



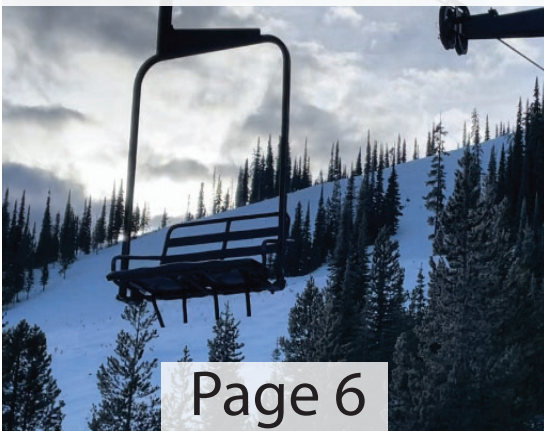
The Hellgate Lance

Building a Legacy: GOAT 2024



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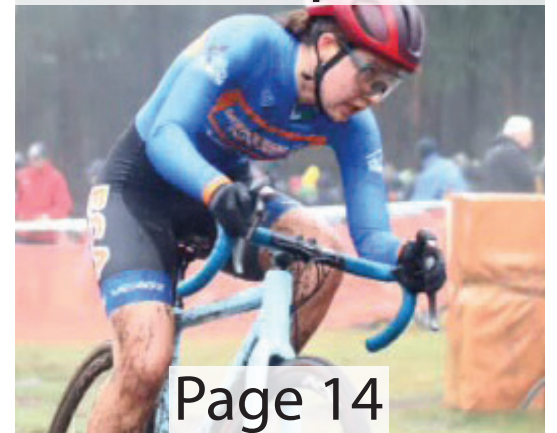
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Snow in Montana in Relation to Global Climate Change

Amity Rogalski
Reporter

This year, it seems that Montana has had a surprising lack of winter precipitation, heavily limiting winter sports like skiing and snowboarding. This is particularly shocking to Montanans, given the typical weather patterns of lots of snow and frigid temperatures. While it is predicted to snow somewhat heavily soon, it is late in the season to see winter weather.

Sarah Craig, Hellgate junior, said, "It's really disappointing," referring to the inability to partake in winter sports due to the lack of precipitation. She said she was looking forward to the accumulated snow for the holidays, but did not get a chance to enjoy it.

"We should probably think about how this relates to climate change, though. To a point, I feel that we are somewhat responsible for the change in weather. As climate change continues, we see stranger weather patterns like extreme storms. The unseasonal lack of precipitation in Montana should not be ruled out as a result of the climate crisis," Craig said. She said that this is not a simple weather phenomenon and is most likely linked to global heating and the change of climate.

Peter Nelson, Hellgate junior, also said, "We really have to think about the consequences of our actions. It really sucks that skiing and snowboarding aren't really available right now, but the climate is changing and there's not very much we can do to stop it." He said that it is unfortunate on both accounts and that the changes in weather can change aspects of the state that are very important to the local culture and community.

"It makes you kind of realize how climate change can affect us where we are, even though our state doesn't emit very

many greenhouse gasses," Craig said. This has made some realize how climate change is truly impactful on a global scale, though we have not seen the results largely in Montana.

Hazel Black, another Hellgate student, said, "It's definitely an issue, for sure. The less snow that we're getting in the winter is going to result in increased forest fires this summer. I expect that it's going to be very smokey. Also, just in general, less snow and the warming of the planet is not good for the environment and the animals that live in it." She said that she thinks that it is important in relation to global climate change, as well as state-wide life and activity during the winter and is curious what precipitation in future years in Montana will look like.

This late winter is also historically shown to give Montanans a cold and snowy spring. Due to previous weather patterns, it can be predicted that it will be a long winter and a short spring.

"I know in Montana, specifically, there's been a lot of lack of snow and in other places there's been other types of precipitation, but I definitely think that such a difference kind of draws awareness to it and I definitely hope there's something we can do," said Black. She said that she definitely thinks that this pertains to a global issue and also brings attention to the issue on a local level. Given that Montana is a state especially enamored with wildlife and their natural surroundings, it is important to think about the effects that human life could have on our local scenery and habitat.

Though the United States hasn't seen the worst of the results of climate change, especially in the state of Montana, the lack of snow truly raises several questions and possible explanations as for how weather patterns will change and how it will affect local communities.

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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.



