



The Hellgate Lance



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Nike Running Shoe Breaks Records

Liam Queneau
Reporter

When Eliud Kipchoge crossed the finish line at the Ineos 1:59 challenge, he was heralded as the first human to ever run a marathon (26.2 miles) in under two hours. However, many regarded his victory as invalid, as he ran the course with pace-setters (both runners and a car), drank electrolyte-filled water halfway through the run, and what most people were unhappy about, wore a specially designed shoe by Nike. Kipchoge was wearing an unreleased variant of Nike's ZoomX Vaporfly NEXT%, a shoe which became extraordinarily controversial over the next months after his run.

Although Kipchoge was wearing the unreleased variant of the shoe (dubbed the AlphaFly) that includes an airbag right before the arch, there is a version of the shoe on sale to the public, priced at \$250, extremely expensive for a consumer shoe. This version does not include the airbag, but still includes the most controversial aspect of both versions of the shoe, a carbon fiber plate in the sole. The plate, combined with Nike's ZoomX foam, is supposed to give the wearer increased responsiveness from the shoe, which in turn helps to boost the wearer forward.

There are only a few other shoes on the market that offer a carbon plate in their soles, such as the Hoka One and the New Balance Fuel Cell 5280's. However, none of these come close to the NEXT%, a shoe in which multiple world records have already been broken. It's not the carbon plate that makes the difference for runners, it's the foam that Nike used. The ZoomX foam, used in a few models of Nike's shoes, has the ability to take the energy that a runner uses when their feet hit the ground and return some of it to the runner.

The foam, marketed by Nike as being "Lighter, Softer, and More Responsive," is the main reason the shoe performs so well, but there are a few other smaller factors that go into the design of the shoe that make it so successful. First, the carbon plate embedded within the foam of the shoe has the

ability to slightly propel the runner forward, but more importantly makes landing with the shoe a lot more stable, taking stress off of the knees of runners and allowing for a smoother stride. The upper of the shoe, called "VaporWeave," is lightweight and water resistant, allowing the shoe to weigh only 6.6 ounces. The light weight of the shoe is also important, as the less weight a runner has on their feet, the less energy they'll have to expend on lifting them.

It is for these many factors that the shoes are breaking records, despite the wavering fairness of the shoe. Although it may sound as if these shoes are the very first of its kind, Nike had already released a similar version of the NEXT% in 2017, the Vaporfly 4%. The percentages that you see attached to the names of these shoes may seem simply like a flourish to make them sound fancy, but they actually have a very important number. The 4% refers to the average time that the shoe consistently takes off of a runners' splits. However, the NEXT% didn't stick to a number, as it wanted to reach a wider audience by making the shoe seem made for any runner.

The biggest reason they're not on every runner's feet is their high price tag, but despite the cost, two Hellgate Cross Country runners got the chance to race in a pair of the NEXT%'s and the 4%'s. Ignatius FitzGerald and Abby Kendrick, varsity runners for Hellgate Cross Country, had the chance to try out the Nike ZoomX Vaporfly NEXT% in a workout, along with the 4%, of which Kendrick owns a pair.

Both runners defined the shoes as bouncy, FitzGerald went on to say that "It's a weird feeling running on them, almost like hitting a trampoline perfectly in the center over and over again." Though he doesn't own a pair of the NEXT%, he was able to borrow a pair from coach Anders Brooker for a 5-kilometer road race in California, and broke his personal record by over a minute, with a time of 14:55.1.

Kendrick, after wearing the 4% in workouts, immediately saw the effects that the shoe had on her times, running faster splits for her runs. As with FitzGerald, she beat her personal best by a minute in California wearing the 4% shoes, with a time of 17:10.

It's obvious that the shoes have a huge effect on runners' times, seen through both international studies and the times of students at Hellgate running in them.

However, there are side-effects to having such an elite shoe allowed in races that give such an obvious advantage, to the point where if you aren't running in a 4% or a NEXT%, you're actually at a disadvantage.



Abby Kendrick, second from left, running with the Nike 4%. Photo courtesy Abby Kendrick.

Kendrick said that while racing in California, she was surrounded by girls wearing the exact same shoe as she was, the 4%, and in most photos of marathon or road race finishers, on the winner's feet are a pair of Nikes.

Nike has created almost a monopoly over the elite running shoe industry with the NEXT% and the 4%, leaving most companies scrambling to make a shoe comparable to what Nike has made. Most shoe companies have already created shoes with the carbon plate in the midsole, but none have been able to match Nike's formula. Kendrick thinks that advances Nike has made in shoe technology will push all the other companies to up their shoe game, which will usher in a new level of shoes overall.

Despite the fact that it quite literally outruns all of its competition, World Athletics recently made a ruling on whether or not the NEXT% shoe would be allowed in the 2020 Tokyo Olympics, as having one shoe that's drastically better than the others could make the playing field uneven. World Athletics decided to make the shoes legal for all athletes, though they made prototype shoes that aren't available to the general public illegal, as it would provide an unfair advantage to those runners. It seems unlikely that the shoes will be outlawed after the Olympics, due to their already huge popularity and the fact that if the Olympics deems them fair, then they would be considered fair for most every other event. The records have already been broken with them, and the new norm for a running shoe has been set by the Nike ZoomX Vaporfly NEXT%.



The ZoomX Vaporfly NEXT%. Photo courtesy of Flickr.

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Yoga's Influence Stretches to the Classroom

Josey MacDonald
Reporter

For various reasons, a growing number of teachers have begun experimenting with practicing yoga in the classroom, and a growing number of students have found themselves doing sun salutations or breathing exercises during class. Of 86 students who responded to an Instagram poll, 43% said they had done yoga in a classroom.

Yoga has become a popular activity and form of exercise for many Americans. Some studies have shown that yoga can improve mindfulness and attentiveness in teens. However, Spanish teacher Milton Zhinin-Barreto questions the authenticity of these studies. "Studies showing benefits, they are not controlled, they have small numbers of participants, and they are all within the past 5 years. From 2014 to 2020 is such a short amount of time to say, oh this works," he said.

Zhinin-Barreto began doing yoga with his Spanish 5 students last year. One of his class projects is a yoga video that students create and narrate. "My idea was to introduce yoga to the classroom, but one student was the one who said, 'I think it would be more beneficial if we make our own videos.' My idea is to try and integrate what students want, and if they want to do that then I will find a way to integrate it."

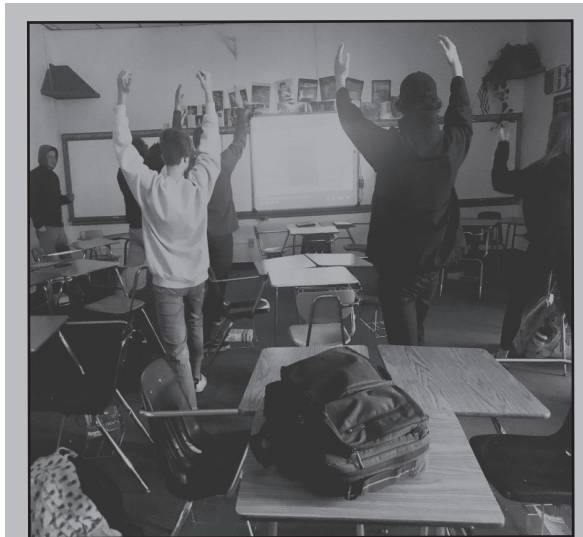
Although Zhinin-Barreto questions some of the activity's mental benefits, he found that yoga built a strong community in the classroom. "The students mentioned that it was nice to work as a group creating that and it was nice to do it every day as a class," he said. He also said there is no question that yoga has physical benefits like body awareness and fitness.

