outside more or take cold showers/baths have found that the cold doesn't bother them as much.

You might notice that in the winter a temperature at 67° F is nice and comfy while in the heat of summer it is cold. This fall I met a girl who was from Hawaii and she wore two pairs of pants to stay warm outside, and I was only slightly chilled in the temperature. Our bodies adapt in some truly interesting ways.

Something that you could try, therefore, is switching to cold showers. Taking a cold shower has many benefits, though not many people take them. Doing this over the course of time will help your body be able to adjust. You might also want to research the benefits of a cold shower: something unpleasant may actually be good for you!

Think about the cold like the altitude: you have to help your body adjust! Just don't freeze, my good friends!