Missoula in December. Photo by Amity Rogalski.

Missoula Poplar Tree Project Faces Rocky End

Ila Bell
Editor-in-Chief

Across from the Reserve Street Walmart 90,000 poplar trees sit untouched and dying as the urban sustainability project went awry. The 130 acres of trees are used to filter out unwanted nutrients from entering the Clark Fork River from waste. Despite the short-found success of the sustainability goals, the original plan to sell the poplar trees has fallen through; they are now set to become mulch.

“They were meant to be harvested when they matured, and yet there’s not much of a local market for them anymore,” said Vicki Watson, Environmental Studies professor at the University of Montana, who has been involved in this project for several years. “The trees are reaching maturity and starting to die.”

In the early 2000s when the idea of planting poplar trees emerged, Tom Platt, founder of the idea, was banking on a way to sell the lumber. However since then, the poplar wood market has crashed, leaving no plan for the 90,000 trees.

With an initial hope of harvesting and selling the trees in 2017, the poplars are now seven years past their expiration date according to Watershed Consulting, a manager of the project.

“They need to be harvested quickly,” said Watson, but the managers of the project are scratching their heads with what exactly to do with them.

The project began in 2004, with goals of avoiding algae blooms and other environmental problems in the Clark Fork River. The actual filtering of the wastewater did not begin until 2014. While successful in preventing nitrogen and phosphorus from entering the river, the end goal of the project—selling the trees—proved to be more difficult than anticipated.

Hybrid Energy Group was a main leader in the project. However, since Missoula representative for the company, Tom Platt, passed away last year, the backup plan for the trees is blurry.

The tree plant is irrigated with treated wastewater, used to filter out unwanted nutrients from the Clark Fork River. The 10 years of filtering the trees provided was a major success. “The primary purpose of the project was to divert 1 million gallons per day of nutrient-rich water from the Clark Fork River and the project has certainly accomplished that. If Tom’s and other’s crystal balls were more clear, perhaps they would have chosen a different crop than poplars,” said Logan Mcinnis, Public Works & Mobility Deputy Director of Utilities for Missoula and current project manager.

According to the City of Missoula, in the growing season the poplar trees filter out 10,918 pounds of nitrogen and around 660 pounds of phosphorus from the river.

The city and other leaders in poplar tree farm are working to find solutions for the trees while trying to not counteract the environmental progress made over the last 10 years. “When you’re really trying to shrink your carbon footprint— that’s what you’re trying to do, not make money— you think, ‘God, everything we do burns a bunch of carbon,’” said Watson.

“Tom Platt pursued this idea of land application, but this time he was saying let’s grow trees. He said then we’d also be storing a lot of carbon and when we sold the trees for lumber, then we would recoup some of the cost,” Watson said. Platt went around talking to farmers until he found a group of farmers willing to lease their land. “He proposed using the hybrid poplars because they grow really fast.”

Uses for poplar trees are limited with their small lumbar capabilities. “The city will be conducting studies this year on the various uses of the trees,” said Watson. Mulch is likely where the poplars will be headed once removed in the coming years. She said that there are too many trees to be sold at once, the market cannot support a heavy influx of poplar and a sudden loss of it. Although there is still a hope of finding a buyer for the wood.

“If we could harvest, I don’t know, 5 to 10 percent a year there would be sufficient demand for that, but we don’t have the time,” Watson said. “What they’re good for is pulp, but we don’t have a pulp mill anymore.”

The 130 acres of land on Mullen has various visions for the future. As the land was previously leased, the original idea of growing a quick-to-harvest crop was central so that the project could be completed before the end of the lease. However, since the city’s purchasing of the land, it has been determined that it will not be sold for development, a major win for the project coordinators. “The city was able to acquire that land and so it will theoretically always be available for land application,” said Watson. “We’re glad that it won’t be developed now.”

Crops of different types are being discussed



Entrance to poplar tree area off of Mullen. Photo by Ila Bell.

for the future use of the land. Alfalfa was a crop that was considered in the beginning stages of the poplar plant but not chosen. “The city will likely go back to the idea of growing alfalfa.” Alfalfa is the most beneficial option, as it is supported by the local market, and it is less expensive to irrigate.

In retrospect, the city and leaders of the project see it as an experiment, with both pros and cons. “I think the project was and is successful. There are always going to be risks present when you are working on innovative ideas. It is critical to the future of the Clark Fork River and the City’s wastewater utility that we continue to look for ways to expand our land application systems and we have learned a lot from our experience at the poplar farm,” said Mcinnis.

