



The Hellgate Lance



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February 21, 2022

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Hellgate Cheer Qualifies for Nationals But Unable to Attend

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The Lance is an award-winning, school-sponsored student publication of Hellgate High School. The Lance has been publishing since 1964. Ad rates are available upon request. Opinions expressed are not necessarily those of the entire paper, its advisers or Hellgate High School.

Sadly, after all the hard work the team went through over the past year, it was decided they were no longer going to compete, due to growing concern about the spread of COVID.

Hellgate Assistant Principal and Athletics Director Nick Laatsch said the decision was made because of “surging cases in COVID and the logistics of traveling out of state with a team.”

He went on to say, “We weren’t quite sure the best way to handle the situation if a student were to become sick on the trip. How they would be cared for and how they would get home. What would they have to do in terms of isolation? Would their parents have to come and get them?”

According to Hellgate cheer coach Caroline McCormick, “The team [had] been preparing for Nationals since July, when we went to the UCA summer camp.”

Qualifying for Nationals has many steps, said McCormick. To qualify, the team first had to do the UCA summer camp, which they attended in Idaho last summer. Then they had to submit a cheer for the online regional competition. After the long process they were accepted.

They had to raise about \$26,000 before they got to compete in Nationals, but now they are using these funds for a few other things. They are going to use some of this funding for a cheer camp this summer as well as to fund a competition they are competing in next month.

The team worked extremely hard to qualify for Nationals. “I [was] pumped for Nationals. My freshman self never saw it coming,” said

Hellgate Cheer was set to go to UCA (Universal Cheerleaders Association) Nationals for 2022. This was a huge feat for our cheer team, because it was the first time in Hellgate history this has happened.

cheer captain Jacoba McAdams.

This hasn’t been the only COVID-related struggle the team has had to face over the past year though. According to assistant coach Oceana Hammond-Weggman, they have had problems with masking during cheer and attendance due to the pandemic.

According to McCormick, “They’re all great kids, they are super dedicated, they come ready to work, they put in the time outside of practice too, and I think they’ve become their own little family, and they are super supportive of each other, which really helps us as a team.”

The team continues to move forward and make big strides in their goals. “We’re finally being recognized as our own sport,” said cheerleader Elizabeth Rose.

UCA was founded in 1974 by Jeff Webb with the goal of incorporating high level athleticism along with crowd leadership. Now it is the largest cheerleading camp company in the United States. They train over 180,000 cheerleaders every summer, with over 3,200 sessions/camps across the U.S. UCA also founded the American Association of Cheerleading Coaches and Administrators (AACCA). This is focused mainly on cheerleading safety. UCA holds many competitions throughout the year and all over the country. They all lead up to the National Championship in Orlando, Florida.

Hellgate’s team is now striving to go to Nationals next year, after all of the hard work they put in to qualify for this year’s competition.



Hellgate’s Cheer team.

Photo courtesy of Caroline McCormick.

Hellgate Happenings: How Do They Happen?

Asa Stuart
Reporter

Every Monday after the announcements in second period, teachers are asked to pull up YouTube and watch that day's Hellgate Happenings. During the 3-5 minute video, Hellgate's Student Government tells that week's news and about upcoming events, such as games, dances, or drives.

Hellgate Happenings started when principal Judson Miller, Student Government advisor Melissa Henthorn, and last year's Student Body President and VP, Avery Maxwell and Waverly Winterer, came up with the idea of going on Google Meet every Tuesday and presenting the announcements live. Because of audio and quality issues, the idea was switched over to video form where the videos could be edited and perfected before going out.

The videos are recorded, scripted, and edited by the school's officers. Videos are filmed on Fridays at lunch, then edited over the weekend. Student Body President Griffin Kinch, who edits the videos, said he "usually edits them on Sundays, waiting for added information usually about events from Friday or Saturday."

"I have definitely had some late nights on Sundays, which would be my least favorite part of HH. Twice, I have had my computer crash in the wee hours of the morning while I am exporting the video. Both times, I lost about 45 minutes of work that I had to go back and redo. Maddening and slightly mind-numbing, those were pretty brutal nights and following mornings."

"I learned how to use Adobe Premiere Pro from the internet over the summer, excited by the prospect of Hellgate Happenings, and having enjoyed forays in iMovie for Spanish projects. It's weirdly a lot faster to edit on PP than iMovie once you get it down. I haven't fully gotten it down either - I think anyone who actually knows how to edit could see that," said Kinch.

The information presented in the videos, such as upcoming games or fundraisers, is either found by Student Government or students reaching out, such as the toy drive and food drive in December, where members of National Honor Society had reached out to Student Government and requested to be put in the video. Any student or club can email Student Government at their email, [hhsstudentgov@student.mcps-](mailto:hhsstudentgov@student.mcps-mt.org)

[mt.org](mailto:hhsstudentgov@student.mcps-mt.org), and request to be in a video.

Having your club or fundraiser promoted in the video is a great way to gain interest and attention, and has been successful for several events, such as the Struttin for Stuffin walk which donated all proceeds to buying Thanksgiving meals for Missoula County families in need.

"We have never cut or rejected things that people have requested to put in. It's a great way to reach the entire school," said Kinch, "I think that seeing them in video gave people a more personal feel to the project than a poster or intercom announcement might have."

Recently they have been showcasing Hellgate artists in a new segment called Hellgate Art. Cooper Johnstad, Student Government's secretary, is currently running the segment and interviews artists about their creations. "The problem is that no one wants to reach out to us and email their art, so we have to seek them out. It's been a cool way to meet people and find the reticent gems of our arts community," said Kinch.

"Teachers should play them because they contain vital information for students to see. Community and belonging are essential, especially with the amount of stress put upon high schoolers," said Kinch. "It is engaging and (sometimes) funny, (hopefully) bringing students in, holding their attention, and spreading important information. We try to keep the videos as short as possible, and understand teachers not wanting them to eat up class time, but find that the benefits that the videos provide outweigh the cost."

Events highlighted in Hellgate Happenings include Poetry Out Loud, the school's plays, most recently Little Women, and All State Orchestra. Every week something new happens at Hellgate, and to have it recorded



Behind the scenes of filming Hellgate Happenings.
Photo courtesy of Chloe Caldwell.

and saved on the internet is one of the reasons Hellgate Happenings is so cool. The videos are short, humorous, and keep the Hellgate community up to date with their fellow students and all the activities. Along with documenting Hellgate events, the videos also provide a feeling of being part of a community. "Community and belonging are essential, especially with the amount of stress put upon high schoolers," said Kinch.

"Please send us anything you find interesting and Hellgate related! We'd love to have it as an intro or talking point. Knights seem to get up to more cool things than any individual student really knows. Once upon a time, I had a dream that every episode would have a student-submitted video kinda like that [AS] bumper trend on TikTok (which I guess would be trite now). The point is, if you're willing to share, everyone would love to see it. Be passionate and decidedly vulnerable," said Kinch.



The intro to the 1/10 episode of Hellgate Happenings.
Photo courtesy of Hellgate Happenings Youtube Page.

Opinion

Reimagining High School

Ali Caudle
Co-Editor

Looking at the 83 high schools in Montana, it may not seem that we are in a crisis. The average high school graduation rate is 90 percent, but that number may be misleading. I know this, because I am a high school senior in Montana.

Many of the graduating students will not be prepared for college. According to an Achieve report from 2016, of the 39% of Montana's Class of 2014 who entered the Montana University System, almost a quarter were placed in remedial math courses. There are graduates who are left out, who, in this age of ever increasing automation, will not be able to find a job. High school is supposed to prepare us for the future, but I'm scared.

What am I supposed to do in the future if high school doesn't prepare me for life? How am I supposed to get a job? I'm told to go to college, but how will I pay off the debt?

These questions and more don't have easy fixes. They need real, substantial changes to the model of high school itself, creating a personalized and curious system rather than our current one-size fits all model. Essentially, what would it look like if we made high school a little more like college?

I caught a glimpse of this in Hellgate's response to the COVID-19 pandemic. The current block schedule has blended some of the benefits of the longer class periods from last year's hybrid model, with the ease of continuing classes without substantial interruptions. The strict bell schedule of seven short periods a day, every day, is unsustainable and drives burn out. It increases fatigue and reduces productivity, especially for classes at the end of the school day.

Another key recent change is the pushed back school start. While last year we were lucky to not start until 10:00 a.m., the late start time of 9:00 a.m. we now use is still a big improvement. The ability to sleep in late and have some free time in the morning before school is extremely beneficial for students, especially teenagers who need a lot of sleep. My morning routine used to be waking up and rushing out the door. Now, I have time to eat breakfast or catch up on homework. This delayed start gives teachers extra prep time and students don't fall asleep in class as often as we did when school began before the sun rose. As we move forward, these new schedule changes should stick around.

Although there are massive drawbacks to learning from home, the increased comfort of beds, couches, and chairs is something we should bring into the classroom. These changes will spur creativity and create an environment that's more conducive for learning, as simple as they are. A shift away from the routine of sitting in a plastic chair at a small desk for hours on end, could be just what is needed to re-energize students and help us feel more comfortable while we learn.

I've started embracing that spirit in several of my classes. In English, when we have silent reading days for our literature circles, I've been reading on the floor. This simple change of sitting on the floor by my chair, with my back against a wall, keeps me engaged - it definitely makes it easier to read 19th century Russian literature. The newspaper and yearbook shared computer lab has a couch, a popular spot for students to sit and work from. If anything, these changes make students more productive. As office spaces move towards more ergonomic designs to improve worker health and productivity, schools should follow.

We also need to reframe the concept of homework. Rather than constant busy work, due day after day, homework should be used

to break down the walls of formal learning. Filling out pages of study guides, regurgitating information from a textbook, or solving endless versions of the same math problem with different values, does not significantly improve my understanding of concepts. Beneficial homework assignments prioritize creative thinking and application of concepts. Most importantly - they're often less time consuming, and should be assigned less frequently. Homework would have much more power if it was used to promote exploring one's passions and interests, and to connect real world action to classroom learning. Rethinking homework and shifting the conversation around what it should be is an important step in making schools more inclusive.

The typical four year graduation requirement plan needs to change. Each student should be able to design their own graduation plan in consultation with their counselor and family. If a student wants to focus on primarily STEM classes or art classes, let them.

I fell in love with journalism freshman year and chose to take newspaper electives all four years of high school. And on top of the 2.5 social studies credits required for graduation, I have an additional 4.5. As a result, due to the strict graduation requirements of MCPS and the advanced classes I'm taking, I was unable to find space in my schedule to take a second year of P.E. Ultimately, I had to ask the administration to get a physical education credit waived in order to graduate on time. To be able to explore my passions, I've had to push myself to the limit and work harder than any high schooler should be expected to.

In this day and age, to get a good job it is more important to demonstrate abilities like creativity, leadership, communication, and analytical and interpersonal skills. Graduation requirements written for the workforce of 30 or 40 years ago do not apply to the world today. While it is important that all graduating students demonstrate competency with concepts such as basic math skills and U.S. history knowledge, by the time students have reached high school they should be able to invest most of their time in classes they find stimulating. By focusing on courses of interest, students will be more involved in school and more willing to learn and think creatively.

For certain classes, there should always be an option to "test out," or demonstrate mastery of the course material on day one. This would prevent the scenario where students who could have passed the class on the first day are stuck for a year, while students who need more time are rushed through concepts before they are ready so the teacher can keep the class together. Just like in college, if a student does not need to take a class, they shouldn't. Schools should set expectations that students will graduate in three to five years, rather than assuming all students will be at the same level of readiness after exactly four years.

In this scenario, it's also important that students are allowed to learn and demonstrate understanding in their own way. Students are all different and their brains work in different ways. For schools to be fair, tests shouldn't be biased towards certain learning styles, and teachers should provide options for students to learn in multiple ways. A universal method of teaching content to everyone does not work for everyone, contrary to what our current education system would like to believe.

As a student who has taken many AP and IB courses, I believe we can learn a lot from the International Baccalaureate organization. My IB courses focus on skills, not content. We're taught to strive to be learners and achieve the Learner Profile: to be knowledgeable, principled communicators; balanced and open-minded risk-takers; reflective and caring inquirers and thinkers.

This curriculum is such a stark contrast to so many other classes I've taken in high school, and I believe schools all across the United States can learn from this model. Focus on the student as a whole and promote ways of thinking instead of cramming as much content as possible into our brains.

In my reimagined school, teachers aren't the only ones doing the grading. I believe students should be given a chance to grade their teachers too. We should get to give teachers grades based on how well we feel we are being taught, and how engaged and supportive our teachers are. Teachers, in turn, would receive pay raises each year based on their grades - pay raises they desperately need and deserve.

This would fix so many problems. Students would get a voice—they surely know more about which teachers are good than administrators can guess from test scores and passing percentages. Teachers would be motivated to teach better, and they would be paid better. Happier teachers lead to better education and happier students.