Tyson Warner, who teaches the English portion of Block, began doing yoga with his students because of its historical connection and relevance to his curriculum. "I think there's a demand for yoga and for meditation and mindfulness right now, but I think a lot of people don't know some of its roots are coming from India and so I wanted to connect that," he said.

"Not that yoga or meditation is restricted to

India, but in our study of India, of Hinduism, Buddhism, Jainism; all of these religions have used different disciplines in order to hopefully achieve enlightenment," he added.

Warner thinks yoga can give students a mental break and help improve their focus. "I think that as a student at Hellgate you sit for seven periods a day, maybe six if you have a P.E. class. But a lot of us, when our bodies become asleep I think our minds become asleep too. And so I think there's a bigger need to get up and move. It's something I'm trying to work on all of the time," he said.



Spanish 4 does yoga during 10 minute break. Anyone who wants to join is welcome. Photo by Josey MacDonald.

Despite the benefits, yoga isn't all positive. Zhinin-Barreto thinks that, for some people, yoga can have negative effects. "Yoga is very body shaming," he said. "Usually what yoga portrays is this white, tall, skinny, strong woman. Usually the students that didn't identify with that body structure, they were not excited to do it."

Research on the health benefits of yoga has underrepresented racial and ethnic minorities, who also tend to be underrepresented in the yoga community. Try searching for yoga videos on YouTube: the entire first page of results are thin, white women. Minorities or heavier set people

can feel uncomfortable jumping into a space that is dominated by a stereotype they don't fit.

However, at Hellgate this isn't much of an issue. "Here in Missoula, in this school, I think it's great: I don't think it harms anything because the majority of students are white and everybody is active. There's not really much body shaming," Zhinin-Barreto said.

The student response to yoga has been mostly positive. Estelle Sharkey, a junior, has done yoga in Zhinin-Barreto's Spanish 4 class. She said yoga makes her feel calmer during class. "It's nice to be able to breathe and relax," she said. She wishes that it occurred in more of her classes. "It would relieve a lot of stress in my life if I did yoga more often in school," she said. However, she pointed out that yoga has to be about more than just the positions. "It's not beneficial in any way unless you do it for the mindfulness as well," she said.

Warner thinks that for mindfulness to be effective, it has to be incorporated into class more consistently. However, he recognizes that yoga can be difficult to do during class because of the space it requires. "You can't have 30 people in a classroom doing sun salutations, it just doesn't really work out," he said. He found meditation to be difficult in a school setting as well. "Meditation is so much of an individual practice that it can be hard sometimes in a group of 30 to not be distracted by everybody else, or not be bringing in the baggage from your life that would get in the way of you experiencing the moment," he said.

Despite these difficulties, Warner hopes to continue implementing yoga into his classes. Zhinin-Barreto plans to as well. "I think if you have the time, if you want to create community in your classroom, if you want to show what students are capable of doing, then you should do it," he said. "It's not for every single student and as a teacher you should give that choice to them, whether to do it or not."

Any students who want to join Zhinin-Barreto's class and do yoga during 10 minute break are welcome.

Kaitlin Bennett: The Woman Afraid of Urinals, but Not Guns

Sophia Geranios
Reporter

Kaitlin Bennett, otherwise known as “gun girl” for her graduation photos from Kent State University where she posed with an AR-10, has recently started a Youtube channel called ‘Liberty Hangout’ where she films herself walking around college campuses asking students questions on gun laws, abortion, trans rights, and much more, despite the fact that she does not actually attend these schools nor pay to be there.

In the past few months, users have been posting videos of these interviews on the popular video sharing app TikTok. This has granted her sudden infamy across social media and throughout American college campuses. Students have begun to greet her arrival on campus with riots; cursing her out, throwing things, and filming her. Bennett’s main response to threats on her safety is the simple yet chilling three syllable statement “I carry.” Perhaps she used this never-seen-before gun she supposedly has on her at all times to scare the deans of these numerous college campuses into permitting her to carry, because unless these are the few states that delightfully enough allow this, it is truly a mystery how she manages to bring an automatic weapon onto school grounds.

Rather than some tampons in the men’s restroom, though, right? Besides flexing the 2nd Amendment on college students, Bennett also enjoys being homophobic and transphobic. Something that keeps her up all night tossing and turning in her cozy Confederate flag bed is the mere idea of a urinal in the women’s restroom. Terrifying. To bring a little Kaitlin Bennett joy to Hellgate, here are a few students’ responses to some of her favorite questions.

How would you feel if tampons and other sanitary products were placed in the men’s restroom?

Student 1- “I wouldn’t really care. I would probably giggle a bit.”

Student 2- “A bit uncomfortable”

Student 3- “I think they would be helpful for people that need them, but I would worry that some would treat them as a joke instead of a positive addition.”

How would you feel about putting urinals in the women’s restroom?

Student 4- “It would be sick, a nice addition. I support”.

Student 5- “I would use it myself. Just kidding, I wouldn’t care.”

Student 6- “I wouldn’t have a problem with that at all. I feel like it would be even better if the school just had single bathrooms.”

Interesting. It almost seems as if the Hellgate community has overall much more support for equality in their pinky fingers than Kaitlin Bennett has in her whole body.

Now, exclusively for research purposes, let’s see how the same students would respond to one of my own questions.

How would you feel if someone (perhaps a blonde woman with a name like Kaitlin Bennett) carried a gun onto your school campus?

Student 1- “Scared. I would feel endangered whether it was valid or not.”

Student 2- “Uncomfortable, I guess.”

Student 3- “I would feel very unsafe

if someone were to do that, regardless if they had a permit or not. Just like in airports and hospitals, you should not be allowed to carry guns in school.”

Student 4- “I would feel uncomfortable and unsafe.”

Student 5- “Scared, uncomfortable, mad.”

Student 6- “I would have the urge to run away very fast.”

Intriguing responses. Overall these responses seem to support the shocking conclusion that students would actually feel more uncomfortable and unsafe if someone carried a gun onto their school campus than if the school made their bathrooms trans-friendly. Self-proclaimed person of color, gun girl, and selective listener of facts, Kaitlin Bennett is a representation of all the ideologies that hold society back from progressing into an accepting and welcome place for all. One of these places that should especially be these things is a school campus, and it should continue to be that way.



Kaitlin Bennett interviews student. Photo courtesy of Wikimedia.

Democrats need to defeat Donald Trump. Bernie Sanders can't do it.

Ali Caudle
Reporter

The field of Democratic candidates leading up to the 2020 U.S. presidential election has been atypical because of the sheer number of candidates. Historically, by this point in the process it's pretty obvious who will become a party's eventual nominee. Of the past five Democratic nominees, four of them won the Nevada caucus, which took place on Feb. 22 and makes Nevada the third state to vote for a candidate. However, after the Nevada caucus, seven of the eight candidates remaining in the race for the 2020 nomination were considered viable.

Until the South Carolina primary, where Joe Biden won almost 30% more of the vote than Bernie Sanders, Sanders had appeared to be the Democratic Party's clear frontrunner. This all changed when Tom Steyer, Pete Buttigieg, and Amy Klobuchar dropped out of the race and endorsed Biden. With the support of the slightly more moderate Democrats and establishment, Biden pulled off an unexpected win on Super Tuesday, March 3.

As the field narrowed, with the three other main moderate candidates dropping out before Super Tuesday, Biden was able to surge ahead and take the lead. He won almost 40% of the vote across all 14 of the Super Tuesday states, winning 10 of them. His sudden boost of momentum cemented his status as the other frontrunner besides Sanders, which led Michael Bloomberg and Elizabeth Warren to subsequently drop out. He's now the only other real option besides Sanders.