Watson furthered that idea. “It was an experiment. The trees did store a lot of carbon, they used a lot of treated waste, but they did use a costly irrigation system, and the local market cannot absorb a lot of trees in a short time.”

The poplar farm will serve as a learning experience for future urban sustainability projects. “I do think that in general as we plan for future sustainability projects, we have to be cognizant of risks and have contingency plans when things don’t go as planned,” said Mcinnis.

The exact future of the trees is still yet to be determined as the new year begins. Mcinnis is heading a committee of people interested in the future of the land and the trees as well as sustainability efforts through Missoula.



Missoula’s poplar tree farm reaches maturity as the trees need removal, leaving project leaders stumped. Photo by Ila Bell

Garden City Grumblings

Joaquin Brodie
Reporter

When cities choose an epithet, sobriquet, or nickname, they do so for a reason. It shows that their city means something and illustrates its most famous aspect. This is why Denver, standing at 5280 feet above sea level, was branded the Mile High City. Or why Seattle, one of the most rainy and green cities in America, is called the Emerald City. Unfortunately, here in Missoula, we have a far more generic title, Garden City.

For starters, Garden City is hardly a unique name, in fact, there is an entire Wikipedia page dedicated to garden cities, boasting over 20 just in America. We here in Missoula don't even make the list. Most of these cities were actually given the name Garden City. Yet Missoula has always been more unique than this. Our name itself is almost totally unique. With Missoula, Montana, being the only place with the name Missoula in the entire world, according to Google Earth. Furthermore, our name is derived from the Salish "place of frozen water", which is a pretty good epithet in itself. Even our unofficial name, Zootown, which comes directly from our name, is almost entirely unique. We are a city with

breathtaking mountains, a wealth of history, and a plethora of native wildlife and plants. We are so popular that people are flocking to Missoula from across the country. We are a sanctuary city that has accepted many refugees and immigrants. There are so many better things we could be known for, a city of inclusion, a city of trees, the golden city, even our less formal Zootown would work. This is almost certainly not simply because we have a good garden.

While according to Missoula history sites such as Make It Missoula claim that our nickname was derived from our multitude of soil which helped provide for miners, as well as allowing a multitude of gardens to grow, this town also had a rich history long before, and after this point which are completely ignored by this nickname.

So, I urge you all to consider, whether such a unique, individual, and beautiful city as ours, should truly be given such a substandard epithet.



Image showing many other aspects that makes Missoula unique. Photo courtesy of Olga Helmy.

Looking Forward to Senior Spring

Evyn Good
Reporter

It is about to be the best time of the year for every senior: senior spring. School becomes fun again as college applications and the fear of rejection are not looming over the shoulders of the entire class. With this on the horizon and the entire school marching towards the last semester of this school year, understanding the joys of this last semester for the senior class is in order.

Senior spring is the national phenomenon that sees students all around the country leaving school early, disobeying teachers and not doing assignments. Seniors rejoice in this time but teachers hate it, as do prospective colleges of each of these students. However, the lack of effort towards the end of the school year is understandable. As a junior last year, this feeling can still be felt, despite the fact that grades still matter to a large degree. While work still ends up getting done, a level of understanding needs to be had amongst students and staff alike that school is hard towards the end of the year. Students need to have more respect for teachers about getting the work done and teachers need to be aware of the fact that

senioritis is real and will happen no matter what measures are taken.

Senior spring also brings a high degree of stress about leaving home and setting out to the real world. The stress and impending doom that is seen within these months can be quite time consuming for many students. In fact, this feeling is set in even earlier than that with these feelings being felt as early as the beginning of senior year. While students are feeling these emotions, they do not communicate with teachers or faculty members about these issues. If and when these feelings arise, ask for help and communicate them effectively. This will result in students being less mad at teachers for not understanding and for teachers to be more patient with their students.

As senior spring comes closer, remember to communicate your feelings effectively. Allowing for the grown understanding that these moments are fleeting and that this is a time of relaxation is important. However, students need to still come to school, do schoolwork and attempt to stay engaged in class. This will allow for each student and teacher to have a good end of their high school career and start their adult life with graduation and time spent with friends and family.

Media Romanticizes Mental Illness

Violet Pehan

Guest Writer

The portrayal of mental illness in the media and entertainment industry is directly affecting our youths' views on themselves.