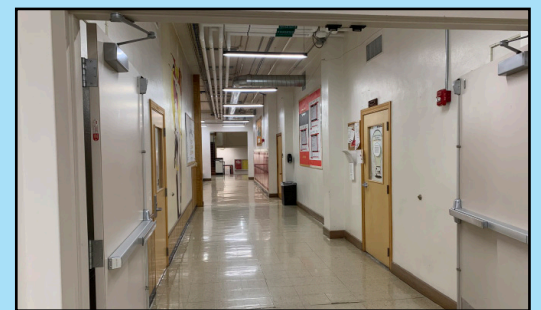
My last suggestion—this is a big one—would be to do away with summer break. So much of each school year is used to reteach material that was forgotten over the break. Learning loss over the summer is real and a big problem, especially for underserved populations who do not have as much access to summer programs.

To replace summer break, I propose that schools institute more frequent short breaks. Think spring break, but one break every six weeks or so. I believe this concept of rests from school but not resets would benefit students by avoiding the burnout that comes from them having to be enrolled in school for nonstop five day weeks, for months in a row.

Achieving these goals will not be easy—not by a long shot. In public schools like Hellgate, we need more money from the government. The money exists, the budgets just need to be readjusted to better fund schools. A well educated population is the most important variable to ensure a bright future for a nation. Lower rates of unemployment, a more active economy and a more intelligent population—who could object?

I believe the most important thing we need to achieve in education is for schools to look at students as people—not as figures or graduation rate statistics. If schools were measured on a student by student basis, they might be more motivated to bring each student to success. Schools need to serve as a leveling ground, not a place of further division.

We need to think creatively. The pandemic has forced schools to operate in new ways, and we need to keep reimagining education. Let's lean into the change and build schools that work better for all.



The federal and state governments should reallocate funds to public schools to fix our education system.

Photo by Ali Caudle.

A Journey From Carefree To Concussed

Maggie Vann
Co-Editor

As I lay on the gym floor, the world spun around me. I tried to comprehend what had just occurred, but my mind was as blank as a bulldog's thought process. Attempting to convince the teammates hovering around me that I was okay, I stood up, but couldn't walk in a straight line. Feeling as if I could projectile vomit at any time, I stumbled down to the athletic trainer's office.

If you haven't had a concussion yourself, you most likely know someone who has. According to NPR News, one in five teens have reported being diagnosed with a concussion and around 6% have been diagnosed with multiple. On Oct. 18, 2021 my whole life changed after two heads collided during a volleyball practice.

I suddenly turned from human to vampire. The sunlight and loud noises worsened my constant migraine, and my seven-year volleyball career came to an abrupt ending. Simple tasks that elementary school kids could complete became difficult. I couldn't focus on any homework, reading tormented my brain and don't even think about asking me to close my eyes unless you want me to fall off balance.

As a very academically inclined student, being told that I shouldn't attend school until my headaches and nausea subsided was devastating. I hated falling behind in my classes, and watching my grades drop was awful. I'm the kind of person who believes that if you aren't two steps ahead, you're behind, and I was so incredibly behind. However, this is the moment when I stepped back and looked at my current situation. There's a point in life where you get so caught up in school or work that you forget to be kind to the one body you have.

Against my instincts, I put away all of my homework and focused on rehabilitating my brain. One of the hardest things about a concussion is that the people around you can't see into your brain to see how it's healing. A concussion is all about how you feel, and nobody else can dictate that.

For about a month, my days were filled with sitting on the couch, going on five-minute walks and helping my hurt brain recover. Unfortunately screen time made my headaches worse, and even the slightest amount of physical activity made me nauseous. I believe that although my concussion limited a lot of things, it also allowed me to reflect

on what I really enjoyed doing. I started painting, playing with my animals more, and enjoyed short walks throughout the day. It's important to find the things you enjoy, and surprisingly a concussion helped me with that.

I have dealt with several injuries because, as a libero, my position in volleyball, I constantly hit the floor when I dive. However, I could slowly see the progress while recovering from those injuries because they were visible. With a concussion, it feels as if you are never going to get better. But time heals all wounds, and I began feeling better and doing more normal activities after about a month.

Another thing I learned is that grief makes all symptoms of a concussion heighten. In the midst of my concussion rehabilitation, my grandmother passed away. This kind of grief was some of the hardest I've ever had to deal with, and it seemed to make my head pounding and nausea increase. If you struggle with depression and are dealing with a concussion, the symptoms are very similar. It's important to talk to someone if you are undergoing these stressors, because it makes you feel as if you're sinking in quicksand and will never be able to escape.

When I was finally able to return to school, I felt like a kindergartener again. My IB English class and AP Statistics class were undoubtedly the most difficult. It would take me around ten minutes to read one paragraph, just to forget it again. Everything seemed to fly over my head, and I wondered if this is what kids with ADHD felt like.

However, I didn't just jump all the way back to school. I first returned to my easier classes, such as watercolor. Once my symptoms were not prevalent during those classes, I added on another class, and then another until my full schedule was back. I found out how important it was to talk with the school counselor and school nurse. Returning to school irritated my symptoms, and occasionally I had to leave my classes due to my symptoms heightening. It was also of utmost importance that I told my teachers how I was feeling, because like I mentioned earlier, nobody around you, except yourself, knows how you feel.

A little over a month passed, and I was slowly getting back into the swing of things. I was finally able to drive again and school was becoming slightly easier. However, one thing that I didn't expect was that my studying skills and organization skills changed. I found myself having to plan out every little detail of essays and homework, and my studying techniques were altered.

According to Medical News Today, the majority of concussion symptoms are alleviated within two weeks to a month, but approximately 20% of concussions last longer than six weeks. Lucky me. Concussions still aren't completely understood by medical professionals today, but some factors that are said to make symptoms last longer are grief, being a woman, academic standing prior to the concussion and where you were hit on the head.

Concussions are an injury that I didn't take as seriously before I endured one myself. Through my experience with a concussion, I've learned:

1. Be patient and rest.
2. Sunglasses are your best friend.
3. Take your concussion seriously.
4. Keep in touch with your friends and be social, but don't do any stupid teenage things.
5. Only you know your limits.

I think that it's important to spread awareness of concussions and the effects of them because of my experiences. Don't be afraid to reach out to medical professionals about your symptoms, and remember that concussions take time!



Playing volleyball a few weeks before my concussion.
Photo courtesy of Craig McCollum.

Is Euphoria Appropriate for Kids to Watch?

Sierra Meissner
Reporter

On June 16, 2019, an American teen drama television series called *Euphoria* was released. *Euphoria* was made for mature audiences and is rated R. The show follows a high school teenage girl named Rue doing her best to fight off her drug addiction while falling in love with her new best friend, Jules. *Euphoria* covers drug use, trauma, sex, and social media, which can be triggering and very difficult for some people to watch.

As I was scrolling through social media I noticed that season 2 of *Euphoria* was coming out on Sunday, Jan. 9, and people were going crazy about it. I decided to finally watch season 1, and I wasn't sure how to feel about it. It scared me a little that I have actually experienced some of these things in real life.

The show is very accurate when it comes to what actually happens in teenagers' lives. I think it's good, but I know if I watched something like that when I was younger, I wouldn't understand the purpose of the show.

This show isn't for everyone. I especially don't think it's healthy for kids under the age of 16 to be watching

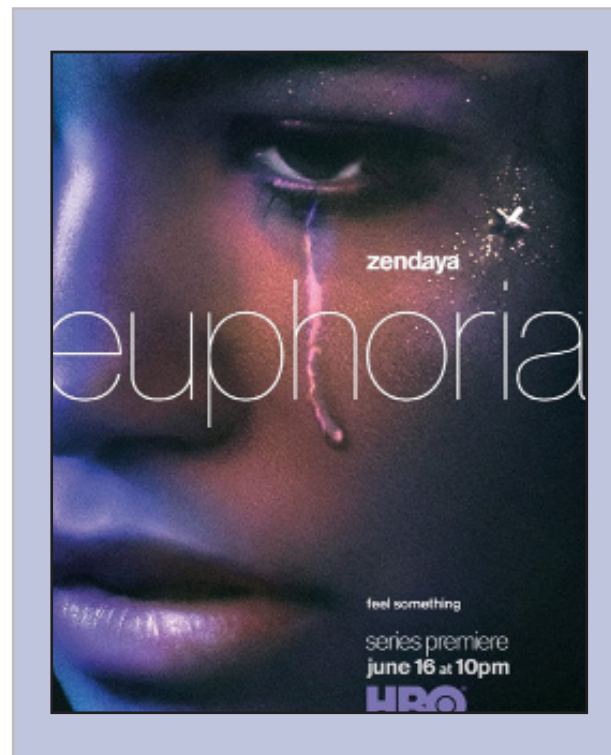
Euphoria. It talks a lot about sexual assault and shows many sex scenes where the woman is not being treated with respect. It gives off the wrong idea about sexual intercourse, and kids are too young to understand that that's not how sex should be. Younger boys may think it's okay to treat women with disrespect, and younger girls may think it's alright for them to be treated that way.

Rue uses drugs to escape her problems, and the show normalizes this as the best way to make problems go away. Kids have to be old enough to understand that this is just a TV show and not everything is as it seems.

Drugs do show up a lot in high schoolers' lives as a way to have fun, but Rue uses them because she is an addict and to take away the pain of her problems.

I also think this show can be really bad for people (young or old) who are dealing with depression because of the same reason. The idea of suicide and overdosing is pretty much the main idea of the show.

Overall, I enjoy watching this show and I will continue watching it. I just don't think it's appropriate for younger kids to watch it unless they are old enough to understand that not everything in the show is how things are in real life.



Social Media's Chokehold on the Future

Devyn Deschamps
Guest Writer

avoiding it in the future are slim, to none; but how is that going to affect the coming generations, or the current ones for that matter?

Facebook has rebranded itself into Meta, and all other social media apps associated with Facebook, will be part of the 'Metaverse', which was announced by Facebook CEO, Mark Zuckerberg on Oct. 28, at the Connect Conference. This was announced following global controversy regarding a former Facebook whistleblower accusing Facebook of violating antitrust laws, user privacy agreements, and accusations of hiding mental health studies in correlation with usage of Instagram and Facebook.

The future generations of children are going to be unlimitedly exposed to the internet, specifically the Metaverse, with Instagram- and Meta-based virtual reality growing rapidly. However, how is this going to affect in-person social fluency? The possibility of slow withdrawal of touch and real human interaction taking a toll on the behavior of users is becoming more of a reality.

Social media was created for the purpose of showing off that your life extends beyond the safety of your own home; to share events, parties, even

Social media, including its front runner, Facebook is inescapable, and the chances of

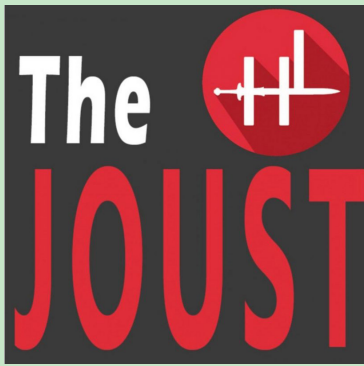
regular hangouts with others. This original idea of social media has been alienated with Meta's intentions for the future: encouraging their users to initiate contact through technology, instead of having conversations in person.

According to the American Journal of Preventive Medicine, in 2017, 7,000 19-32 year olds were interviewed and people who used social media the most were twice as likely to encounter social isolation. Based on this data, it can be inferred that children who are growing up on constant social media usage will likely develop social isolation at an accelerated rate.

However, Meta insists that the Metaverse will rather be, "a feeling of presence — like you are right there with another person or in another place," discouraging the mere possibility of loneliness.

When evaluating both perspectives, it has to be acknowledged that at the time of the rebrand and the beginning of the Metaverse, Facebook was and still is under fire. Many view Facebook's sudden change as a way to shift the focus onto a positive matter that could help accelerate business again.

Regardless of views concerning Meta's rebranding, the concern of Meta's future impact continues at large and should not be pushed under the rug. If adults who've had access to Instagram for 11 years of their lifetime are already feeling the repercussions of the mental influence, the effects can only be multiplied as the next generation grows up.



COVID-19 Podcast

Darian Davalos, Win Duerk, Sierra Meissner
Reporters

7
Say What?!

The COVID-19 pandemic has had a major impact on students at Hellgate and each grade level has been impacted differently. We talked to students at Hellgate to see how each grade has been uniquely impacted. Since quarantine, students experienced a big change from the standard Hellgate experience, and many students struggled to stay focused on school with remote learning.

Ray O'Connell (Senior)



Photo by Win Duerk

"I was doing good before COVID hit sophomore year and then it hit and I kinda got outta the loop from not being in school for so long, and I'm still struggling to get back into that and know what I'm doing for the future."

Calijah Larance (Sophomore)



Photo by Win Duerk

"With sports when one person gets COVID then the games get cancelled for the next couple weeks, which ruins the fun of sports in high school."

Alden Hellem (Junior)



Courtesy of Alden Hellem

"The masks are kinda a pain and quarantining and missing out on school sucks, but otherwise it's been fine. At least we are still in person now; that's where it's at."

Jared Syness (Freshman)



Photo by Win Duerk

"In 7th grade you would have to email your teacher every day for codes, and it was hard to deal with on-line, where now we are back in school and it's a lot easier."