However, every primary vote and caucus leading up to the Democratic National Convention in July, where the party will select a nominee, is important. With such a crowded field early on, it's very possible that no one candidate will possess the majority of the delegates required to secure the nomination. The pledged delegates earned by Steyer, Buttigieg, Klobuchar, Warren, and Bloomberg will not go to Sanders or Biden, they are lost. Even so, the candidate with the most support would be likely to become the nominee.

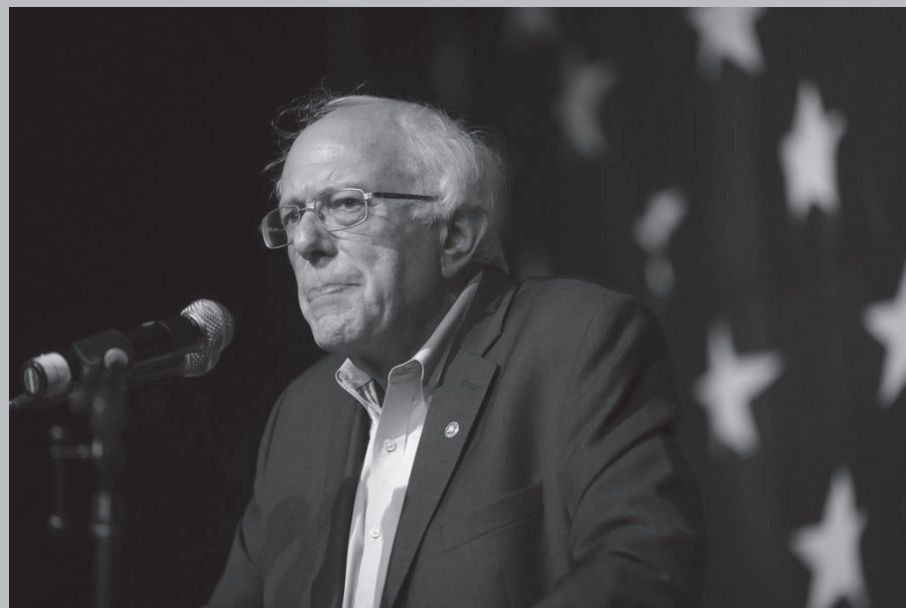
Right now, even as Biden surges forward, there is a high possibility that candidate will be Bernie Sanders. While the rest of the field remains divided, he has built a strong core base of progressives, swaying most of the far left and more liberal voters.

Honestly? This scares me. For someone who will be 17 during the general election, thus unable to vote, I spend way too much time keeping up with all of the different candidates. From what I've seen and read and heard, I am convinced that the Democratic Party would be making a giant mistake if they

choose Sanders as their presidential nominee. I love what Sanders stands for. I agree with his policies. In an ideal world, they are what I want. I'm just not living in an ideal world, I'm living in a realistic one.

In my world, people are being denied basic human rights because of where they come from, what they look like, who they love, who they are. Families are being torn apart at the southern border. Climate change threatens to destroy our planet - not in centuries but in decades. People can't afford necessary healthcare, housing, or food. Parents can't afford preschool for their kids, attending college often requires taking on massive debt, and kids of all ages are scared of being shot while getting an education. Under President Trump and the new era of populist right wing conservatism he has ushered in, differences have divided our country.

I know Sanders sees these problems too. I know he wants to fix them. But right now, the most important thing we can do to begin to fix them is to take Trump out of office. It's more important that we start to address these issues by taking small steps, making compromises, and showing respect. If Trump



Bernie at the Iowa Democratic Wing Ding in 2019. Photo courtesy of Wikimedia Commons.

remains commander-in-chief for another four years, things will have progressed to such a dire state that we may never be able to recover.

To defeat Trump, we need a candidate who understands how to compromise. Rather than embracing radical policies only popular on the left, effectively polarizing a large chunk of the population, it is more important to persuade voters by building trust and starting small.

My problem with Sanders is that I just don't believe he can defeat Trump. He has demonstrated he has a devoted base,

but he can't unite this country. The majority of the country isn't far left or far right. Even within the Democratic Party, the majority of voters lead towards more moderate candidates. This is obvious when you realize that the only reason Sanders did so well in the first few primaries was because the moderate candidates were splitting the vote.

According to a poll from just before the Nevada caucus, on Feb. 21, Biden, Bloomberg, Buttigieg, Klobuchar, and Steyer made up 51% of voter support within the Democratic Party. Meanwhile, the more "radical liberal" candidates made up less overall, as Warren had 13% and Sanders had 28%. That's around 41% of just Democrats, and the Democratic Party only makes up roughly half of the country, not even close to enough to secure a win.

One of the major arguments in favor of Sanders is that he could increase voter turnout. With such an enthusiastic base, his supporters might turn out in large numbers on election day. While important, voter turnout is not nearly as crucial as winning over some conservative voters. The Democratic Party's nominee cannot afford to alienate them. These voters are most likely what will ultimately determine the winner of the presidency, but will also determine who takes swing districts for state representatives and senators.

Even if, miraculously, Sanders wins back the White House, what scares me is that he won't be able to get anything done. The United States has a fairly conservative Congress and a majority conservative Supreme Court. An executive branch led by a self-proclaimed socialist would just create more problems.

I would prefer small incremental change, gradual compromises to get stuff done, rather than spend years fighting for one large change to maybe succeed. Sanders won't work with the Republicans, and the Republicans won't support his plans for free college and universal healthcare. Be real. There's no clear way he could actually pass any of his radical proposals. We would go nowhere and make no real progress. We need to remember that compromises are the backbone of politics.

We have to win this election in November. To do that, we need a candidate that can speak to the majority; the majority of Democrats and

the majority of the country. That candidate is Joe Biden. Biden is not even close to my perfect candidate, but now that he and Sanders are the only options left, he's the best shot we've got.

As the next states vote in their primaries and caucuses, and as we approach the convention, it's time for Democrats to stop and think about how the whole party can come together and rally behind someone who represents the majority of us. In the 2016 elections, America swung all the way to the far right. In 2020 it'd be too far of a leap to swing far to the left, so we need to start with a smaller, albeit still leftwards, hop.

The Mercantile Satisfies All of Your Food Needs

Gabi Wilson
Reporter

The Mercantile has many wonderful new restaurants. These places include Basal, 1889, Zoo Thai, and The Camino. The first restaurant of the four to open in the Mercantile was 1889, then Zoo Thai, then Basal, and the newest of the four is The Camino. The restaurants are all unique in their own way, specifically in terms of their atmospheres and their different styles of food.

If you are looking for a good salad, Basal is your place to go. They are located just a bit to the left of the Mercantile's Higgins entrance. Their salads are very fresh and make you feel good while you are eating them. They also have some breakfast foods and several smoothies, if you are not feeling a salad. They currently have their winter menu, which includes: eleven salads like Bacon and

Roasted Yam Salad and Kale Rainbow Salad. They have an assortment of coffees and teas, and they are open from 7 a.m. to 8 p.m. everyday of the week. The atmosphere is very clean and simple. Basal's review on Google came out to be 4.8 stars out of 5.

1889 is a nicer restaurant. The lighting is low, the aesthetic is dark, and it feels very calm. They have a bar and a dining area. I suggest you start off with a ceasar salad or the french onion soup. They are known for their steaks, and specifically their large Tomahawk steak, which costs \$90. Most of the steaks come with a side of either the garlic whipped potatoes or the truffle fries, both being very satisfying sides. If you are vegetarian, they have great salads as well. Know that the expense can be quite costly after a few steaks. 1889 got a Google review of 3.9 out of 5 stars. They are open from 4 p.m. to 10 p.m.