Raising awareness and reducing stigma of mental illness and eating disorders is important, and the media has been a very helpful tool in this process. People find others who feel similar and find support groups and tools, are able to give awareness and options that help them and others, share inspiring stories, and more.

But as with all things, there is a dark side with unintended consequences. What can be used for connection can be used to manipulate; what can be used to raise awareness can be used to undermine; and what can be used to find others and connect can be used to harm.

What can be used for connection can be used to manipulate; what can be used to raise awareness can be used to undermine; and what can be used to find others and connect can be used to harm.

Social media is one of the biggest examples of a good thing with a very dark side. When we look at how it plays into mental illness portrayal, we can see an overwhelming theme of romanticism.

We can really divide this into two categories: Unintentional, and intentional.

When looking at unintentional romanticism of mental illness, an example is the 'girl dinner' trend. This trend unusually involves a small dinner, such as almonds and rice, which is more snacklike and low in nutrients and calories.

This seemingly harmless trend romanticizes the disordered eating pandemic that is sweeping the world. By encouraging eating smaller dinners, all to achieve the "it girl" lifestyle.

28.8 million Americans will have an eating disorder in their lifetime, a majority women between the ages of 15-19, according to Research Gate.

The mentality of wanting to be an "it girl", or someone who is disciplined and traditionally beautiful, is especially detrimental to adolescent girls. The societal pressure shown in unrealistic photos and videos is directly linked to many eating disorders, according to a

variety of health professionals.

Another example of this unintentional romanticism is the beautification of depression.

We can see this through trends such as "crying" or "sad girl" makeup looks in which artists make dramatic dark feminine looks, trying to achieve the heavy under eyes and hollowed out face.

When watching a 60-second clip, people may think nothing of it, but when this trend is shown to you repeatedly, day to day, this will be a subconscious standard, something to achieve.

When people, especially young adolescents, see videos like these, which show you small dinners, pretty girls who make themselves look depressed, and other trends such as "hot girls..." cry, don't eat, don't talk about their feelings, listen to depressing songs, and more, they are more likely to hold themselves to this idea that mental illness is hot, pretty, and special.

You can also look away from social media specifically into your day-to-day life. You may feel really sad and then someone you love texts you. You may respond to this sudden change in emotions by calling yourself "bi-polar" and laughing it off. You may have a test coming up that you did not study for, and say "I'm going to kill myself." Maybe you have a friend who likes their books organized by colors, and you jokingly call them "OCD."

By doing these day-to-day things that most of us don't think about, we are directly undermining the real struggles of these disorders, making light of them and ignoring the real impact they have on real people.

What started out as a way to connect, relate, and de-stigmatize mental illness has slowly turned disorders such as depression, bi-polar, anorexia, bulimia, and OCD into something normal, pretty, and desirable.

Pop culture has turned mental illness into something that everyone can relate to, which at its purest is not true. Everyone gets sad, or feels self conscious, or stressed, but this does not mean you are depressed, have body dysmorphia, or anxiety.

The popularity of artists like Lana Del Ray who promote drug abuse and self-harming activities to cope, and books like 13 Reasons Why by Jay Asher, have aided in the unintentional romanticism of mental illness.

A nurse at an inpatient hospital here in Missoula said that their hospital saw a dramatic spike in self harm and attempted suicide when the television series 13 Reasons Why was released. The United States saw a spike of roughly 22% in teen suicide after it was released.

While the author most likely

wrote this book as a way for people to relate, it was crafted in such a way that it made the main character's death seem like a way to get revenge on everyone who wronged her.

These "harmless" books, songs, and videos have a very real, very harmful effect on teens and people world wide.

If these supposedly relatable and healthy media forms to bring about awareness are having such a bad effect, what about the forms of media that are supposed to be harmful?

These can be seen in videos blaming people for their mental illness, shaming people for not participating in unhealthy activities such as drugs and restrictive eating, and directly romanticizing mental illness by showing it as something positive.

Videos of people sharing stories about how they don't eat but are at least skinny, or how they find mentally ill people attractive, are directly harmful. While these thoughts may be true, putting them online to perpetuate stigma and stereotypes is a choice people make, often to make themselves feel better.

These are directly harmful because they shed light on situations that do not need to be lightened. They look at the good aspects of mental illness such as depression, commenting on how they have "better music taste" or are "more skinny", ignoring the fact that it is a chemical imbalance that makes it hard to live day-to-day life.