**You can find our podcast The Joust
at hellgatelance.com and on Spotify.**

Hellgate Dancers Traveled to UAE to Perform at World Expo

Ali Caudle
Co-Editor

In December, four current Hellgate students traveled with their dance company, Rocky Mountain Ballet Theatre (RMBT) to Dubai, United Arab Emirates (UAE).

They were invited to perform at the Dubai 2020 World Expo, representing the United States, as part of RMBT's Ballet Beyond Borders initiative.

The 2020 Dubai Expo is the most recent in a legacy of mega-events to improve humankind's knowledge and demonstrate scientific, technological and social progress, dating back to the first World Expo in London in 1851. This year's theme is "Connecting Minds, Creating the Future," where visitors can experience "the making of a new world at the greatest showcase of human brilliance and achievement."

Hellgate seniors Ruby Jenni and Naomi Byrne, and juniors Amare Swierc and Dimitri Govertson-Donaldson were four of the nine dancers who traveled to Dubai alongside their dance director Charlene Campbell Carey, choreographer Walter Barrera, pianist Karen Carreno, and Native American dancers Al Plant and Kya Rae Arthur.

RMBT is a unique dance company in that they train in Missoula and travel all around the world for performances. Their academy dancers range in age from 14 to 18, and train in ballet, contemporary, tap, flamenco and hip-hop.

Jenni has traveled abroad many times with the company. "I personally have been on two trips to China supported by the state department as well as dance training intensives in Austria, Portugal, Mexico, and Canada. And trips to participate in cultural festivals and the like in Russia and China," she said.

For the 2020 Expo, they were invited by the U.S. State Department to travel with diplomatic status and perform

as cultural performers for the U.S. Pavilion. Their dances aimed to "embody the energy, enthusiasm, and spirit of the Great American West."

"Despite traveling all over the world, [in Dubai] we had the most diverse audience we've ever had," said Jenni. "Our performances reflected some of the things we've done in the past that the US department wanted us to bring to the Expo."

More than 192 countries were represented at the Expo in different pavilions: some countries had large pavilions while some of the smaller countries shared buildings. According to the Expo's website, visitors can "explore 192 Country Pavilions, treat yourself to dishes from every corner of the world, unleash your inner techie and experience entertainment unlike any other."

While the dancers spent plenty of time rehearsing and performing, they still took time to explore. "We had a few hours a couple of times to visit pavilions, getting our Expo passports stamped. Each pavilion exhibited the cool things each country was doing as well as some had art installations and cultural exhibits," said Jenni.

"We got to see the crazy exhibits at the Saudi Arabia pavilion and visit South Korea's pavilion, have sushi at Japan's pavilion, see Milan fashion week dresses and a recreation of the David in Italy's pavilion," she said. "Plenty of surreal experiences. The expo was newly built and laid out in the shape of a flower. So you could walk in circles and circles, cutting across walking roads for hours."

"Everywhere you went there was music playing out of speakers that would change depending on what section of the expo you were on; it pulled together the ambience in a wonderful way."

The RMBT dancers performed three times on the main expo stage in the U.S. Pavilion, called the Jubilee Stage. They also performed an additional five times on the small U.S. Pavilion stage under the replica rocket.

Other presenters at the US Pavilion included paralympians, professors from prominent universities, best-selling authors, and even singer Alicia Keys. Jenni added, "Due to it being super crowded and our bus coming to pick us up we got to see about two pretty cool minutes of her. I hear, however, that the State Department told our dance director that we got better ratings."

The Expo was originally scheduled for October 2020 through April 2021, but it was postponed for a year due to the COVID-19 pandemic (the name 2020 Expo was retained for branding purposes). In order to ensure a safe experience, strict COVID-19 protocols were followed. All of the dancers were required to be fully vaccinated to travel in and out of the UAE, and to wear masks at all times.



Photo courtesy of Ruby Jenni.

While the performances themselves were the highlight of the trip for all of the dancers, they also spent their time in Dubai immersing themselves in the local culture. When they weren't staying at the hotel the US State Department paid for, they visited the 124th floor of the Burj Khalifa - the tallest building in the world - and wandered through traditional souk markets, exploring the vendors selling spices, gold, clothes and more.

"We also spent a night in the desert in a program that replicates the traditional bedouin camps that people lived in for centuries in the Arabian desert. We had camel's milk and smoked chicha (hookah/tobacco) and had food made in the traditional ways, absolutely delicious and a totally surreal experience none of us were expecting. Sitting at midnight in a camp with no lights on, by the fire, under the stars was truly something special," said Jenni.

"It was a great trip and interesting to be in a country whose native culture is so different from our own in America. Many women were wearing burqas and we had to be careful to not touch in public as displays of affection are off limits in the UAE," said Jenni. "It was hard because dancers are super physically affectionate with one another."

The dancers returned to the US on Dec. 16 after spending 10 magical days in Dubai. "On the main stage it was always at sunset and on an outdoor stage the sky was incredibly beautiful as it changed. It was certainly a picturesque performance despite the fact that the physical intensity of the hour-long shows was insane," said Jenni. "It was super fun to be there... an absolutely insane experience that I would not hesitate to do again."

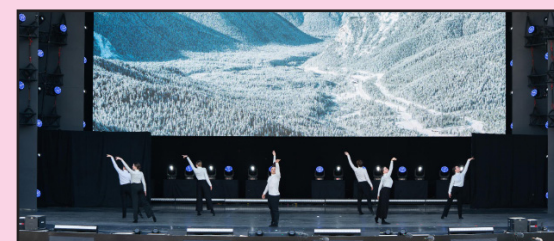


Photo courtesy of Ruby Jenni.



Photo courtesy of Ruby Jenni.

Bare Bait Dance's Springboard '22

Gabi Wilson
Reporter

Springboard is a performance put on by Bare Bait Dance (BBD) every year. The performance is a choreographic showcase with guest choreographers, company dancers, apprentice dancers and guest dancers.

Bare Bait Dance is a contemporary modern dance company in Missoula. It was founded in 2011 by Joy French, the artistic director. According to their website, the company strives to, "increase the availability of contemporary dance to both the Missoula community as well as rural Montana communities which are largely under served in the performing arts, build an accessibility to dance by producing concerts that speak directly to contemporary western audiences and by fostering more possibilities for dance education both in the public schools and our communities, [and] collaborate directly with local artists to create interdisciplinary dance productions."

Their main goal is to "strengthen the Montana dance community by providing paid performance jobs to highly skilled professional dancers, nurturing their creative work as choreographers, and facilitating opportunities for them to expand as teachers, present performers and choreographers from around the region and nation in order to cultivate a richer appreciation for contemporary dance and dance field as a whole."

BBD was supposed to perform Springboard for two consecutive weekends but had to delay their opening due to COVID-19 concerns. As they had to limit their performances to one weekend, Jan. 21-23, they performed one show on Friday and added two shows for Saturday and Sunday. The performances were held at the West Side Theater. BBD had to limit their capacity to a third of what they can typically do. This meant about 50 people could attend each performance.



Springboard performers Cate Gibbons, Tara McFarland, Lizzie Archer, Shenoah Curley-Wildshoe, Jessica Shontz, Tiki Preston, Audrey Kurz (left to right) in "Slumber (Party)."

Photo courtesy of Donal Lakatua.

The company choreographers for Springboard 22 were Maeve Fahey, Joy French, Tara McFarland, Tiki Preston, Grace Nolan, Ruby Roberts, and guest choreographers Faith Morrison and Ashley Zhinin. I was one of the performers for the show as well as Lizzie Archer, Mackenzie Black, Shenoah Curley-Wildshoe, Maeve Fahey, Cate Gibbons, Audrey Kurz, Tara McFarland, Grace Nolan, Tiki Preston, Ruby Roberts, Jessica Shontz and Regan Tintzman.

Bare Bait Dance has an Apprentice Program that "invites Missoula's most talented young dancers to train, create, be mentored by and perform with the Company." I am one of the three apprentices for the '21-'22 season, along with fellow Hellgate students Audrey Kurz and Cate Gibbons. These dancers participate in the seasonal performances and attend weekly company classes and rehearsals on Sundays and Tuesdays.

Audrey Kurz, a senior, has been an apprentice for three years. When asked why she does BBD she said, "It's just one more opportunity to dance and perform which I love! I love the community and being able to dance with the company members in a professional setting is pretty cool and a great experience for us apprentices."

After being asked how Springboard went, Kurz responded, "I think Springboard went pretty good given all the obstacles of COVID. I'm super glad we got to perform in front of an audience since BBD hasn't been able to do that for about two years. It was a bit challenging doing two shows in a row. It was an exhausting weekend, but still fun overall! I loved just getting to watch all the other pieces too. They were all fantastic. I might have loved watching the others more than actually dancing myself."

Cate Gibbons, a junior and first year apprentice, said, "I dance with BBD to get the opportunity to learn from and dance with such talented dancers." When asked how Springboard went, Gibbons replied, "I think Springboard went very well and my favorite part was definitely getting to dance in front of a live audience again. I think it was overall a really good experience!"

Zora Ybarra, a junior at Hellgate, attended the performance. She said, "I went to Springboard because all of the Bare Bait shows are eye-catching and I love being with the dance community as well as watching all my friends dance." When asked what her favorite piece was, Ybarra said, "I forget the exact names, but I would say I liked the last piece with the pjs and dresses (Slumber (Party)). I thought it was really different and fun. I also loved 'That's What All the People Say' and the one Tiki and Grace performed (Wings Not Yet Folded)."

She continued, "Something I found interesting was just how each dance is so entertaining to watch. Every dance is so different and fun. I specifically remember really liking all the costumes as well. Overall, I thought the performance was great. My overall take on it was how professional all the dances were and the company as a whole. I'm so happy I went to



BBD Company Members Maeve Fahey (top), Ruby Roberts (left), and Grace Nolan (right) for the cover of Springboard 22.
Photo courtesy of Donal Lakatua.

Springboard because I love seeing every show they do and to see what they will do next with costumes and choreography! It's so inspiring too!"

Elena Vesovich, a senior at Hellgate, said, "I went to Springboard to watch my friends and fellow teammates." Vesovich is the captain of the Hellgate Varsity Dance Team. Kurz and I are also on the Hellgate Varsity Dance Team and dance with Vesovich. She continued, "I love watching and supporting my friends dance and also just seeing any dance in general." When asked what her favorite piece was, she responded, "My favorite piece was Tiki's piece. I thought it was interesting that every piece was super different. It made it very interesting and engaging to watch. I thought Springboard was a beautiful show and I thought it was especially lovely to see everyone's faces!"

Bare Bait Dance's next project is Kinetoscope on March 5th and 6th. This is an international film festival held at the Roxy Theater. The company is currently working on When the Dust Settles for April 8-16. Bait Bare Dance has more big things in store for 2022. Make sure to attend the upcoming shows to witness beautiful dance.

A Peek at Some of Hellgate's Most Accomplished Artists

Maggie Vann
Co-Editor

Each Missoula high school has a different reputation based on their programs. Big Sky High School is known for its agriculture, Sentinel is known for its sports and Hellgate is notorious for its breathtaking art and incredible artists. From freshmen just starting their art careers to seniors preparing for their future in art, Hellgate has a wide variety of talented students.

Hellgate freshman Tessa Collard is not only an artist, but also a singer, actor and the JV starting center defender for Hellgate's girls soccer team. Collard was immersed in the culture of art at a camp she attended in 2021. She said she was "surrounded by people who were really passionate about drawing." This experience allowed Collard to see "everyone's own styles and ideas, and it made me interested in finding my own style."

Collard enjoys drawing semi-realistic human faces and is inspired by her artistic friends along with drawings she finds on social media. She said, "I think I'll always be very interested in drawing and I would love to experiment with other forms of art like painting and photography. I'm hoping to keep it as a hobby I can always turn to to help me unplug from the world and focus completely on creating something for myself to be proud of."



Collard enjoys drawing semi-realistic faces.
Photo courtesy of Tessa Collard.



Bell's favorite painting brings mailboxes to life.
Photo courtesy of Ila Bell.

Her favorite drawing portrays a portrait of a girl. She said, "I think I'm still in the phase of figuring out my art style and learning how to draw things in a way that I'm proud of, and this has been one of the first times where I felt like all my practice came together in one piece. I love the idea of making people and faces come to life with my drawing, so that's why I decided to draw this."

Ila Bell, a sophomore, is another one of Hellgate's talented students. She said, "I grew up doing art all the time and I've always loved it, so it's been a part of my life since I can remember. Painting and art in general became one of my favorite things when I was really young and I have tried to do it as much as I can since."

Bell enjoys painting with acrylics and capturing things and landscapes found in and around urban environments. She was inspired by some of her old art teachers who she said "have pushed me and brought me to a new place with art." Other artists such as Stephen Hayes and Richard Diebenkorn have also inspired Bell because of their work and unique style.

Bell's favorite piece displays beautiful mailboxes. She said, "The main reason I painted them was I just liked how common they were, I thought their form

was interesting and I wanted to almost bring them to life." The texture through brushstrokes, the looseness and expressionistic style make this Bell's favorite.

She said, "My hope is that I will continue to pursue art in the future. I would love to go to a college where I could explore more areas of art and pursue it even further." However, Bell also enjoys volleyball, skiing, kayaking and backpacking.