Sunday through Wednesday, and 4 p.m. to 11 p.m. Thursday through Saturday.

Zoo Thai is known for their authentic Thai food. It is open for lunch from 11:30 a.m. to 3:00 p.m., then opens for dinner from 5:00 p.m. to 9 p.m. Monday through Thursday. On Fridays and Saturdays, they stay open from 5:00 p.m. to 9:30 p.m.. On Sunday, they are open only from 4:00 p.m. to 9:00 p.m.. Zoo Thai's aesthetic is very fun and upbeat. They have wall art and fun, different colored lights. You get to decide the heat level of all the meals you order on a scale from 1-5. They have

starters like dumplings or egg rolls, and as meals they have salads, soups, rice dishes, curry bowls, and noodle dishes. The lunch menu contains the same meals as the dinner menu, but the dinner menu has a more extensive list of meals. Zoo Thai has a Google review of 4.3 stars.

The Camino serves genuine Mexican food. They are known for their meals being served "tapas" (appetizers) style. The little tacos they have are very unique and would most likely be described as street tacos. They have a variety of tacos to choose from, so you have many choices for whatever you are feeling. Some are very spicy while others are not so much. The beans are so simple, yet so good. The guacamole and chips are a real favorite for many as well. The Camino always seems to be very busy and loud. The Google review for The Camino is 4.2. The Camino is open from 5 p.m. to 10 p.m. on Saturday, Sunday, and Tuesday. They happen to be closed on Monday, and open from 11 a.m. to 2 p.m., then 5 p.m. to 10 p.m. on Wednesday through Friday.

The Mercantile has many great places to eat that satisfy many of your foody needs. They have all meals covered from breakfast, lunch, and dinner. At least one of these restaurants are open from 7 p.m. to 10 p.m. or 11 p.m. any day of the week. Make sure to stop in to any of these restaurants (or all) anytime and get some great diverse food and help out some local businesses. I highly recommend you try at least one of them out. Make sure to get a reservation or know that you might be waiting awhile for a seat because these places get packed at night, especially on the weekends.



Basal's chicken caprese salad made with a large variety of fresh sources makes for a colorful meal.

Photo courtesy of Gabi Wilson.

Stressed? Try These Easy Relievers

Hailey Oien
Reporter

School, work, relationships, and a change in something you do can all play a big role in your life when it comes to stress. It can make a good day bad, and can make you just feel so overwhelmed to the point where you don't feel like doing anything so you just lay in bed all day hoping to get the drive to do something. Stress also can cause depression just because you get in your head too much about it. Teens are more likely to show their stress, and get it worse just because we don't know how to handle things. Here are some ways to help let go of all your stress.

Exercise. When you are doing something physical, as in running, pumping iron, dancing, or whatever you like to do your mind just gets to relax because you are getting it all out while doing it. When putting physical stress on your body and letting it go from your mind, you feel so relieved. Normally this works best for people who do some sort of physical activity regularly, and it also helps because when you are exercising regularly you get rid of lots of anxiety and stress in the process.

When you consider supplements to help reduce stress, here are some to choose from. Lemon Balm is great because it has been studied for its anti-anxiety effects. Green Tea provides many health benefits, and it tends to

lower stress and anxiety levels. There are also things such as certain oils that will help you fall asleep, and sleep is a really big part of keeping good stable mental health.

One thing that you always hear people saying is to write it down, write how your day was and what might be bothering you at the time; just get some words down on some paper. With this, you don't have to make it a thing you do everyday, and you don't have to write for very long. Just as long as you get some of your thoughts down and in the end you can feel a breath of relief. You can look up prompts or write about whatever, because it's for you. Also it would only be you reading it, so really get it all out while you can.

Spending time with friends and family can help a huge amount because you are around people that you like and that can make you smile, laugh, and feel happy. Doing this also just gives you a reminder that you do have people who care about you and ones who will be there for you. It makes you feel wanted and good knowing you have a group.

A big one that some people have a really hard time with is learning to say 'no'. This is one of the relievers that is more in your control than others. You can take control over the parts of your life that are making you

stressed. With this it's never good to take on more than you can handle, so saying 'no' is a really positive change to your stress life.

'Tis the season for cuddling... Cuddling and positive body activity with your partner can help release oxytocin and lower cortisol. We humans aren't the only ones who cuddle to relieve stress, chimpanzees do it as well. Who doesn't love a good squeeze?

Pets play a big role in helping you calm down and making you feel good. Pets can make your stress go down and can improve your mood. Having a pet can also keep you busy and keep going and as well as give you a companionship.

Just always remember to take time for yourself, so that you can have a good mental relationship with yourself and your body. Also make sure to be around the people you want to be around.

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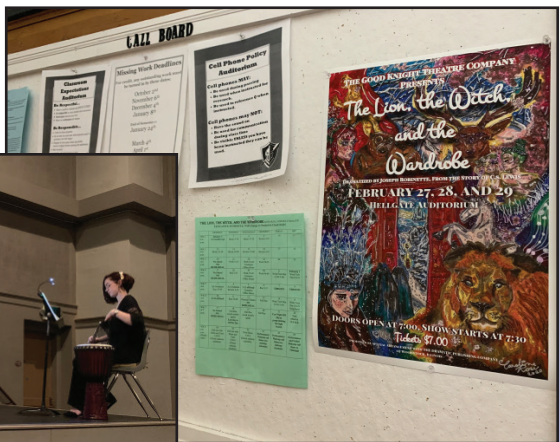
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**HEALTH BY CHOICE
NOT CHANCE**

Ali Caudle
Reporter

“The Lion the Witch and

Photos by Ali Caudle and Hazel Seagrave, with additional photos courtesy of the Good Knight Theatre Company.



The Good Knight Theatre Company, Hellgate High School's own performing arts group, performed three spectacular performances of *The Lion, The Witch, and The Wardrobe* on Feb. 27, 28, and 29.

The play, also referred to as 'Narnia,' is based on the first book in the "Chronicles of Narnia" fantasy series by C. S. Lewis. The story follows four young children, the Pevensies, who walk through a wardrobe and find themselves in a mythical land, Narnia. They are called upon by the creatures of the forest to fulfill a prophecy, ultimately becoming the rulers of Narnia and disposing of an evil witch.

The play was directed by Laramie Dean, who has been the drama instructor at Hellgate since 2012, and has had extensive experience in the theatre industry.

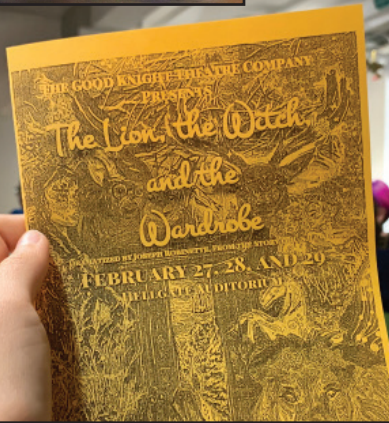
He said, "We have so many students who are interested in the arts, not just theatre, but the visual arts, design, and music. I try to give my students as many opportunities to be creative as I can... I have a great group of actors, but I also have excellent costumers, makeup artists, and stage managers, and I thought it would give everyone an opportunity to be creative... The super cool poster you've probably seen around school was created by sophomore Caroline Wright, who also plays the White Witch. Junior Kara Sanders volunteered to write music for the play and accompany us. I love it – people want to be involved. I have the best job in the world."

For Oliver Hughes, a sophomore who played Mr. Beaver, this was only his second theatre show ever. He expressed that right before the show, he couldn't stop thinking about everything that might possibly go wrong. He said, "I think the nerves really show up when you hear the audience. You think about it all day, and then when you're standing backstage you're

like, oh god, there really is an audience out there. Right now. Everything runs through your head, like do I know my lines, am I going to forget my lines, what if this happens, what if someone skips over a line, you know. You just kind of gotta deal with it as it comes."