Overall the romanticism of mental illness leads to many damages, such as self-diagnosing, over sexualizing, encouraging these behaviors based on a small snapshot of these mental illnesses.

Not all mental illnesses look the same, and not everybody's the same, but when it comes to the media the goal is to simplify and make things palatable and relatable to the average person.

Media has washed over the difficult and unpalatable parts of mental disorders, leading to a false romantic version of them that is being shown to the masses.

We have changed the stigma of not talking about and accepting mental illness into romanticizing and making them desirable, just producing another damaging stereotype that needs to be combatted.

In the end the media has solved a problem with a problem, a common theme in today's society that comes from our distaste for the difficult.

The media has solved a problem with a problem, a common theme in today's society that comes from our distaste for the difficult.

Will Hansen Reporter

Lost Trail and Lookout: two Montana ski areas often confused, and for good reason. Both mountains are on the border of Montana and Idaho, both often get snow earlier than a certain Bowl, and both have two syllable names that start with the letter L. It's a wonder how anyone ever tells them apart, actually. But which is, overall, the better ski hill?

Let's start with maybe the most important factor, snowfall. According to Ski Idaho, Lookout averages 80 more inches of snow, at 430, than Lost Trail's 350. Lookout has

also had the most weekly snowfall of any ski resort in the entire world multiple times in the past two decades. While both resorts are known for their heavy snowfall, Lookout definitely takes the cake in this category.

Now let's talk about terrain. Both mountains have a variety of terrain catering to all different skill levels. In general, Lost Trail has more to offer when it comes to advanced skiing. Their expert-only gate-accessible "White House" and "Hollywood Bowl" areas give skiers access to great cliff skiing and steeper lines, which can be hard to come by at Lookout. Last season, Lookout

opened a brand new chairlift that expanded their terrain to a whole new mountain with much higher elevation. The new terrain has a little bit of everything, but substitutes Lost Trail's cliffy feel for more wide open and less steep terrain.

Both resorts have two terrain parks. Lost Trail almost always builds at least one of their terrain parks in the first weeks of the season, and their "Powder Park" has many natural features that don't even need to be built. Lookout's parks can be hit or miss, sometimes not even being built until much later in the season. However once they are built

they have great lower level features for skiers to progress on. Overall, Lost Trail's terrain might just be a little better than Lookout, especially when it comes to more advanced skiing.

So which is objectively better? It's hard to say. Both resorts get great snow, both have great grooming, and both give skiers access to hundreds of skiable acres of terrain. While Lookout does get more snow, it can sometimes be extremely heavy, and the diversity of terrain might be a little more abundant at Lost Trail. So if you have to pick, Lost Trail might have the overall advantage.



A view of the newly opened Eagle Peak Quad Chairlift at Lookout. Photo by Will Hansen.



The view of 'South Face' from Lost Trail's Chair 1. Photo by Will Hansen.

Snapchat Plus Sparks Controversy

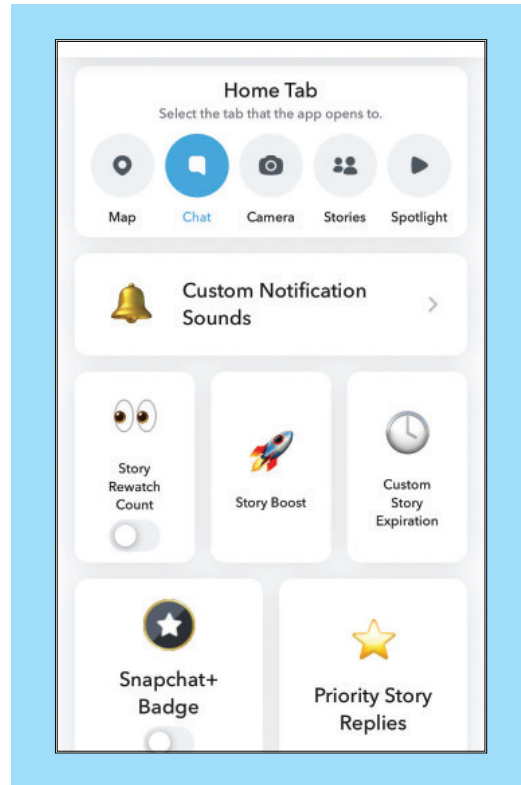
Iris Lowe
Reporter

Snapchat+ has become increasingly popular over the past few years, and with it have come some controversial additions.