Karma May and Otis Aiello are some of Hellgate's senior artists who found their artistic passion and hope to continue art as careers. May said, "I've been drawing all of my life. When I was little, like toddler age, I used to make paintings on butcher paper with tempera, and I'd doodle little stick figure dogs. I was always the kid that did the drawings on posters for school, and doodled on assignments."

May said that she's always had a "natural inclination to draw and paint" but that she started to take it more seriously when she became a freshman in high school. May said, "I used to stay in during recess to draw pictures of rats, and I'd sit down for 12 hour periods to do realistic pencil drawings to the best of my ability." However, she has gradually made the switch to digital illustrations and experimenting with simple animations.

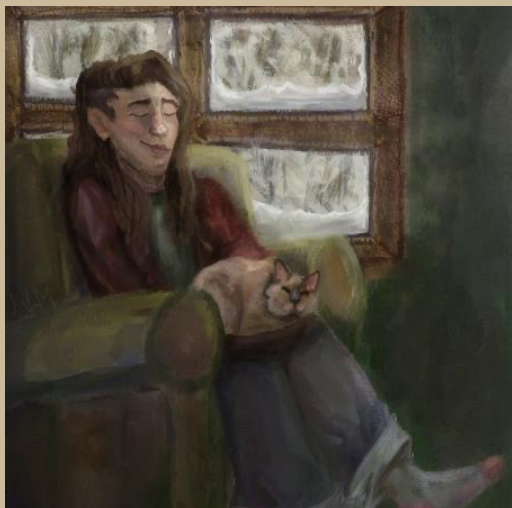
(Cont. from pg. 10)

May said her artistic style tends to vary as she goes through different phases of what she enjoys and as her skill level progresses. She said, "I went through a phase where I did realistic portraits, and now I prefer a more illustrative and cartoonish style. I really like abstractness in art with rough brush strokes and textures. Clean line art and smooth blending has never been my cup of tea, though I am very much in awe of the skill necessary to achieve it. I tend to paint digitally these days, but I also enjoy working with watercolor and pen & ink."

Marco Bucci, David Peterson and Edward Gorey are childrens book and graphic novel artists who inspired May. Growing up, May read many books by Gorey and she was also inspired by the styles in the animations from 'Cartoon Saloon,' 'Don Bluth Studios' and 'Laika Studios'.

May explained she has been bouncing between different art careers for a while. She has wanted to be an animator, tattoo artist and most recently has set her sights on the idea of being a children's book illustrator. She said, "I've been in the process of building a portfolio, while also trying to start up with freelance illustration."

Her favorite piece is a digital painting which portrays herself sitting with her cat, called 'Snow Day'. She said, "I'm very proud of the variety of texture and color I managed in it. I got the idea for it when we had that snow day, just after winter break, and I imagined myself cozy with my cat. I also have some



May's Piece titled 'Snow Day'.
Photo courtesy of Karma May.



One of Aiello's favorite pieces.
Photo courtesy of Otis Aiello.

traditional pieces done in art classes, which will be appearing in the Mall art show in the spring."

Outside of drawing, May loves cooking and playing Dungeons and Dragons. Be sure to check out her art account on Instagram @karmamayart. It displays her best and most recent art pieces as she experiments with different styles.

Aiello has already been accepted to the Pacific Northwest College of Arts in Portland and plans to apply to the Stamps School off of University of Michigan along with the Rhode Island School of Design. They plan to major in animation or illustration, in addition to continuing their gymnastics career at University of Michigan, as they are a level 10 gymnast at Roots Acro Sports Center.

Aiello first got into art because their mom has a masters in art and teaches art at CS Porter. They have always enjoyed art, but as Aiello moved into high school they began to enjoy it more and more. Aiello said, "I focus mainly on animation and illustration. I really enjoy digital art and cartooning. They are just fun mediums to play in and have so many opportunities for just fun!"

Aiello was inspired by many artists, people online and friends. They said, "Movies as well are very inspiring, such as 'Luca,' 'I Lost My Body,' 'The House' and 'Into The Spider-Verse.' They all show what can be done with animation on a big scale and they are stunning. My biggest influence though is a Youtube

channel called Drawfee: a group of 4 illustrators that have a wide variety of styles and skills, as well as being funny."

Aiello has many incredible art pieces, but their favorites include a skeleton "ripping free from their mortal flesh" and another piece "based on the concept of complexity and contradiction." The house-like piece was for one of Aiello's college applications. It was inspired by an architecture and philosophy book by Robert Venturi, based upon the post-modernism movement. It conveys the idea of being against modernism and simplicity. Aiello's second piece portrays a skeleton in a one-panel comic. It has a "mundane caption but a kind of surreal and body horror picture to match."

Be sure to check out @_oats_ on Instagram to see more of their incredible work and new pieces as Aiello continues their art career.

Hellgate has a huge array of talented artists, and these are just a few of them. Many of these students' artwork will be displayed around the school, so next time you're walking around the halls of Hellgate, pause for a minute to fully take in the beautiful pieces of art.



A complex piece by Aiello.
Photo courtesy of Otis Aiello.

State Swimming 2022

Photos from the MHSA State Swim Meet

Grace Wandler, Lauren Riley, Kihla Lax



Lauren Riley



Kihla Lax



Kihla Lax



Kensey May,
Hazel Seagrave,
Eden Maxwell



Grace Wandler,
Lauren Riley



Grace Wandler



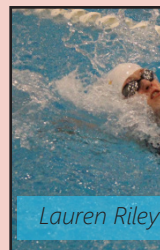
Lauren Riley



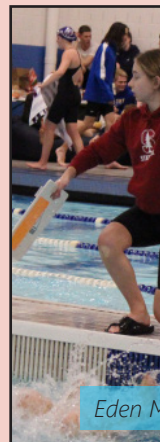
Hazel S



Lauren Riley



Eden M



Eden Maxwell, Grace Wandler, Lauren Riley, Kihla Lax

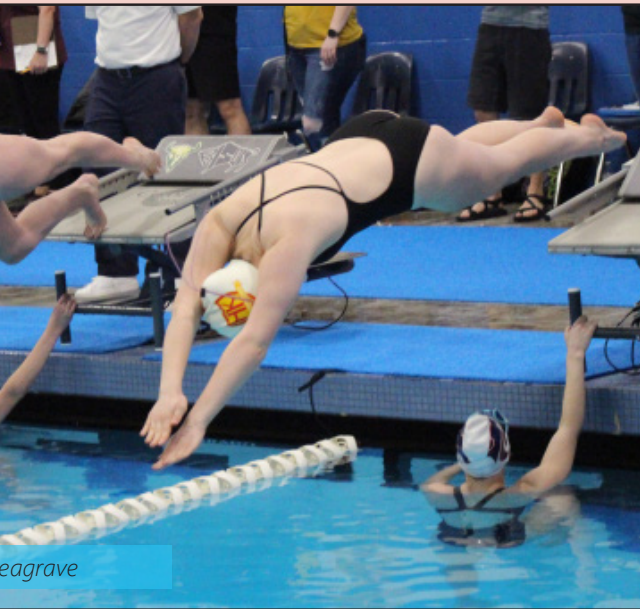


Photos by Ali Caudle.

On Feb 10, 2022, 17 Hellgate students boarded a bus to Great Falls for the 2022 SA Swimming State Championship Meet. It was a packed three days, as swimmers competed in 8 hours of prelims on Friday, then returned Saturday for finals swims.

Ali Caudle
Co-Editor

Of the 14 Class AA schools, Hellgate boys placed 5th overall, and Hellgate girls placed 9th. The Hellgate girls 200 Yard Freestyle Relay placed 6th, and both the Hellgate boys 200 Yard Medley Relay and the 200 Yard Freestyle Relay placed 2nd. Several Hellgate swimmers also medaled in their individual events. Junior Sean Murphree placed 1st in the 50 Yard Freestyle with a time of 22.77 seconds, and 3rd in the 100 Yard Breaststroke with a time of 1:02.25. Senior Kihla Lax placed 6th in the 100 Yard Freestyle with a time of 1:02.40. Junior Lauren Riley placed 6th in the 100 Yard Breaststroke with a time of 1:13.55.



Seagrave



Ridley Key, Elliot Thornblade



Sean Murphree



Miles Schroeder



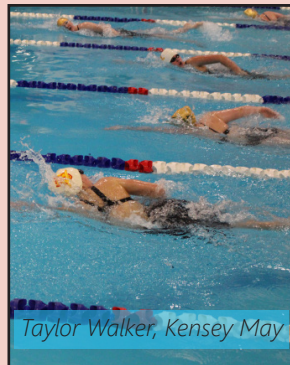
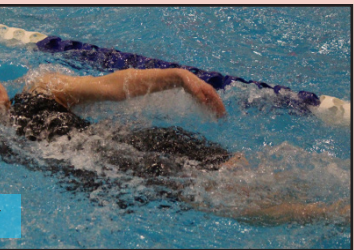
Miles Schroeder



Sean Murphree, Otto Seagrave, Wes Dennison



Kensley May



Taylor Walker, Kensley May



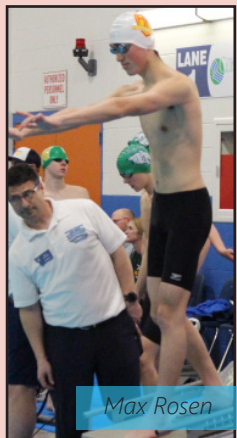
Michael Schermerhorn



Kihla Lax



Eden Maxwell



Max Rosen



Kihla Lax, Kaylee Macholz



Eden Maxwell



Wes Dennison, Elliot Thornblade, Sean Murphree

An Unofficial Ranking of Every Live-Action “Spider-Man”

Alexander Blaide
Reporter

Over the course of the winter break, a little movie called Spider-Man: No Way Home came out. It did fairly well in the box office and earned 1.8 billion dollars globally and is now the 3rd highest grossing film of all time, with “Avengers Endgame” and “Star Wars The Force Awakens” taking the 1st and 2nd respective spots. In preparation for such an event, I watched for the first time ALL eight previous live action Spider-Man movies over the course of one weekend. I enjoyed all of them, some more than others. This list is my own and will probably be different from your personal list. It will be ranked from worst to best, although none of these movies are truly bad, I just didn't enjoy them as much as others. I will also be including plot points to all the movies, so there will be spoilers for every movie except for No Way Home. I will, however, add to the online version of this article the plot details for No Way Home after it gets a home release on disc/digital so that you can go see it in theaters.

8. The Amazing Spider-Man 2



This was Andrew Garfield's second movie as Spider-Man and I enjoy him as Spider-Man. He nails the quippy, sarcastic aspect of the character. He has great chemistry with everyone, including his then-girlfriend and costar, Emma Stone, playing Gwen Stacy. The plot revolves around Max Dillon (Jamie Foxx) who essentially develops a parasocial relationship with Spider-Man after the superhero saves Max from being hit by a car. After falling into a pit of electric eels and absorbing their

powers, we are treated to a very blue and very evil Max. At the same time, Harry Osborn (Dane DeHaan) returns from Europe and needs Spider-Man's blood to save himself. To help him, Peter goes on a quest to find out more about his parents, a plot point which is still never fully resolved as we learn that Peter's dad deleted his files to prevent Oscorp, a corporation, from weaponizing his research. Harry goes insane after trying to cure himself and becomes this universe's version of Green Goblin, capturing Gwen Stacy and dropping her for Spider-Man to save. He is just a second too late and Gwen hits the pavement, dying immediately. After a period of Spider-Man disappearing, he finally returns to save the city. This movie was okay, but the script wasn't the best and set up too many things that never got a proper payoff. A third movie was planned with Andrew and would have been the launch of something similar to the modern MCU, however, due to the lackluster box office performance, Sony pulled the plug. Unfortunately, that means that we may never see the end of the “The Amazing Spider-Man” movies like we did with the Tobey Maguire or Tom Holland movies. Instead, we get to enjoy the movies that already exist, and this one has a brilliant soundtrack conducted by Hans Zimmer and is definitely a good movie, but not the greatest in the Spider-Man lineup.



7. Spider-Man 3

This 2007 movie was the conclusion of the Sam Raimi trilogy starring Tobey Maguire as Spider-Man. In this movie, Peter Parker and his girlfriend MJ (Kirsten Dunst) have a wedge driven between them because Peter starts to enjoy the company of Gwen Stacy (Bryce Dallas Howard). MJ splits up with Peter and he becomes the host of the Symbiote, an outer space alien that enhances the negative aspects of its host. This leads to what has been

named “Bully Maguire,” a meme of Peter Parker in a black suit walking down the street and dancing. The sequence is goofy, but was made to be that way. The Symbiote separates from Peter and attaches to Eddie Brock (Topher Grace) and introduces us to this film's Venom. At the same time, Harry Osborne (James Franco) is preparing to become the next Green Goblin to exact revenge on Spider-Man because Osborne believes Spider-Man killed his dad, Norman. For years, no one told him what had happened, so Harry has a change of heart and helps Peter defeat Venom and then dies. Oh right, and Sandman (Thomas Haden Church) shows up and makes amends with Peter because the death of Uncle Ben was retconned to have Flint Marko kill him. This movie has too much going on and unfortunately, isn't that interesting when broken down. It's a good “turn-your-brain-off-and-enjoy” kind of movie, but there are better movies in the Spider-Man lineup. The soundtrack is excellent and is conducted by Christopher Young, who replaced Danny Elfman, who scored the first two films. I think that it had too much going on and didn't know where it wanted to go. It's still a fun movie though.