"The Lion, the Witch, and the Wardrobe" Roars Into Hellgate



The work to put the show together began in December. Dean held auditions for the show in early December, and the cast list was posted the next day.

The audition process was straightforward. The prospective actors were gathered into groups of four, and had to perform the opening scene as the four Pevensie children. Interestingly, three of the four actors who ended up playing the Pevensies were in the same original audition group.

Hazel Seagrave, who plays Lucy, said, "I was in an audition group with Natalie and Nick, and Natalie plays Susan and Nick plays Edmund... I always wonder what might have happened if we weren't in the same group, or if I didn't audition with Lucy, if that would have changed anything."

Seagrave is grateful she got the part. She said, "I like playing Lucy because I've grown up watching the Narnia movies and I was that young girl with short brown hair, and I always dreamed of myself being Lucy, so now actually getting to play her is such a dream come true. And it's also fun being an 8 year old on stage."



Dean added that the students were responsible for creating and choosing all of the props and costumes for the shows. He said, "Corinn Morgan is a genius prop builder and built many of our props. Some we pulled from our prop storage. Matthew Miller, Alexis Elensky, and Hailey Chabotte were our costume designers. They pulled from storage, but they also built several pieces, including the Wood Nymphs. Maille Moynahan is an awesome seamstress, doing lots of repairs, but also creating tails and ears for the more animalistic citizens of Narnia."



Hellgate's production of "The Lion, the Witch, and the Wardrobe" was incredible, and the actors are proud of what they accomplished in two months. Oliver Hughes said, "It's really fun to see the work that we've done put together on a stage for people to see."

The Good Knight Theatre Company always does a great job with their shows, and Morgan Best thinks it is because of the positive camaraderie between everyone. She said, "With this department, there's a lot more bonding and the community is just a lot more accepting, and we form relationships and it just really helps with not freaking out in a huge way."

Go to hellgatelance.com to read the full version of this article.

Big Sky Documentary Film Festival Visits Hellgate



Students gather in the Knight Hall to watch *Healing From Hate: Battle For The Soul Of A Nation*. Photo by Ali Caudle.

Maggie Vann
Reporter

As Diversity Week takes a new shape at Hellgate, the school's Flagship Program arranges new opportunities for students and staff.

Around three dozen students attended the

films shown at Hellgate, along with around a dozen people from the staff.

Flagship Coordinator Arza Hammond arranged the Film Festival's visit to Hellgate. He said, "My goal with bringing films into Hellgate High School was, first of all, the Big Sky Documentary Film Festival is a really cool event in Missoula, it's one of the biggest documentary Film Festivals of its kind in the United States and definitely in the Northern Rockies." Hammond also stated that he "Wanted to give kids here access to those stories and to the exposure of different issues here in Montana and in the world."

On Feb. 18, the Big Sky Documentary Film Festival travelled to Hellgate High School to begin showing clips that filmmakers from all around the world have composed. The festival draws in over 200 artists, and around 150 non-fiction films are presented. All of the talent in Downtown Missoula attracts over 20,000 people to view the films during the 10-day span. However, the tradition began in 2003 and was only a seven-day event at the time. This year, they began showing films at Hellgate High School, both during the lunch period and after school, versus during Diversity Week.

The first film shown at Hellgate was the *Buffalo Unity Project*. It was a film focused on how American bison were being pushed to the brink of extinction in the late 1800s. However, today the Dakota and Nakoda indigenous people have been reconnecting their youth with the bison through the *Buffalo Unity Project*. It is a 21-minute film that was featured on Feb. 18 during Hellgate's lunch period.

The next films were shown on Feb. 20, both after school and during lunch. The film shown at lunch was *Blackfeet Boxing: Not Invisible*. It features Frank Kipp who opened the Blackfeet Boxing Club in 2003, and since then has trained more than 500 boxers on the reservation.

Later in the day, *Healing From Hate: Battle For The Soul Of A Nation*, was shown. The film shows Life After Hate, an organization that was founded by skinheads and neo-Nazis. The

director, Peter Hutchison followed a group of counselors while they tried to reform individuals and offer support to different communities. Iris Swanberg, a sophomore at Hellgate, attended the film. She said that she enjoyed the film and that it was a really eye opening, informative film that was well made.

Lastly, on Feb. 21, both *Bobcats On Three*, and *The House That Rob Built* were featured both at lunch and after school. *Bobcats On Three*, shown at lunch, was a story of the Paradise High School Girls' basketball team after California wildfires destroy their entire town.

The House That Rob Built was sold out at the Big Sky Documentary Film Festival, and was a unique experience for Hellgate students to get to attend for free. It featured Rob Selvig, who took the coaching reigns for a women's basketball program known today as the Lady Griz. Selvig also made a surprise appearance at the film shown Friday night which was the Flagship Coordinator's favorite part. Hammond said that his favorite film was *The House That Rob Built* because he's a "Huge basketball fan and I think it's a unique story to Montana."

These films feature talented filmmakers and will be something you don't want to miss. Amelia Fogarty, who attends the Big Sky Film Festival annually, said, "The film festival is a great cultural experience to learn more about where we live, other places in the world, and it's really fascinating." Hammond hoped to bring the Big Sky Documentary Film Festival to Hellgate High School again next year. Hellgate students had the unique opportunity of attending these films for free thanks to the Flagship Program.



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Moana... You're Welcome

Solomon Kenworthy
Reporter

Growing up, there are basic facts about life that everyone knows. These facts prove that the Earth is round, water is a liquid, and everybody loves Raymond. Sometimes we have our own truths that we perceive as fact, that change us, and we must build our lives around.

I found myself in such a case nearly three years ago, when I finished my first viewing of the animated Disney film, *Moana*. I want to discuss why I'm so in love with this film, and hopefully explain why I listen to its soundtrack nearly every day.

Moana excellently uses the idea taught in film that a character's lateral motion from left to right shows the progression of said character, and the story. For example, throughout the whole film Moana is drawn to the ocean. To show this with visuals, the film cleverly has the ocean and to her right and the island of Motunui to her left.

This is seen in all of the film, but easiest seen in the sequence in which Moana sings "How Far I'll Go." In this song, when she's singing about how much she loves the ocean, she's looking and walking to the right. When she's singing about how she hates island life, she's looking and walking to the left.

Further proof of this can be seen that there are only two times that Moana goes to the left of the screen, and because the film uses "How Far I'll Go" as a place to demonstrate this genuinely without any unnecessary exposition. The first time is after a group of coconut pirates, known as Kakamora, attempt to board Moana's ship and Maui takes control and tries to flee, changing the ship's direction to go to the left of the screen.

The second is when Moana comes into frame from the right of the screen to find herself at her home island, which we discover is a dream sequence. The film uses that fact that the audience knows that left is going backwards to tell us something isn't quite right, immediately from the start of the scene.

The film technique is used wonderfully here to help show how the ocean represents the ideas of the future, of unknown possibilities that can take you anywhere, whereas the island represents the ideas of the past, that we shouldn't try and do new things, only those of 'tradition'.

Moana's script is extremely self-aware, and this works toward the film's advantage. Multiple times in the script, it pokes fun at other classic Disney princess tropes. For example, the entrance to Lalotai, the realm

of monsters, is on a remote island at the top of a high mountain. When reaching the top, Moana stands at the edge of a cliff, and contemplates whether or not she's right for this mission. Instead of having Moana sing about her life, the script sees Maui, standing behind her say, "If you start singing, I'm gonna throw up."

