

Trojan Tribune



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News From Ouray High School

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Bumping Up Each Other's Spirits

by Ally King

"My team mates and I are a family," reflected junior Alannah Wister. "We trust each other and we depend on each other." Every night from 6-8pm students put aside their homework to practice for their upcoming volleyball games. These students have a passion and drive that builds their team.

Alannah always tries to raise everyone's spirits and make her team smile. Whenever morale is low on the team, she always tries to brighten the mood, "whether that means cracking a joke, or dancing," said Alannah "or just acting like a complete fool."



Freshman Maddi Meenan plays as a back hitter. "I'm glad to be part of our team," said Maddi. With practice every night, balancing school and sports can be very hard for students. Maddi has a word of advice: "Do a sport because it makes you want to do good in school." This is her 3rd year playing volleyball, and she says that the intensity of the game keeps her coming back to the sport.

Senior Mariah Crandall has been playing vol-

leyball ever since 3rd grade. Mariah has POTS disease which makes it hard for her to play the sport. "My heart can't catch up to my body all the time," said Mariah. She described her teammates as "supportive, caring, and helping. We really have a chemistry this year together." Mariah believes the most important part of the sport is being connected with her teammates.

"I really like the volleyball team here," said junior Giorgia Stazi. Giorgia is the manager of the volleyball team and loves atmosphere of the group. She give the team moral support at practice and at games. When the team won the first home game of the season, "I was screaming," said Giorgia "Everyone was standing and screaming."

This year's volleyball team are all very supportive and connected with each other. "If everyone plays their part," said junior Sidney Murch "there is nothing to lose."

The next opportunity to see them play at home is September 30 at 11 am against Dolores.

Racing as a Team

by Mackenzie Gibbs

The Ouray School District R-1 school bus comes barreling down the road. Inside, the discordant voices of 14 teenagers are belting out the lyrics to pop song after pop song. They do not care that their voices are worsening by each tune; they are a team and no one will judge.

This past weekend, the high school cross country team competed in two meets over two days: the Ramble at the Reservoir in Ridgway on Friday and the Anna Banana meet in Fruita on Saturday. Both competitions yielded great times for the girls and the boys, reflective of the success of the season so far.

The team's home meet, the Ramble at the Reservoir, was particularly successful with the Boy's Varsity and Girl's Junior Varsity races. Juniors Cooper Rondinelli and Zach Briggs placed first and third in the Boy's race respectively and freshman Scout Donovan placed second in the girls race.

In Fruita, eight out of the eleven students on the team who ran achieved their fastest race times. Both teams placed 10th against some of the top

teams in the state.

Not only are the teams successful in terms of the times they are pulling but also in how supportive they are to each other as a team. "I really love the team this year," said sophomore Geny McArdle. "Although we've lost a few from last year, we are still very strong in supporting each other. No teammate is left unencouraged."

This perspective is shared by the coaches as well. "During practices and meets alike, the high schoolers and middle schoolers both boys and girls are always cheering each other on," said head coach Bernie Pearce. "That is the wonderful thing about combining teams."

Near the finish of the Ramble, runners speed down a trail that has room on either side for spectators. During each of the six races that day, the boys and girls middle school races and the JV/Varsity for both genders in high school, one could find a tunnel of kids in orange jerseys cheering every participant on, no matter where they were from or their placing. The races may be individual, but cross country is a team sport.

New Energy in SpEd Teaching

by Cliona Pasek

Ms. Nelson is the new special education teacher offering different opportunities based purely on what each student's needs are. The learning ranges from support in the classroom for students with disabilities, to instruction in the resource room including an academic or functional life skills curriculum. This results in every student having an individual personalized program.

"It's a lot like a circus most days, and every day is different. I'll be in Kindergarten and then I'll be in Third Grade, and then I'll pop into High School or I'll have High Schoolers down here, and so I'm just running all over the place!" Ms. Nelson explained.

Ms. Nelson has lived in Ouray for three years, along with her children Kaden, Kortlan, Keaton, Estes, and Everlea and her husband Mr. Kenneth Nelson. Mr. Nelson is the Assistant Principal at the Ouray School, where their children also attend.

"I see her less now than I did before, said Mr. Nelson. "It feels like because she has meetings after school now and then we have sport practice and things like that. So we don't cross paths very often."

Keaton Nelson, by contrast, appreciates having his mom at school: he said, "It's great!"

Ms. Nelson has 10 years of special ed experience from teaching both at an online school and a

larger school. Teaching on the online school, Ms. Nelson would do everything from home, on her computer, helping students on the school's website, and occasionally having personal phone conferences with the students.

At the larger school, in Kansas where the family lived previously, Ms. Nelson would work with the students who had more severe disabilities. She had the benefit of six paraprofessionals assisting her with the students. At that school she had a comfortable environment, including a living room, work space, and kitchen, all handicap accessible.

"Going from a district that had a whole bunch of resources to a smaller district, you have to be creative to make things yourselves, you have to cover for each other, there's not a plethora of people or resources. So we have to make a bunch of the materials or it's been donated," described Ms. Nelson.

Although she has three paraprofessionals assisting her at the Ouray School, the workload is still very intense as the Elementary, Middle, and High School schedules do not line up. Working with so many students is at times stressful and time management is important to her.

Ms. Nelson stated that she believes in all that Ouray School stands for and its importance to the students of this community.

Calendar

Thursday, September 28

1:30 pm - Crede Reperatory Theater

Friday, September 29

7:00 am - HS XC in Sweitzer Lake

5:00 pm - HS VB in DeBeque

Saturday, September 30

11:00 am - HS VB @ home vs Dolores

Sunday, October 1

5:30 pm - Bus Leaves for Aspen College Fair

Monday, October 2

6:00 pm - FAFSA night

Wednesday, October 4

4:00 pm - Parent-Teacher Conferences

Heard in the Halls

"The best thing that happened to me today is I got to put a hole in the ceiling."

Students Draw on New Resources

by Ally King

At Ouray School there are many helping hands. With mental health as a major issue in the nation, Ouray makes two therapists available to stressed or struggling students. Mr. Price works two days per week, and Ms. "H" Discoe works one.

Mr. Jacob Price, who joins the staff this year, decided during his 2nd year of college that he wanted to work with students as a therapist. He studied psychology at Fort Lewis undergraduate and went to San Diego State University for his master's degree. "As a nation I see mental health as kind of scary," said Mr. Price. "I think of all the social media and just kind of the tone of how the world is at this particular moment in time." He feels that overtime these issues will recede, but in the meantime, students who need support should seek it.

"Mr. Price is very passionate for what he does," said librarian Ms. Cappi. Being around students all the time, she thinks it's important to have therapists at the school. Mrs. Cappi advises any student in need of help to "talk to a trusted adult. All people struggle. It shouldn't have a stigma to it." Mrs. Cappi believes the school needs more resources in order to help students. "The MLO would help us with funding," said Mrs. Cappi "in order to provide more help to students."

"Mental health is very important," said junior Sidney Murch, "especially for teenagers since we have a lot of ups and downs." Sidney believes a friendly approach is what teenagers feel most comfortable with. "I somewhat think social media has an influence on mental health," said Sidney. Social media is full of "kids comparing themselves and judging themselves harshly."

Stress and anxiety are some of the major issues that Mr. Price sees within a school. The fear of unknown is very difficult for students. Mr. Price's door is always open for students to come and talk with him. "We have our good moments and we have our bad moments," said Mr. Price.

No student should have to feel unwanted, hurt, or suicidal. If you do feel suicidal seek help through a trusted adult or call the National Suicide Prevention hotline 1-800-273-8255.