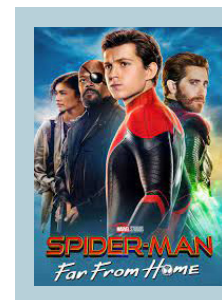
6. The Amazing Spider-Man



Ifans), is a coworker of Peter's dad, who's interested in genetic engineering to help amputees like himself. To achieve this, he and his team study lizards. After Uncle Ben (inevitably) dies, Peter becomes Spider-Man to find his uncle's killer. With the threat of his funding being cut, Dr. Connors takes the drug himself and regains his missing arm. As the drug takes effect, he turns into a massive reptilian creature and becomes the Lizard. He attacks a bridge and Peter arrives and saves everyone before Lizard escapes to the sewers. Peter is invited to dinner with Gwen's family and learns that her dad, George Stacy (Denis Leary), hates Spider-Man. Peter reveals his identity to Gwen and goes to track Lizard who is planning on weaponizing the drug that made him that way, turning all of New York City into Lizard people like him. Spider-Man

stops him, but before he can, Stacy dies and changes his mind on Spider-Man. This is a good movie that set up something great with Andrew, but was undermined by its lackluster sequel. The action scenes are cool though and Garfield is directed to fight like a spider, wrapping Lizard up in webs and there are improved stakes with him having to make more and more web fluid. The soundtrack was done by James Horner and revamps the original Danny Elfman theme. It's a good movie and different from the others, but is judged too harshly most of the time. I love the Andrew Garfield movies because of how different they are from the Raimi and MCU films. Andrew Garfield plays Peter as if he were a normal kid and while they are over the top comic book movies, they ground themselves in reality, something that gets added onto by the MCU films.

5. Spider-Man: Far From Home



This was the second solo Spider-Man film within the Marvel Cinematic Universe and Tom Holland's fourth time donning the suit for the MCU. A lot of the plot revolves around having already seen a majority of the previous MCU films, something I haven't done, so I know I've missed some important plot aspects. Anyway, the film starts with Nick Fury (Samuel L. Jackson) and Maria Hill (Cobie Smulders) fighting an Elemental, an alien figure with each one representing the elements. To help

them, Quentin Beck (Jake Gyllenhaal) shows up and is recruited by Fury to help should they attack again. On a field trip to Europe, Peter decides to reveal his attraction to MJ (Zendaya), only to be thwarted by an attack from another Elemental, this time, the Water Elemental. Once again Quentin Beck arrives and saves the day. Peter meets up with Nick Fury, who gives him Tony Stark's glasses, which have access to Stark Industry weapons, including E.D.I.T.H. Beck claims that in his dimension, The Elementals killed his family and he was performing a crusade to rid the multiverse of them. After the Fire Elemental, the final one, attacks, Peter decides to leave E.D.I.T.H in control of Quentin Beck, who goes by Mysterio now. As it turns out, Beck had worked under Tony Stark (Robert Downey JR) and was fired for being “unstable.” As it turns out, The Elementals were all highly advanced holograms and projections and now, Mysterio has access to dangerous military drones and orbital weapons. He launches them in an attack on London, which ends with Mysterio being shot in the chest by a drone. Then we get one of the coolest scenes in the movie. Mysterio surrenders the glasses back to Peter only for a single gunshot to ring out. The film cuts and the real, mortally wounded Mysterio has his arm held up as Peter uses his Spider-Sense to stop himself from being shot. The Mysterio laid up against a wall and surrendering the glasses was another projection and fades away as the real Mysterio dies, saying the most ominous last words, “People will believe anything.” The film ends with Mysterio releasing a doctored video of Peter calling the drones to attack and revealing that Peter Parker is Spider-Man. This movie was fun because of all of its twists and turns. Although some of the dialogue was kind of bland at times and the fight scenes were a little too reliant on CGI, the performances were great. The soundtrack, done by Michael Giacchino, was what you expect from a modern Marvel Movie. I enjoyed this one a lot.

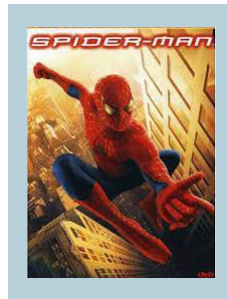
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4. Spider-Man: Homecoming

This was the first solo Spider-Man movie in the MCU and opens up right after the events of 2012's *The Avengers*. Aiden Toomes (Michael Keaton) is on the cleanup crew after the alien invasion in New York. He loses his job after Tony Stark's Department of Damage Control takes over, forcing Toomes to steal alien technology and become the arms dealer, Vulture. Peter Parker and his friend Ned Leeds (Jacob Batalon) are on the school's academic decathlon team, but Peter

quits to be Spider-Man and, hoping to eventually join the Avengers. Ned finds out and helps Peter track Aiden after finding Aiden's associates trying to sell arms to Aaron Davis (Donald Glover). Aiden finds Spider-Man and drops him into a lake, only to be saved by a remote controlled Iron Man suit. Tony Stark warns Peter not to fight Aiden and focus on helping the citizens of New York. Peter is able to place a tracker on one of the criminals and rejoins his Decathlon team for a trip to DC, because Aiden is in Maryland. While in DC, Peter and Ned remove the tracker Tony built into his Spider-Man suit. Toomes attacks a Damage Control truck and Peter ends up stuck inside of a warehouse, missing the Decathlon Tournament. He realizes that the weapons are alien technology and after a power cell from one of the weapons explodes, he has to save his classmates from inside of the Washington Monument, including his crush, Liz (Laura Harrier). Peter tracks Aiden again to a Staten Island Fairy and the arms deal is interrupted by the FBI and Spider-Man. The weapon malfunctions and splits the Ferry in half, making Spider-Man web the two halves back together. Iron Man appears and saves the ship by welding the two halves. Tony Stark appears in person and reprimands Peter, taking away his suit. Peter lives a normal life and even gets to go to a dance with Liz, whose dad is Aiden, a really cool twist that you don't see coming. In one of the coolest and most tense scenes, Aiden drops the two off at the school dance and figures out Peter is Spider-Man, making a deal with him and saying that because he saved his daughter, Aiden will let him go. Peter leaves the dance and follows Aiden, who plans on stealing Avengers weaponry from a plane. In his original, homemade suit, Spider-Man crashes the plane on a beach and saves Aiden from his flight suit, which would have exploded. Tony Stark decides to make Peter a full-time Avenger, which Peter declines. This movie is a great introduction to a different Peter Parker than Andrew or Tobey portrayed. Again, it requires some previous knowledge of the MCU, so I'm sure I missed more plot details, but stands on its own as a good Spider-Man introduction. Michael Giacchino revamped the original Spider-Man theme from the '60s and uses that in a brand new and excellent theme. This is one of my favorite Spider-Man movies and absolutely separate from the Raimi and Andrew Garfield films. These are the most grounded in reality and different because of that. They do require previous knowledge of the events of the MCU in order to truly "get" everything, but they stand perfectly fine enough as their own movies, which makes them enjoyable for everyone.

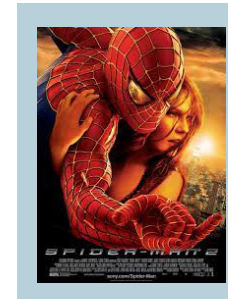
3. Spider-Man



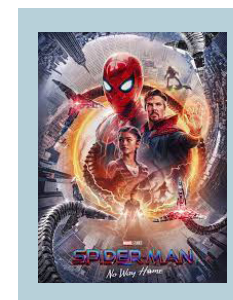
The first Tobey Maguire and Sam Raimi movies, this movie tells the origin of Spider-Man. Peter Parker is an awkward teen who works for the school newspaper. During a school field trip to Columbia University, Peter is bitten by a genetically modified spider and gains spider powers. Norman Osborn (Willem Dafoe) fails to land military funding for his experiments and uses them on himself, leading him to go insane. Uncle Ben (Cliff Robertson) urges Peter to be responsible, leading to the famous "With great power comes great responsibility." Instead, Peter signs up for an underground wrestling tournament and fights a Macho Man Randy Savage cameo. After getting cheated of his proper earnings, the fight promoter gets robbed and Peter lets the thief go, leading to Uncle Ben being carjacked and shot. Peter chases after the killer, only to find it was the same thief who robbed the promoter. In fear, the thief backs into a window and dies after falling through. Osborn attacks his opponents at Quest Aerospace and kills them. This is the first episode of the Jekyll/Hyde life of Osborn and Green Goblin. After Goblin takes over, Osborn doesn't remember any of it. Osborn is forced out of his company and assassinates the board that made the decision to force him out, only to be thwarted by Spider-Man. Goblin captures Spider-Man and tries to convince him to join his side, and Spider-Man refuses. During the fight, Peter gets his arm cut. Peter, MJ, Norman, and Harry are all invited to Thanksgiving dinner by Aunt May (Rosemary Harris). Norman sees the cut on Peter's arm and figures out his identity, leaving Osborn to plan a way to get to Peter by attacking his loved ones. Green Goblin bombs Aunt May's house and leaves her hospitalized. MJ, who was dating Harry at the time, comforts Peter by holding his hand. Harry tells his dad that Peter loves MJ and Norman figures out his next plan. He captures MJ and forces Spider-Man to choose between saving MJ or a train car full of children. Spider-Man is able to save both and is taken to an abandoned building by Green Goblin. A brutal fight ensues and Norman Osborn reveals himself as troubled, begging for forgiveness. He positions his glider behind Peter and hurtles it towards him. Peter dodges and the glider impales Norman, killing him. Peter takes Norman back to his house and is seen by Harry, who now believes Spider-Man murdered his father. At Norman's funeral, Harry swears to get revenge and MJ reveals her feelings for Peter, but Peter decides they can only remain friends so that she is safe. This movie is a great introduction to Spider-Man and was the start of the modern superhero movie. Everyone is perfectly cast, especially Tobey Maguire and Willem Dafoe, who play these creepy and over the top characters so incredibly well. You don't need too much about the hero to understand and enjoy the movie, and has an excellent soundtrack done by Danny Elfman. The movie is fantastic and one of the most influential superhero movies, holding the record for most tickets sold for a superhero/comic book movie until *The Dark Knight* in 2008. I love the Raimi trilogy because of how campy and comic book-like they are in how they're shot and edited.



2. Spider-Man 2



The second of the Raimi trilogy and Tobey Maguire films, this film is arguably the best of them. Peter Parker is slowly losing his powers and at the same time, losing MJ who is now engaged to astronaut John Jameson (Daniel Gillies) and son of Peter's boss J. Jonah (JK Simmons). Peter is introduced to Dr. Otto Octavius (Alfred Molina) to interview him for a college report. Otto is attempting to harness nuclear power and to safely do so, constructs an AI controlled set of robotic arms. The arms are a really cool construction of puppetry and were completely practical. At a demonstration of the reactor, it fails and kills Otto's wife, driving him insane, allowing the AI controlling the arms to control him. Spider-Man shuts the reactor down and retires after losing his powers for good. Peter assumes a normal life, but after the bank is robbed by Otto, Spider-Man returns and we are given the famous train sequence. Otto, now Dr. Octopus, destroys the controls of a train full of people and leaves Spider-Man to save them. Thinking quickly, Spider-Man attaches several webs to the surrounding buildings to save them from falling into a river. The event causes him to pass out and be saved by the citizens who learn his identity. They all promise not to tell. Harry Osborn, still believing that Spider-Man killed his dad, recruits Doc Ock to find Spider-Man and in exchange, Harry will give him the fuel he needs to run his fusion reactor. Harry learns Spider-Man's identity and is convinced to help stop Octavius. Unmasking himself, Peter convinces Otto to shut the reactor down and regains control of the arms, sacrificing himself by taking it into the East River. MJ learns that Peter is Spider-Man and decides to be with him again. This movie is fantastic and is definitely worth the watch. It's one of those rare movies where the sequel is better than the original and has the greatest villain with Doctor Octopus, played fantastically by Alfred Molina, who seemed to be the favorite of everyone who reviewed the movie. This film is one of the best Spider-Man pieces of media and earns its respect.



1. Spider-Man: No Way Home

I have to review this one differently. I can't talk about major plot points that happen within the film, however, I will discuss the plot points we know based on the trailers and marketing for this movie. After the events of *Far From Home*, and *Mysterio* releasing his real name, Peter Parker is living a crazy life and seeks the aid of Dr. Strange (Benedict Cumberbatch) and asks for everyone to forget his identity.

The spell goes awry and the multiverse collides, bringing back Green Goblin, Doc Ock, Sandman, Lizard and Electro, the main antagonists of the two previous film series, played by their original actors. The villains all recognize that Tom Holland's version of Peter Parker is not their version of Peter Parker. The multiverse is threatened by them being in this world. That's about all I can really say on this film without spoiling it, but do know that it is incredible and deserves the number one spot on this list

Music Picks Of The New Year

Julia Key
Reporter

The start of a new year always brings lots of fresh new music to the forefront of popular culture. There are already some great picks to this year's new music, so I've compiled this list of some of my favorites.