Maui's character development is awesome. When we're first introduced to him, he sings his song "You're Welcome." In this song, Maui selfishly brags about all the accomplishments he's achieved over his many years of being a demi-god. The whole plot of the film revolves around Moana needing to replace the Heart of Te-Fiti, and she enlists the help of Maui, the guy who stole it in the first place, to help put it back.

These two elements of Maui's character collide when we find out that he didn't just steal the heart for the humans, he stole it for himself, so that he could feel a sense of pride from the humans when he told them what he had done. At first, he only joins along with Moana if they make a stop at Lalotai, in order to get his magical fish hook (because you know how it is). In this process, they come across Tamatoa, who, in song form obviously, gives us a further glimpse into Maui's character, saying, "Far from the ones who abandoned you, Chasing the love of these humans, Who made you feel wanted."

After this, Maui explains how he was once human, and that the gods took him and made him into a demi-god. This relates not only back to what I had discussed previously, but also into the fact that with this, he starts to realise that the journey he's taking makes him feel that neededness he so desperately wants. When Moana and Maui first arrive at Te-Feti they are greeted by Te Kā, the lava monster, who shows the duo who's boss by bringing Maui's hook to the point that one more hit will destroy it.

Due to this, Moana and Maui get into an argument in which Maui claims, "Without my hook, I am nothing!" and leaves Moana. This shows how just as Maui was about to reach the point of realizing who he was, he slides back into the person we met stranded on an island at the beginning of the film. When Moana decides to return to Te-Feti, right as she's about to be taken out by Te Kā, none other than Maui sweeps in to save the day. Moana thanks Maui, to which he responds, "You're Welcome."

Just like that, with one line of dialogue, all of Maui's character choices come full circle. He goes from

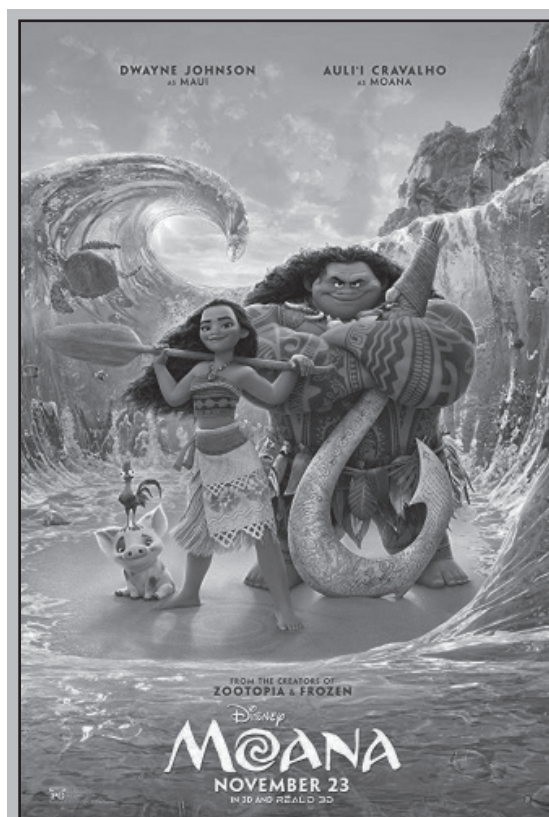
someone who was only on the journey for himself, to someone who willingly came back on his own to commit a selfless act. Small side note that might blow your mind, Maui and Han Solo go through the same character development in this film and *A New Hope*.

There are several elements of Moana's character that make her interesting and relatable, but there's specifically one that shows it is possible for Hollywood to write good female characters. Throughout the film, she over and over again performs one action that proves this... she fails. From sailing incorrectly, to getting herself and Maui almost killed, she is constantly making mistakes.

This is a fantastic trait within film characters because it not only makes it more satisfying to see our

main hero succeed at those skills in the end, but also gives the audience a reason to care about what's going on in the story as a whole.

Many films do the same as *Moana*, take the good parts from other films and use them in their own. What *Moana* does excellently, that makes it stand out, is take these basic film elements and apply them by having them actually matter to the story, and hold value overall. Fact.



Just Moana and the Boys.
Photo courtesy of IMDB.

Zack Villere Pulls It Together on 'Cardboard City'

Luke O'Connell
Editor-in-Chief

Ever since my freshman year, Zack Villere's bedroom pop sound has been a constant in my life,

which is why I was so excited to listen to his new album, 'Cardboard City.' I first discovered Villere one night while procrastinating on homework by scrolling through Youtube, stumbling upon the music video for his song "Cool." The video now has roughly two and a half million views and was part of his 2017 debut album 'Little World.' After streaming the song a few times, I listened through the full album and found his lyricism and sound very enjoyable, specifically on songs like "Bloo" and "Next."

An overarching theme in Villere's music is a love for adolescence, which goes hand-in-hand with a fear of growing up. Expanding on that, Villere comes off as fearful and shy overall, especially on his single "Fear of Intimacy," which was released after 'Little World' in 2017. This song also touches on his social anxiety and lack of confidence, which make it tough for him to get out of his shell and show real emotion. Adding to everything he's put out before, 'Cardboard City' portrays not only his progression regarding anxiety and insecurity but also a more romantic side of himself.

The album kicks off with "Superhero Strength," a ballad about Villere's first interaction with the girl of his dreams which consistently repeats the phrase "Know what you're thinking." On first listen, I was sort of disappointed with the track, but over time it grew on me, and the satisfying piano chord at the end of the song really pulled it all together and set the tone of what was to come well. My main problem with this song is that it feels a bit too drawn out and pouty. Villere often excels at using his voice to compliment his music's instrumentals, but on this track, he sounds a bit too childish to be taken seriously. The title of this song kicks off the comic book motif which can be found throughout the album, and before Villere describes his interaction with the woman, he talks about the "superhero strength" which he feels in a dream, dropping early hints as to what emotions he'll express on this album. The next track on the album, "Grateful," has some weak lyrics, and in a similar fashion to the song before it, feels a bit pouty. Despite its flaws, this song continues the romantic feeling introduced on "Superhero Strength" and puts a twist on it while discussing the passing of time's effect on relationships. Another problem I have with this song is that it feels a bit too long.

"My Hero!!!" is the first and only skit on this album, and describes an interaction between a young boy (presumably Villere), a mugger, and a bystander who steps in to help out. The sound uses audio samples to make the bystander come off as a sort of superhero, hence the name.

After the brief interlude that came before it, "Hair Cut" throws listeners back into Villere's love life. Seemingly about the same girl who Villere talks about on "Grateful" due to its title's reference to the first line of the aforementioned song, "Hair Cut" continues on with the idea of time and a progression towards adulthood, as Villere discusses a change from flip phone to iPhone along with a development from friendship to love. The song starts off with a pre-chorus based around the line "Do I still cross your mind?" which not only shows he misses his past relationships but his past as a whole.

At this point in the album, Villere's vocal skills are back in full form, just in time for "Sore Throat." Released as the first single off of 'Cardboard City,' "Sore Throat" comes off as a bit more minimalistic than the rest of the album, and Villere's voice feels raw and emotional as he sings moving lines like "I want you to hold me close" and "Am I falling in love or just falling apart."

My personal favorite, "Knockout" is a great example of Villere's

skills as a musician and lyricist. Metaphorical for love's effect on the stressors in his life, Villere uses his lyrical prowess to perfectly depict a comic book-esque showdown between two boxers. The song opens with the same distorted guitar which can be heard in "Sore Throat," and continues to build to a very satisfying climax during which the fighter representing Villere "Can't help the wandering eye" and finds love in the form of a girl in the crowd. Distracted by the girl, Villere's fighter loses to the fighter representing his stressors, but a lighthearted piano melody crescendos as the crowd cheers, showing how the girl has taken all of his worries away.