The first item on this list is Rex Orange County's new single "KEEP IT UP." This uplifting single was released on Jan. 26 and was his first release since 2020. This song brings together a feeling of hopelessness with an upbeat attitude, and it is definitely what we need during this most recent surge of the pandemic.

My next pick is the new St. Paul & The Broken Bones album "The Alien Coast." This is their first album release since 2018, and it differs greatly from their previous releases. This album dives deeper into the sci-fi feel they started establishing in their last album "Young Sick Camellia." The songs on the album lean less towards the jazz/funk genre of their first few releases and more towards a psychedelic soul genre. My personal favorite song on this album is "Love Letter From A Red Roof Inn." It is one of the slower and more tame songs on the album, and it definitely feels like they return to their roots in this song.

One of my favorites on this list is the album "Rose Pink Cadillac" by DOPE LEMON. He released the title track as a single in 2021 and then released the album on Jan. 7, 2022. This is his first album release

since 2019, and it is one of my favorite albums of DOPE LEMON's thus far. He sticks to the indie bedroom pop genre for this album, and includes two features. Overall I mostly just enjoy the flow of this album, it's extremely easy going, and great for a simple and fun listening experience.

Father John Misty came out with the single "Funny Girl" on Jan. 5, and it's his first release since 2020. The song brings out a more Frank Sinatra-esque version of Father John Misty, and I think my absolute favorite part of this single is the instrumental solo in the middle. This song is one of the more jazzy on the list, so if that's your sort of thing, this single is an absolute must-listen.

The next album definitely stands out. Earl Sweatshirt's "SICK!" was released on Jan. 14, and it's the artist's first album release since 2020. The album is predominantly focused on the pandemic and its effects on the world and the rapper himself. This album features a wide variety of beats, and tackles many of the issues that seem to be on his mind. My favorite song on this album was "Lye," and it had one of the best beats on the album.

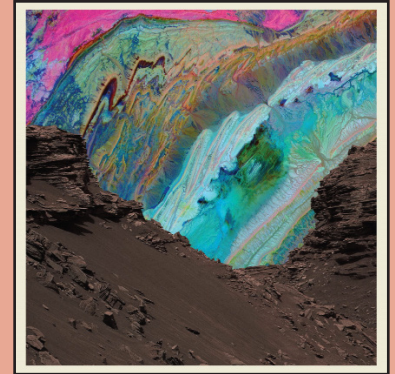
Dream pop duo Beach House just released their EP "Once Twice Melody." It is very similar to their other releases, and if you already liked Beach House, you will love this EP. "Another Go Around" was one of the better songs on the EP, it's simple but sweet, and has a great melody.

One of the best cover albums of January was "Covers" by Cat Powers. This is her second collection of covers and my personal favorite. Her bassy cover of "It Wasn't God Who Made Honky Tonk Angels" puts a new spin on the song, and her cover of "These Days" by Nico brings a whole new life to a once very worn out song.

PUP's new single "Robot Writes a Love Song" tells a great story. The first song on the single is about a heartbroken robot. It leans more towards the indie rock genre, while the second song leans more towards the hardcore rock genre, which reflects the songs lyrics about an unhealthy relationship. This single is my favorite on the list, and I really like how it tells a story throughout the two songs.

The Lumineers' new album "BRIGHTSIDE" is definitely more for the indie folk listeners, but the band explores a more pop-like sound on this album. Three of the songs on this album were released as singles in 2021, which made this album a much-awaited release. My favorite song on the album was "BIRTHDAY." It was more upbeat than the rest of the songs on the album, its lyrics were really cute and I enjoyed it a lot.

The last album on this list is "Fix Yourself, Not The World" by The Wombats. This album is very similar to the new PUP single, so if you listened to and enjoyed "Robot Writes a Love Song" you will probably like this album. This album takes on a sort of dark feeling through the titles and lyrics, but



The Alien Coast
St. Paul and the Broken Bones



Fix Yourself Not The World
The Wombats

the music throughout is generally upbeat. I really like the contrast they used between the lyrics and music on this album, especially on "Everything I Love Is Going to Die," which has an extremely nihilistic theme but the instrumentation was very upbeat and peppy.

The music from the start of this year definitely shows a trend that I think will continue. Many artists are reflecting their experience in the pandemic into their music, and this year is looking to be a more creative and explorational year for musicians and songwriters alike.

Red (Taylor's Version) Tracks Ranked

Wilson Freer Reporter

Red (Taylor's Version) was released on Nov. 12, 2021. This was the second album that Swift has re-recorded in order to own master recordings of her first six albums that were released in association with Big Machine Records (BMR). In 2019, Scooter Braun bought the company Big Machine Records for \$300 million, and therefore obtained the masters to Swift's music. Swift then left Big Machine in 2019 and ended up signing on with Universal Music Group (UMG).

As part of her new deal with UMG, she now owns the Masters to the music she releases. There are 30 songs on the album, however, I didn't rank the song "Ronan", as it is a tribute to a family that suffered the loss of their four year old son.

29.) We Are Never Ever Getting Back Together (Taylor's Version)
There's nothing really wrong with this song, it's a very iconic pop song. On the original 'Red' album, it's one of Taylor's first number one hits in the U.S., but it can get old pretty quickly. Again, it's not a bad song but it's just not as memorable.

28.) Stay Stay Stay (Taylor's Version)
The only reason this song isn't at the very bottom is that you can actually do CPR to the beat, which is quite helpful. It's a fun song overall, but the lyrics are just not up to Taylor's standards.

27.) 22 (Taylor's Version)
This song will forever be thought of when someone is turning 22, making it yet another iconic Taylor song. However, on its own it isn't a total masterpiece, even if it's an iconic fun song.

26.) I Knew You Were Trouble (Taylor's Version)
What makes this song higher on the list is the rock version that Swift performed during the 1989 World Tour and my hope that one day a recorded rock version will be released for us to stream on repeat.

25.) Girl At Home (Taylor's Version)
Unfortunately the yassification of Girl At Home was not enough to bring this song any higher in the ranking. The newer more pop-like version of the song does make it better, but at this point I feel like there was only so much Taylor could work with and could only make it so much better.

24.) Red (Taylor's Version)
This song has some good lyrics and is overall a good song that's fun to listen to, but honestly just isn't one of the special ones on the album. **23.) Everything Has Changed (feat. Ed Sheeran) (Taylor's Version)**
The storytelling of this song makes it better and their voices blend well together. However, I have to be in a very specific mood to listen to this song or else I can't listen to the whole thing. It might be due to the less upbeat feel of the song, or just the repetitiveness, but if you're in the right mood, it's a good song.

22.) Come Back...Be Here (Taylor's Version)
Truthfully, the reason this song is this low is because I really don't listen to it very frequently. It has a strong sense of longing and the lyrics are also good, but it may take some time to grow on you. The bridge of this song is one that is always something you can listen to, but the build up seems like it should lead to more than it does.

21.) Treacherous (Taylor's Version)
The lyrics of this song are really what make it special, but it can be too slow to listen to sometimes. The majority of the song is filled with a strong guitar strumming melody until about halfway through the song. I'm not sure what it is, but something about this song just doesn't hook you and it almost drags on.

20.) Holy Ground (Taylor's Version)
From the beginning of the song there is a fast paced, upbeat feeling and bright sounding lyrics. If you listen to some of the lyrics, it could actually have a much sadder meaning. But it's a fun song to listen to when you want something to keep you engaged or interested.

19.) Run (feat. Ed Sheeran) (Taylor's Version) (From the Vault)
There is no particular reason that this song is lower on the list, except that sometimes it just feels too slow. It's a great song with great lyrics and a vocal blend that works well for this type of song. It just needs more time to grow on me.

18.) State Of Grace (Acoustic Version) (Taylor's Version)
The combo of only vocals and guitar sets this song apart from others as it has an almost peaceful feel to it which lets you appreciate the lyrics much more. It's good to listen to if you're about to fall asleep or need chill music, but sometimes it's just too slow.

17.) I Almost Do (Taylor's Version)
It has good lyrics and good melody, but there isn't really anything about this song that makes it very memorable or special.

16.) Forever Winter (Taylor's Version) (From the Vault)
It's beautiful, but I think the beginning intro of this song just doesn't match the rest and it throws me off. Also, if you're really listening to the lyrics, it can be a pretty sad song which could've matched a piano accompaniment slightly better.

15.) Starlight (Taylor's Version)
This song tells a great story and it's a great song to totally jam out to and sing your heart out when you're in a good mood. But, I think the music style of this song is much more fitted to 'Speak Now', which isn't bad it just doesn't fit as much with the album.

16.) Forever Winter (Taylor's Version) (From the Vault)
It's Beautiful, but I think the beginning intro of this song just doesn't match the rest and it throws me off. Also, if you're really listening to the lyrics, it can be a pretty sad song which could've matched a piano accompaniment slightly better.

14.) The Very First Night (Taylor's Version) (From the Vault)
Once again a great song with great lyrics, but the thing that throws me off is the line, "Didn't read the note on the polaroid picture. They don't know how much I miss you." Taylor, just say her. It rhymes. It kind of messes up the flow of the song when she says that and that's why this song can't be any higher on the list.

13.) The Moment I Knew (Taylor's Version)
The Moment I Knew seems to be a very underrated song on the album and never really got the appreciation it deserves. It starts as a slower, kind of sad song telling the story of her birthday party when Jake never showed up. The chorus turns into a more pop feeling song

12.) Better Man (Taylor's Version) (From the Vault)
This song, originally written by Swift for "Red" was released by country group Little Big Town in 2016. Now it feels like we finally got the version we've been waiting for. Taylor adds the perfect feel to it with the right emotions, and her voice blends very well with the song. It is good that it's getting the appreciation it deserves.

11.) State Of Grace (Taylor's Version)
With the other aspects of this song added that are missing from the acoustic version, this version is better for all times. The lyrics still have deep meaning, but through the different tone of this version of the song, it just helps the song fit the album better.

10.) The Lucky One (Taylor's Version)
This song stands out from many of the others because it's talking about the life that Taylor grew up with and that it isn't all glory when you're very famous. The emotions in this song are conveyed through the strong lyrics she uses and just makes it that much better to listen to when you are able to appreciate the lyrics and meaning.

9.) Begin Again (Taylor's Version)
Not only does this song close the album perfectly, but it has amazing lyrics and a very good feeling. She conveys the heartbreaks she's had in the past and what it's like to finally begin again after those losses.

8.) All Too Well (Taylor's Version)
While this song is obviously written very well and is such an iconic song, it feels like some of the emotion was lost from the original version making it not have the same experience as you would if it still had the raw emotion.



7.) Message In A Bottle (Taylor's Version) (From the Vault)
I think this song really shows the transition that she was making into a full pop era. It may not have the best lyrics or vocals, but it just solidifies that she is able to flawlessly transition into another era.

6.) I Bet You Think About Me (feat. Chris Stapleton) (Taylor's Version) (From the Vault)
The very country feel was the perfect way to write this song. Right before the chorus when the music stops and all that you hear is Taylor's voice, creates the perfect build-up for the big explosion of instruments and makes it so much better.

5.) Nothing New (feat. Phoebe Bridgers) (Taylor's Version) (From the Vault)
Phoebe Bridgers was the perfect feature for this song because it is exactly her type of music and she is able to add a lot of emotion into her verse. It's a very meaningful song about getting older and changing life. Without the whole verse from Phoebe, I don't think the song would have the same emotion or meaning, which would make it lower on the list.

4.) Babe (Taylor's Version) (From the Vault)
This song has a much more upbeat sound than the lyrics actually are, however, it really works in this song's favor as it makes it really good to listen to on all occasions. The lyrics are still able to convey feelings of betrayal and pain but the music just makes it an even better song.

3.) Sad Beautiful Tragic (Taylor's Version)
The lyrics of this song are what make it so special. It's saying that just because something didn't end happily, doesn't mean that it wasn't special or meaningful. It arguably has some of the strongest emotions on this album as it could be about her own parents.

2.) The Last Time (feat. Gary Lightbody) (Taylor's Version)
I think that the voices of Gary Lightbody and Taylor blend perfectly to create an extremely emotional and powerful song about finally ending something, after going back to it time and time again. The background music also adds another level of emotion to the song which makes it even better.

1.) All Too Well (10 Minute Version) (Taylor's Version) (From the Vault)
It's not really a surprise that this song is number one on the list. From the lyrics to the vocals, this song is absolutely amazing. Even though it is long, this allows space for more lyrics that add so much to the song and take it to the next level. The short film also allows for another view as to what took place and, yet again, adds more emotion. Between the lyrics and the instrumentals, this song perfectly encapsulates the magic of Swift's music.

TikTok Trends Influence Popular Culture

Asa Stuart
Reporter

While scrolling through TikTok you hear many different people, sounds, and songs. Trending audios change every week, with a new one popping up and going viral every day. Songs that trend go big off the app, topping charts such as the Billboard 100, or with the artists gaining more followers or streams than ever before. Songs made years or decades ago can regain recognition or rise back up on the charts after going viral on TikTok.

Artists like Fleetwood Mac, who were already very well known, became viral again with Nathan Apodaca, known on TikTok as “420dogface208,” made a video showing him skateboarding and drinking Ocean Spray’s cranberry juice to Fleetwood Mac’s song “Dreams.”

On music apps such as Spotify or Apple, there are playlists made, such as Spotify’s “Teen Beats” or “Big on the Internet,” or “Viral Hits” that are based on trending TikTok songs. On Soundcloud, another music app, you can find the sped-up or slowed-down versions of songs, which are commonly used in videos.

Many sounds on TikTok are edited songs, either with other songs or with trending audios. Mashups include artist CupcakKe’s song “CPR” and Maroon 5’s “Misery mixed together and the occasional addition of the iconic Reece’s Puffs song.

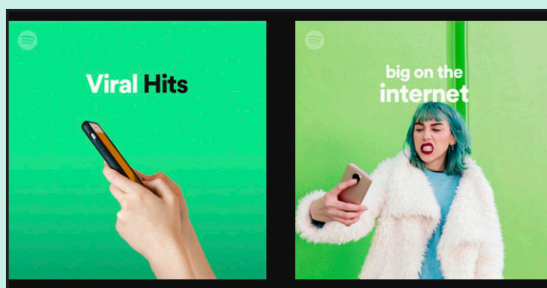
Songs created years ago such as Yung Lean’s “Ginseng Strip 2002,” which went viral earlier this month, was released in 2013, but as of January 2022, has 66 million listens on Spotify alone. Popular singer and rappers such as Nicki Minaj, Jason Derulo, and Kesha, often have songs going viral, such as “Backstabber” by Kesha, which recently blew up, and B.O.B and Nicki Minaj’s “Out of My Mind,” which blew up due to Minaj’s rap.

TikTok is a great way for new artists to promote their music, with the possibility of going viral being one video away. Artists are discovered every day, with some of the most famous being Meghan

Thee Stallion, Lil Nas X, whose “Old Town Road” was an instant hit, and Doja Cat. These artists were already well known, but after blowing up on TikTok with dance challenges and trending audios, they sky rocketed.

With all the songs and artists promoting on TikTok, it’s natural for some users to get tired of all the new artists and sounds. “It’s disappointing hearing the full song off of TikTok because the only catchy part is what’s used in the video, and that’s usually only 15 seconds long,” said Kadija LaTrielle-Marsh, a junior at Hellgate.

Because videos on TikTok are usually 15-30 seconds long, artists will choose the best part, or the part most likely to go viral on the app. For every song that is overplayed or overhyped there are “multiple great tracks by artists you have never heard of. It’s awesome that a platform like TikTok exists for smaller artists to share their work, even if they don’t have a large following or label yet. TikTok seems to make success in music a lot more feasible for artists just starting out,” said Claire Kinderwater, a sophomore.



Spotify’s TikTok inspired playlists.
Photo courtesy of Spotify.

The artists or bands that run their own accounts to gain a following “are some of the funniest on TikTok, and that’s probably part of the reason that viewers take to their music,” said Kinderwater.

With new trends, music, and fashion blowing up on TikTok every week, micro trends were bound to happen. The changing styles and



Patchwork jeans are one of the many TikTok micro-trends.
Photo courtesy of Asos.

wants of people on the internet change so often, that brands can’t keep up with the demand.

Often stores will have trends from the past month in stores as another trend is blowing up. With the demand for the fast changing styles, fast fashion has become an even larger problem. Stores such as H&M, Zara, Urban Outfitters, and Shein are all labeled as fast fashion, as they replicate recent trends and high fashion designs and mass produce clothes as fast as possible while demand is at its highest.

These brands are faced with the decision to stay up to date with the ever changing demand of micro-trends, or risk being behind, and potentially losing customers. The same goes to consumers, if you don’t participate in the newest trend you risk being labeled out of date.

Micro trends include the hibiscus print from summer 2021, patchwork jeans, sweater vests, cargo pants, and the Prada nylon bag.

Higher end brands such as Dior and Gucci have a presence on TikTok as an effort to cater to younger consumers and their wants.

Most new music and fashion stems from TikTok influence, which shows the affect one app can have on the entire world.

Hellgate Girls Wrestling Gains Numbers

**Bee DePuy
and
Liz Gray**
Guest Writers

On the Hellgate wrestling team there are 8 female wrestlers: Liz Gray, Bee DePuy, Aspen Murphy, Taylor Chamberlain, McKenna

Schmaus, Lucy Andrew, Hailey Tuhy and Kai Steinberg. This season they trained 5 days a week for 2.5 hours every day. Training consists of cardio, stretching, drilling and live matches against each other.

The head coach, John Smith, also known as Smitty, explained how girls wrestling has changed in the last several years: "With the international wrestling getting so big it's changed in the United States where more girls are becoming interested in the sport and they are growing really quickly, the numbers, and it's getting so big in the United States that major colleges around the country are starting girls wrestling now."

Assistant coach Jaden LaBare also addressed how girls wrestling has changed in the last several years. "With my experience in the last two years of coaching from when I wrestled in 2012, I would say girls wrestling has changed miraculously by the amount of girls wrestling. When I wrestled there were only three girls in our state that wrestled, and now at one singular tournament there can be up to 160...I think more girls have come out because the non-intimidation of wrestling guys; I think that that plays a lot into it, the fact that they get to wrestle girls."

The wrestling program has experienced some changes with the increase in girls wrestling. "I think that the program has changed [with] more equality as far as girls when it comes down to tournaments. I used to change in a linen closet, that's where we weighed in at, and now girls get to be in the gym weighing in with the boys, which is a huge change, there's an actual locker room that we can go into," said LaBare.

Referee Omaste Win echoed the changes that came as the numbers of female wrestlers increased. "Just 2 years ago girls were wrestling boys to even compete at the state the level. A lot has changed over the years starting in 2017 when the number of girls started to increase, it started to become normalized when a girl would be wrestling for an all guys team in Montana."

Hellgate wrestler Bee DePuy said, "You may ask why I do wrestling, the main reason is because it makes me feel good about my body. I feel



Hellgate High School held their first ever all-girls tournament on Jan. 15, 2022.

Photo courtesy of Bee DePuy.

strong and powerful. The relationships you make on your team are also amazing. Wrestling for me also gets a lot of built up anger and emotions out - the aggressive act of fighting someone and pinning them to the mat is oddly therapeutic. Wrestling is the hardest physical and mental thing I've ever done. You have to be strong headed and strong willed. The growth I've made since I started wrestling is one of the coolest things to me."

Another wrestler, Liz Gray, said, "I found a sport that is physically and mentally challenging, and there is no set way for the matches to go. Through wrestling I have learned that no matter how hard you may work there is someone working harder and in order to beat the best you have to train harder than they are. Wrestling is not for the faint hearted. Wrestlers may be physically strong but they are also mentally strong."

All involved have strong hopes for the future. "With the second sanctioned season getting ready to come to an end for girls, I can tell you the number of girls increased, [they] are able to have whole tournaments as well as have a conjoined state with the boys at the metra in Billings. I don't think the program is changing, I think it's improving and still has a long way to go. More girls are getting exposed to the world of wrestling, they are becoming passionate about the sport. With more girls joining, many programs around the states will build a legacy of girls wrestling and I just hope it continues for years after," said Win.

Hellgate Wins the Golden Goat for the Third Time

Gabi Wilson
Reporter

From Feb. 7-11, 2022, Hellgate showed off their school spirit in the lead-up to the annual Golden Goat basketball game. Monday was a normal day as the spirit officially started on Tuesday with “bring anything but a backpack” day. Students were encouraged to carry their books in anything but a backpack. Those who participated showed up with suitcases, recycling bins, pillow cases, crockpots, laundry baskets, trash cans and more. Everyone was very creative with their non-backpacks.

Wednesday was “red and gold” day. The halls were filled with red and gold as the students showed up in their best school colors. There were gold pants, red and gold beads and glitter everywhere.

Thursday was “beach out” where people dressed in beach clothes. Students and teachers were dressed in their best floral patterns and shorts. They were “freezin’ for a reason,” and students from each class were dunked in tubs of ice during lunch to support the Poverello Center.

Friday was the day we were all waiting for for weeks, GOLDEN GOAT! Almost everyone showed up in their Golden Goat shirts and many wore hefty snow gear to school to support the Winter Olympics theme. After school, everyone gathered at the Adams Center at 5:00 p.m. for some pregame activities.

The first game started at 6:00 p.m. with the Sentinel and Hellgate girls playing each other. The Zoo Crew, cheer team, dance team and teachers for Hellgate performed at halftime with an enchanting performance. The Hellgate girls won with a score of 52 to 31.

Next was the boys game, with Sentinel and Hellgate boys ready to compete. Zoo Crew, cheer team, dance team and teachers came back for another performance during halftime. The Hellgate boys won with a score of 45 to 32. The Hellgate Knights won Gertie the Golden Goat with a spirit score of 438 to 412.

Ian Rasmussen, a junior at Hellgate, enjoyed the game from the student section. He said, “I think spirit week was fun and it definitely led to more hype for the Goat Game which everyone loved.”



Zoo Crew members: Connor Jordan, Lindsey Woody, Marcus Anderson, Crystal Priske, Clara Tallent (left to right) and Lydia Barrow (center) pose with Gertie after winning the Golden Goat.
Photo courtesy of Clara Tallent.

When asked which spirit day was his favorite, he responded, “My favorite day was definitely beach out or bring anything but a backpack day, except I brought a bucket and it started to get annoying quick.”

He went on to talk about the student section saying, “The student section was so dope at the game. We turned up and we beat Sentinel which is always nice. My favorite part was when they announced that we won, or coming into the stadium.” When asked if he thought we would win, he confidently responded, “Oh I thought we would win 100% and once we won, it was game time to rush the court and give Gertie a kiss.”

Mia Jakob was also in the student section and got to have a front row view as a senior. She said, “This year’s spirit week was extra fun because of the out-of-box spirit days.” When going on to talk about the game, she said, “I was so happy to see our student section give it their all at the game. I was ecstatic we won for our senior year. It was a super fun experience overall and I loved our theme. Hopefully we can keep Gertie safe and at home in the years to come.”

Brogan Callaghan, a senior at Hellgate and the Student Body Vice President, got to experience the game from the court. When talking about spirit week, he said, “Spirit week was super exciting and fun. It was awesome to see all of the participation every day and I think it showed how strong our school spirit is. My favorite day was definitely anything but a backpack, there were some super creative ones.”

When going on to talk about the game, he responded, “The game itself was insanely fun. Our student section was super loud and it really helped us on the court. It always feels good to beat Sentinel and even better to win both games and Gertie. I didn’t think there was any way we could have lost because we were better than Sentinel in every way.” He added, “I’m honored to be in the class that never lost Gertie.”

Braydie Neil, a freshman at Sentinel, said, “My experience as a freshman being a part of the Goat was really fun. It definitely created some memories I will never forget. My favorite part of the game was cheering as loud as I could and even though we lost it was still fun to be a part of.” When asked about the whole Big Sky deal, Neil responded, “I think it’s stupid. Hellgate and Sentinel have always played each other until Big Sky wanted to, which I understand but I guess I was wanting to be a part of it next year.” It is a bummer for the Sentinel students who will not be able to participate in the Golden Goat next year, as the winner gets to play Big Sky next year.

Neil continued, “I had so much fun and it was fun being with friends. Everyone was connected with each other just having a good time. That’s what I’ll miss next year. I think Sentinel did a good job of trying not to swear or boo but sometimes it was hard not to, but we still did good.” When asked what Sentinel could have done a better job of, she responded with, “I think we could have done a better job of creating more chants and everyone yelling and getting hype. I’m honestly sad about the outcome. I really wanted to be a part of the GOAT again next year. In the end, it was fun and a good experience. The Sentinel crowd was bummed but I think we took it well and got over it.”

Alta Murray, a senior and the Sentinel Student Body President, said, “Sentinel’s reaction to losing was pretty disappointing. Our entire student section, parents, teachers all thought we did as much as we could. Everyone realized that no matter what we did we couldn’t have won by losing by that much. It just kind of overall sucked. It showed that even though our student section was louder, the basketball games just really influenced decisions because we were down by 15, but still cheering and that was enough.”



A view of the “lighting of the torch” during the first halftime from the Hellgate parents section.
Photo courtesy of Carson Marshall.

When going on to talk about her own experience with Golden Goat, she said, “My experience was pretty hectic. My life revolved around it for two weeks through news interviews, getting supplies, making videos for our school, emailing people, getting everyone excited, making signs, posting cheer videos. It was a lot, but I loved being there and it made some good memories. I lost my voice and cheered my heart out. Our whole front rows of the student section were a lot of seniors and we all worked together to help make the cheers as best as they could be.”

When asked what Sentinel did well on, Murray responded, “I think Sentinel did well on cheering. We’re never that positive. We received so much good feedback about how impressive we were. Even though we were down by so much we were still cheering on our team and saying “We still love you!” I think we did well on the halftime performance including parents, teachers, kids, future and past alumni.”