Doing a full 180 from the previous song, "Projecting" kicks off with the brutally honest line "I think I hate myself." Arguably the saddest song off of 'Cardboard City,' "Projecting" describes Villere's struggles with insecurity in just ten short lines. In this song, Villere attempts to outrun his insecurities, and in the process gives up and cries, admitting that he'll "Never be comfortable" as his instrumental backing swells to an overpowering level, representing the problems which come upon him from time to time. This song feels very out of place in the track list, as its stuck between two of the lightest tracks on the album, but it's short and not-so-sweet nature gives it a lasting impact on the listener.

After the depressing intrusion that is "Projecting," Zack Villere returned to his lighter sound on "A Feeling." Again discussing his insecurities, Villere recognizes and deals with his feelings on this song to come to the conclusion that not only can he power through them, but that his relationship is worth it, so there's no need to worry about missing his significant other. I really like this song's dreamy feeling, and Villere's voice, despite coming off as a bit too nasally, has greatly improved since the beginning of the album. Along with that, the beat continues to drive you forward, which negates the dragged out feeling caused by the long outro.

"No Country" is the first song which has a feature and earns its keep. J'von has featured on a Villere song once before, "Minivan" off of 'Little World,' and the two work very well together. J'von's fast flow is a welcome change near the halfway point of the album, and his imagery helps this track work well. Similar to "Knockout," "No Country" is one of the most cartoony songs on the album, as it occurs in an imaginary saloon, and the track's sole reference to reality is to Spongebob Squarepants episode, showing Villere and J'von's continued youthfulness and fear of growing up.

"Redline" is the most underwhelming track off of 'Cardboard City,' and has a similar light sound to "A Feeling." It has a similar sound to "Bloo" as well, and Villere's extensive reference to past events on this song continuously show Villere's preference to look into the past rather than the future.

The shortest song on the album, "Reprise" takes lines from "Sore Throat" and turns them on their heads. With a much more hopeful feeling, this track shows the other side of Zack Villere, and helps listeners get a snippet of what Villere sounds like at his happiest. The way this track uses and changes ideas from "Sore Throat" helps it juxtapose the earlier track in original ways.



'Cardboard City' by Zack Villere

The twelfth song on the album, "Rope Swing" is the second and last track on 'Cardboard City' with a feature, which comes in the form of lines from another 'Little World' veteran, Dijon. Popularized off of his song "Violence," Dijon has grown to moderate fame, with roughly 1.1 million listeners on Spotify, and like J'von, he works well with Villere. Upon first listen, "Rope Swing" comes off as simply about Villere's fears regarding his childhood haunt (which he also references in "Exposition"), but upon further listening, Villere's lyrics use the rope swing as a metaphor for all the risks he never took. The slight drift toward a more acoustic sound as Dijon enters the track works well to address and bring in some of the feature musician's back catalogue, specifically "Cannonball" and "Nico's Red Truck"

In my opinion, "Tunnel" should be the final track of Villere's album, as it touches on the subject matter of the songs before it, and culminates in a hopeful manner. Its title references the idea that there is light at the end of the tunnel, which makes the repetition of the words "It'll be alright in the end" even more on the nose. The piano outro, a common theme throughout Villere's second album, ends in a powerful way, perfect for an ending, but the song that follows, "Snoopy," ruins that. Yes, "Snoopy" continues on with the hopeful sound created by "Tunnel," but it does so in a disappointing manner, and feels sort of tacked on.

Overall, despite struggles at its beginning and end, Zack Villere's 'Cardboard City' elaborates on the ideas he's discussed on past projects in a pleasing way, and shows that his skills as a musician and a lyricist have stayed consistent and are likely to continue to do so. Considering Villere's vocal struggles at the beginning of the album, tacked on feeling of "Snoopy," and dragged out feeling of a few songs, 'Cardboard City' goes down in my books as a 7.

Red Team Gives It Their All in Club Hockey

Audrey Warren
Reporter

Missoula hockey players who don't have the flexibility to travel are in luck! Missoula is one of the only places in Montana that

has club teams for players who are interested. Missoula's house Red Team played against another house team, Grey, in the playoffs on Monday, Feb. 24. Many Hellgate students are on the Red Team and are enjoying every moment they have on the ice.

On Feb. 24, the Red Team battled against the Grey Team in the club playoffs, and even though the Red Team did not take home the win, they couldn't have been happier to be out on the ice. Aside from the playoffs, it was also senior night. Max Jakob, a senior on the Red Team and at Hellgate, has played on the club hockey team for 2 years and has enjoyed the team aspect of hockey.

"The team today showed great effort and attitude, and they had a lot of fun. They played with spirit," said coach John Ledyard regarding his team's performance. John thought that obviously they could have won in order to improve, but aside from the big goal, more shots on the net would have been great, along with more passing, but all and all he thinks that they played a great game. John is a hockey player himself, has been coaching house hockey for two years, and loves it.

"We tried our hardest and went out with a smile on our face, and that's all that matters," said player Chris Ledyard. He definitely thinks that his team could have done better, as there's always



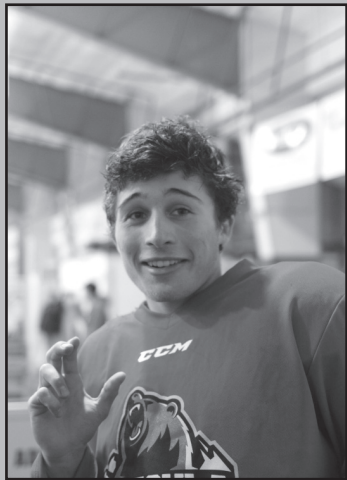
Red Team after their game against Grey Team on Feb. 24.
Photo by Audrey Warren.

room for improvement, but when it comes down to it, Chris thinks that if you give it all you got and go on the rink and come off the rink with a smile on your face then you played a solid game of hockey.

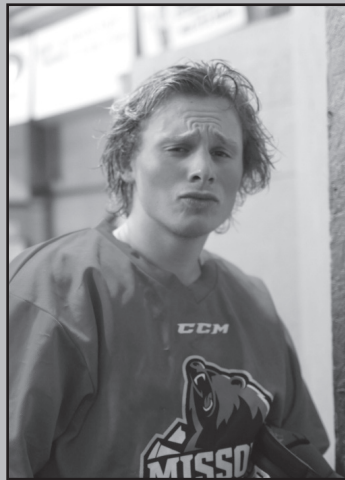
"I could have tightened my skates," Max said. Many house hockey players don't take the game as seriously as someone who plays varsity travel, so the slightest thing like tightening your skates could be something that greatly affects how you play.

Knowing that these teams are all based out of the same high schools means players go to school with each other, and could potentially have a friend on the other team. "I would much rather play against someone I don't know so then I can hate them," said Chris, as he feels like it's much easier to play against someone you don't know than someone you do. Max agreed with this to an extent, "I know other people on the team, and I don't hate them. The people I don't know, I hate. It makes the game easier." These boys came to the conclusion that if you don't know them, you can check them and go as hard as you want with them because chances are, you probably won't see them again, and you don't get that opportunity with club hockey.

All and all, these boys enjoy their time on the ice, and couldn't be happier to show up to the rink to enjoy hockey with their friends and coaches. They show up, are always ready to put their best effort forward, and have a smile on their faces when the times get hard. Until next season for the Red Team.



Max Jakob after he played a hard game against the Grey Team on Feb. 24.



Chris Ledyard makes faces after a tough game on the ice.

Photos by Audrey Warren.

Who Would Win the NBA Title Today?

Luke O'Connell
Editor-in-Chief

As NBA teams around the country near the 60-game mark of their season, it's becoming clear where they're expected to land come playoff season. The 2019-2020 NBA season surprised me, as teams like the 76ers have disappointed fans and teams like the Nuggets have amazed them. Overall, the season has subverted fan expectations, but if it were to end today, who would take home the championship trophy?

In my opinion, the Lakers and Bucks are the most likely Finals matchup, with a LeBron-Giannis showdown ending in a 17th Lakers title. Sure, this is sort of the boring pick, as the two teams which would be playing are currently at the top of their conferences, but the fact is, they're at the top for a reason.

For the Bucks, Giannis Antetokounmpo has been a monster all season, putting up equal to or better numbers than he did last year, a season in which he won Most Valuable Player with a statline of 27.7 points, 5.9 assists, and 12.5 rebounds per game. For comparison, he's been averaging 29.9 points, 5.8 assists, and 13.8 rebounds per game this season, which clearly shows improvement from what would seem like a "career best" statline last year. Other than Giannis, the Bucks do not have a lot of star power like the Lakers do, but what the team lacks in All Stars, they make up for in capable role players. Similar to the Chicago Bulls did with Michael Jordan and their 1991 championship team, the Milwaukee Bucks organization has successfully built out around Giannis, developing players like Khris Middleton and the Lopez brothers to work well with his skill set.

When it comes to the Los Angeles Lakers on the other hand, their main firepower comes in the form of LeBron James and Anthony Davis, who have averaged nearly half the team's points per game this season. Both of these players are All Star material, and have made a huge impact on the Lakers organization. Specifically, Davis has made great contributions to the team, as last season, before his arrival, the team didn't even make the playoffs. This season, though, is a totally different story, as what another

Lance writer, Oliver Beck, called one of the NBA's greatest dynamic duos is taking the league by storm with the help of players like Alex Caruso, Dwight Howard, and Kyle Kuzma.

Overall, I believe this Lakers team could beat the Bucks because, despite having the best record in the league, the Bucks have their weaknesses, the biggest of which is Giannis' "one trick pony" trait. As we saw in the 2019 Eastern Conference Finals, the Toronto Raptors, led by Kawhi "The Claw" Leonard, managed to shut down Giannis by clogging the paint. Despite Giannis' incredible statlines in recent years, this problem could prove incredibly damaging were the Bucks to go up against the Lakers in the Finals, as the team wouldn't have another All Star to fall back on.

Another plausible Finals matchup were the NBA season to end today would be the Boston Celtics and the Los Angeles Clippers. Alright, I'm a little biased on this one, as I'm a diehard Celtics fan, but I'll do my best to keep that to a minimum in this section. This scenario is only really plausible if the Lakers lost to the Rockets, but with Houston's recent hot streak, that doesn't seem impossible.

In this situation, the Boston Celtics are surely the underdogs, as they lack the fire power that brought the Clippers this far, Paul George and Kawhi Leonard. What they do have though, similar to the Bucks, is team depth with a young core. As I wrote in an earlier article, Brad Stevens has been working up to a Finals push throughout his years as head coach, slowly developing players like Jaylen Brown and Jayson Tatum over time. I mention these two players specifically because in this seven game series, the two young Celtics would need to step it up in order to win. Placed in a matchup against George and Leonard, Brown and Tatum would have their work cut out for them as they faced two of the



MVP Giannis Antetokounmpo. Photo courtesy of Wikimedia Commons.

league's best wing players.

I believe they're up to the task, though, as the Celtics bench could back them up, and as Tatum is having a killer season so far this year.

When it comes to the Clippers, though, they face a similar challenge that the Celtics do. Rather than stopping two powerful wing players like the Celtics would need to do, they would need a coordinated defensive effort to defeat the Celtics, who frequently have three or four players scoring twenty points in a game. The Clippers have left fans wanting a bit more so far this season, which is what makes me believe that the Celtics have a better chance of winning this hypothetical series than they do. With the depth the Celtics have, "The Claw" would seriously struggle keeping them from scoring, which would likely add to the Celtics' chances at winning.

Despite all of this, there are still 20+ games left in the season, and plenty is bound to change.

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Manchester City Fights UEFA

Oliver Beck
Reporter

Manchester City has filed an expected appeal at the Court of Arbitration for Sport (CAS) against a two-year ban from European soccer competition.

It is unclear if City will seek The Union of European Football Association's (UEFA) consent for a public hearing. They could also try to reach an out-of-court settlement to resolve the dispute, which CAS would likely then ratify.

UEFA found City guilty of "serious breaches" of financial monitoring rules and failing to cooperate with an investigation opened almost one year ago.

The club is currently excluded from playing in the Champions League, Europa League, or Super Cup in the next two seasons. UEFA also fined City \$32.5 million. The punishment does not affect City's current Champions League campaign.

One internal email said City officials preferred to spend tens of millions on "the 50 best lawyers in the world" to sue UEFA rather than accept punishment. Brendan Oberg said he doesn't "think that Man City will actually be banned since they are such a large source of revenue for the League."

City never disputed the authenticity of documents, which it said were illegally obtained. City CEO Ferran Soriano hopes to resolve the case by the end of

the season. CAS verdicts typically take about a year to reach unless both parties agree to a fast-track process.

City has won four Premier League titles since being bought in 2008 by Sheikh Mansour bin Zayed Al Nahyan, a deputy prime minister of the United Arab Emirates and member of Abu Dhabi's royal family.

However, the investment has conflicted with UEFA's financial monitoring rules, launched in 2011, to help keep clubs stable by controlling spending on wages and transfer fees. Clubs are required to break even on their soccer income and spending and not rely on bailouts or disguised investments from owners.

City paid UEFA \$21.7 million from its Champions League prize money as part of a settlement in 2014 to avoid a possible competition ban.

However, there are many theories floating around that UEFA is very hesitant to ban City from the Champions League as a result of them bringing in so much revenue each year. Hellgate's own varsity soccer goalkeeper Brendan Oberg thinks that "There is now way the ban will pass because they bring in so much money."



Via: pexels.com

V.S.



Via: UEFA.com

UEFA pays 2.7 million euros per, win which is inconsequential compared to the 6\$27 million that they are making per year.

It has been estimated the Manchester City pulls in around 200 million euros alone as a result of 80 million euros of shirt sales as well as their fans purchasing paper-view and live footage of the games according to UEFA. Many of the fans only watch to see Manchester City. Dylan Adkins says that "My family and I love to watch Man. City and only watch Champions League to support them."



Guess The Student!

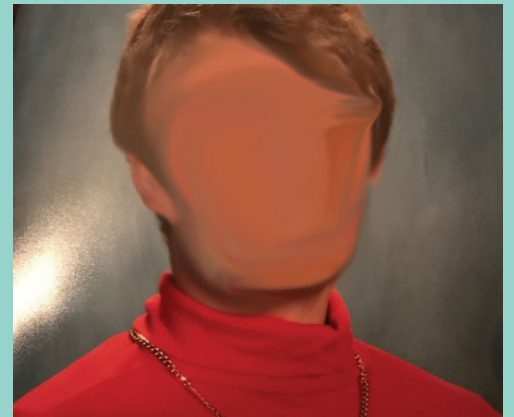
Luke O'Connell
Editor-in-Chief



This Hellgate Knight helped the boys varsity soccer team bring home the state title last fall.



This junior also participated in the tug of war at the Hellgate Homecoming bonfire earlier this school year.



This student can often be seen rocking his chain around the halls of Hellgate!

Think you know who it is?

Make sure you're following @hellgatelance on Instagram and DM us your answer there. If you guess correctly, you could be the "Guess the Student" of the next issue!