When talking about the outcome she responded, “I didn’t think the outcome was fair. I think Gertie should have gone to Sentinel. I don’t think in two years when we get the Goat back it’s going to be anything like this unfortunately due to the decision that was made this year.” Murray went on to talk about Big Sky’s involvement in the Golden Goat saying, “I think Big Sky should not be in the Golden Goat. Unfortunately that was not my call. It almost was canceled and the student body from both Sentinel and Hellgate came together to help fight that and ended up winning. There’s no way that Big Sky is going to make it as fun.”

When talking about what Sentinel could have done better, she said, “I think Sentinel could have had a better dance team halftime performance. I think they could have incorporated the theme a little more. I think we could have been more together overall.” She finished with, “I think overall the Golden Goat was super fun and I’m so glad we got to do it. I loved our beach theme and thought it was super nice especially because it was so hot in the gym.”

Spirit week was wrapped up with a winter dance hosted by the National Honor Society on Saturday. Many students showed up and had a blast with some fantastic music and dancing. Spirit week and the Golden Goat was a crazy experience that many at Hellgate will never forget. Congratulations to everyone who showed up and brought Gertie back home. Go Knights!

Rise in River Surfing Threatens the Community at Brennan's Wave

Win Duerk
Reporter

As you may know, river surfing has become a rising sport among the river community in Missoula. Origins of the sport are widely debated, and while it is impossible to know where the sport truly originated, river surfing on standing waves has been documented as far back as the early 1970s in Munich Germany on the Eisbach.

In North America, river surfing most likely originated on the Snake River near Jackson Hole, WY. Nevertheless Montanans are some of the earliest river runners to pioneer the sport.

For those unfamiliar with how it works, the wave is formed from a high volume of water rapidly running over a drop on a constricted section of river. The quality of the river wave varies based on many factors, primarily the amount of flow and water level as it runs over a drop in the river.

In Missoula, most surfers ride Brennan's Wave. It used to be a dangerous hydraulic only played on by kayakers. In 2006, debris was removed from the site and rocks were placed in the river making

two waves that many Missoulians have grown to love ever since.

In recent years, many new surfers have been drawn to Brennan's wave wanting to join the sport. While many surf breaks on the coasts have developed a serious localism vibe, the Missoula river community has remained accepting and inclusive of anyone wanting to experience the excitement of the outdoors. As other surf spots around the globe have been overrun by crowds, the Missoula river community will soon be put to the test on whether we can remain supportive, or if we will succumb to frustration and become sour towards newcomers.

Ollie Long has been river surfing for a long time and noticed a large increase in the number of surfers at Brennan's Wave "in recent years," and thinks that expanding upon different wave options could be a solution to beating the crowds.

Long said, "There is a point where you would get too many people but sometimes it's the more the merrier but there are things you can do to prevent overcrowdedness, like other waves and

making sure people get their time on the wave."

Henry Naughton, a sophomore at Hellgate who has been surfing for two years, said, "It's a fairly intimidating atmosphere at first but once you get to know the people, they really come around to you and you just have fun out there." Although he was naturally intimidated at first, Naughton's perspective shows the extent to which everyone is nice to each other from underclassmen at Hellgate to old men.

Other Hellgate surfers, Conor McMahon, Simon Wilson, Hailey Flamand and Lars Thorne-Thomsen, have all noticed that there has been a large rise in the number of surfers at the wave. Hellgate river surfers all think the way to avoid the inevitable overcrowdedness could be solved with the creation of Max Wave near Ogren Park and Broadway Island.

As the threat of losing the supportive atmosphere at the wave is not ideal, a new wave is sure to protect the supportive environment at Brennan's wave and keep the Missoula river surfing community happy.



Win Duerk on the Snake River
Courtesy of Adam Duerk



Tristan Richter, Chris Ledyard, Win Duerk, Simon Wilson and Jack Duerk surfing at Brennan's Wave.
Courtesy of Adam Duerk.

Cyclocross Racer Elsa Westenfelder Competes Worldwide

Maggie Vann
Co-Editor

When thinking about a high school athlete, some sports that come to mind may include volleyball, football, basketball or track. However, rarely does the sport cyclocross pop into one's head. Elsa Westenfelder blows high school sport stereotypes out of this world as she navigates her bike on both paved and unpaved roads, conquers hurdles while lifting her 15lb steed, climbs stairs and hills and traverses other obstacles.

Ever since the high school junior was eight or nine years old, Westenfelder was immersed in this marriage of mountain biking and road biking. She said, "We have a great cyclocross community here in Missoula, and it was easy to get into because of that."

Westenfelder decided to immerse herself in the unique sport, "because it's incredibly physically demanding, but also very technical, with many different features like tight corners and off-camber descents. I really enjoy pushing myself physically and mentally, and cyclocross is a combination of those."

The modified road bike used for cyclocross has skinnier, knobby tires and slightly different geometry. Because of the rough terrain, if Westenfelder requires a bike with a different tire pressure or if her bike is having

mechanical issues during the race, another bike is on-site ready for her to exchange and continue her trek.

The closed circuit races last anywhere from 40 minutes to an hour and her season lasts from September to February. Although the season is limited to these five months, Westenfelder trains throughout the entire year. Whether she is riding a stationary bike, running or Nordic Skiing during the winter months or mountain biking and road racing during the spring months, Westenfelder focuses on "getting in lots of miles and time on the bike."

During Hellgate's winter break, Westenfelder competed at the highest level possible for her age group at the Namur and Dendermonde World Cups, the Zolder-Heusden Superprestige and the GP Sven Nys in Belgium. She competed in five races during the three and a half week time span and placed 26th at Namur, 20th at Dendermonde, 14th at Zolder-Heusden and 12th at GP Sven Nys.

After racing in Belgium Westenfelder was asked to compete with Team USA in the Cyclocross World Championship in Fayetteville, Arkansas on Jan. 29. She placed 24th for her 16 and 17 year old age group and 9th for 16 year olds. Westenfelder has many aspirations for her future in cyclocross and stated, "Next year I'd like to travel to Europe again for the Christmas Block and race there. I'd also love to make the Worlds team again." Her main goal for the sport is to improve her European race results because, unfortunately, cyclocross isn't an Olympic sport. However, she said, "In the long-term, a World Cup or World Championships podium would be very cool."

In a sport that is this physically demanding, the thought of giving up would run through the minds of almost any competitor. However, Westenfelder pushes through these barriers and said, "During a race, I always try to focus on what's in-front of me. It can be mentally really difficult to keep pushing, but at the finish you can always be happy if you give it your best effort in the race."

Although Westenfelder seems to be made for the world of cyclocross, she said, "My biggest influences in the sport are probably my dad and my coach. They have been super supportive this year, and traveled all around



Westenfelder races at the X20 Trofee Loenhout.
Photo courtesy of Balint Hamvas.

the US for races. I definitely would not be where I am now without their support."

Westenfelder is an inspiration for not just high school athletes, but also anyone working to achieve their athletic goals. If everyone pictured the small goals she sets for herself, such as, "Catch the rider in front of you" or, "Go as hard as you can up this run-up", then more individuals would be able to achieve not only their athletic potential, but also lifelong potential.



Westenfelder carries her bike on her shoulder at the Namur World Cup.
Photo courtesy of Balint Hamvas.



Westenfelder overcomes one of the many hill obstacles during her race.
Photo courtesy of Ethan Glading

Knights Basketball Continues Great Season

Darian Davalos
Reporter

Hellgate Knights Basketball is approaching the end of their season. Let's take a look at how the teams have done so far.

After a 0-1 start on the season, the Knights fell short to Billings Senior in a nail-biting ending going 54-56 in Billings. With a rough start to the season, the Knights tied their record against Skyview in their first win of the season going 49-43 at home.

With the exceptional core of the Knights, the team consists

of lots of young talent, including freshman Easton Sant, who the student section can't get enough of. Senior center, Tommy Nilson, said, "I think it's been a fun season so far. We've proven that we're a great team when we play together."

As for the Lady Knights, they have been having a record season. The Lady Knights are currently undefeated. They rank 1st in the state and defended this title after playing the Spartans at the Golden Goat game.

Griffin Kinch, senior and center for the Knights said before the GOAT game, "For

games like these, there is a lot of anticipation. That being said, I think the crowd will bring the energy so there's no need for us to overhype ourselves. It's gonna be a fun, memorable time regardless, and hopefully a great final Goat Game for us seniors."

Hellgate Knights won both basketball games against Sentinel and hope to continue their winning streak throughout the rest of the season.

The Hellgate teams have high hopes for the State tournament, which will be held March 10-12.



Photos by Ali Caudle.



Op-Ed: Sexism Still Prominent in Sports

Eliza Quackenbush
Guest Writer

and watched for a longer period of time and because our society is filled with sexist undertones?

Women's soccer versus men's soccer is a great example of that. The women's US team has won many World Cups and always places high in the tournament while the men's has never gotten that far. The women's World Cup series brings in more revenue than the men's, yet they are still paid significantly less.

Kevin Green replied to a comment asking why women were still paid less, after they won the World Cup, saying, "REVENUE. Why is this so hard to understand? It is embarrassing." But he was incorrect when looking at the numbers, and contradicting him helps the fight for equal pay.

Statistically the "Women's USA soccer players make about \$25,000 - \$85,000 per season, while the average is around \$40,000 for women," according to the John Jay Office of Undergraduate Research. Professional soccer salaries for men are much different. They range from \$50,000 to \$300,000 per player, per week. The average appears to be around \$50,000 per week, with many players earning above and beyond that.

This has gone on for a long time in our society, and it is time for a change.

The difference in pay between women's and men's sports shows that there is a bigger pull to male sports, but why? Is it because male sports have been dominated

There is the same level of physical exertion and commitment to the game from the women, so it is only fair that there is significant change in the pay gap.

There are many recurring things, like the women's soccer US national team, that have brought the eyes of many fans, and still there are men making twice if not three times as much for losing a game, than women for winning.

As a competitive female athlete, along with many inspirational players and people in our society, there is a communal agreement that change needs to be made. Girls have dreams to become professional athletes and work as hard as possible to get there, so to give them less than they deserve for putting in the equal amount of work is practically the definition of unfair.

As women and girls continue to strive for excellence, there should be a reward. Professional female athletes have to have other jobs just to stay up financially, while trying to stay in shape and keep up with their sports season. They have to go to school and take academically challenging classes so there is a cushion for when they stop playing competitively, and they need another job because their athletic career did not offer enough support.

For example, to make a living as a women's soccer player, you have to sign sponsorship deals with big companies like Nike and Adidas, to bring in steady income. Co-captain of the US Women's National Soccer Team, Megan Rapino states, "Someday a women's goal will be worth as much as a man's".

QUIZ: Which Hellgate teacher are you the most like?

Answer the questions, then see which teacher your responses line up with the most!

What is your favorite activity outside of school?

- a. Playing with my dog and being with family
- b. Running trails in the mountains
- c. Hiking Mount Sentinel
- d. Hanging out with family and friends, playing board games

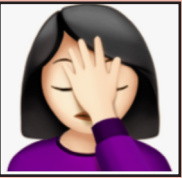



What is your dream vacation location?

- a. A European adventure!
- b. Bhutan, Tibet, or Nepal and travel extensively by bike or on foot
- c. Byron Bay, Australia
- d. A tour of ancient historical sites: the Pyramids, the Parthenon & the Colosseum

If you wrote a book, what genre would it be?

- a. A collection of theories about random things
- b. Definitely a non-fiction science book
- c. Crime or homicide
- d. Satire or comedy - probably about teaching!

What is your favorite emoji?

- a. 
- b. 
- c. 
- d. 

If you could spend a day with somebody famous, who would it be?

- a. Tom Brady the G.O.A.T.
- b. E. O. Wilson or Jane Goodall
- c. Alan Page - former NFL MVP and Supreme Court Justice in Minnesota
- d. Keanu Reeves. He seems like such a cool and down to earth guy

What is your favorite ice cream flavor?

- a. White Mint Oreo
- b. Something fresh like tangerine
- c. Orange Sherbert
- d. Neopolitan, but with all the flavors mixed completely together

What was your favorite subject when you were in high school?

- a. English with Ms. Hinman
- b. Science! Specifically Advanced Research Biology
- c. Math (of course)
- d. U.S. History!

Where is the best place in Montana?

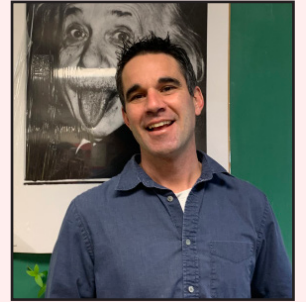
- a. Anywhere with good friends (except Eastern Montana)
- b. Anywhere on a remote ridgeline or mountain lake basin in the Swan, Missions, or mountains of Glacier
- c. Flathead Lake
- d. Hellgate High School

Mostly A's?



Ashley Wineman, English

Mostly B's?



Patrick Murphy, Science

Mostly C's?



Jeff Dohn, Math

Mostly D's?



Lindsey Thompson, History

Designed by Ali Caudle