Snapchat has been a popular social media platform for more than a decade. Recently, a new feature was released. With a monthly rate of \$3.99, users can have access to additional features.

For example, users are able to customize their app icon logo to change it from the classic white and yellow icon. Similarly, users are able to change the color and theme of the in app icons, as well as add a wallpaper to friends chats.

In addition to these fun features, there are some controversial ones, such as the ability to track



the increase in friends' snap scores and half swipe detection.

On Snapchat, when you receive a text, or 'chat', you are able to partially open the message by swiping right without the sender's knowledge that you have seen the message. Now, Snapchat+ members have the ability to see when someone half swipes a message. "I like the feature but I don't like when other people use it," said sophomore Lexi Johnson.

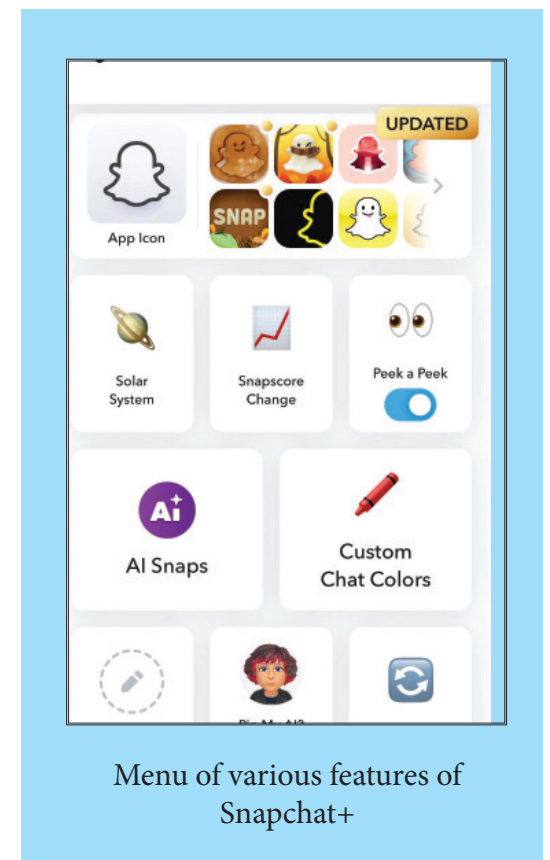
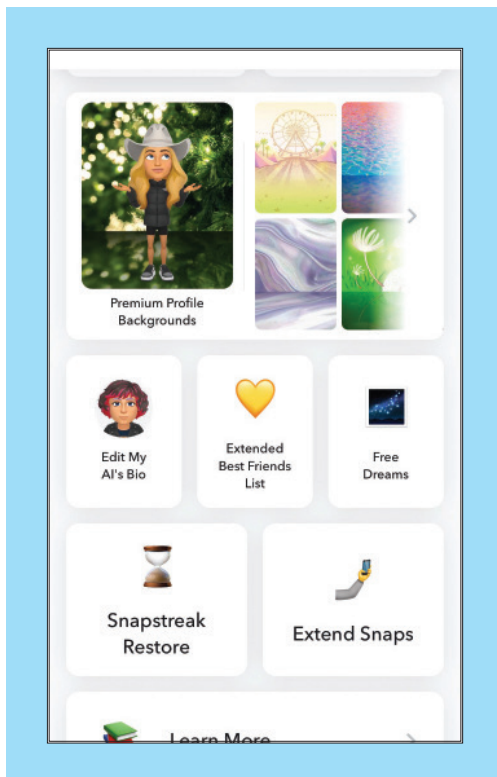
This opinion is very common. Senior Sawyer Reed said, "I like being able to see when people swipe me but I don't like that people can see when I do it."

Those who don't have Snapchat+ seem to feel more negatively about this feature than those who do. "It feels like an invasion of privacy," said senior Nico Petrini.

Similarly, senior Lily Stearns said, "It seems like a waste of money. I don't think that the additions are all that interesting." Most feel that without Snapchat+, these features aren't as fun and end up becoming uncomfortable.

As someone who has Snapchat+, I don't think it is a necessary addition. Some of the features are fun, like customizing your app icon and wallpapers, but a majority I rarely use. It feels like an unnecessary addition to an already enjoyable and popular social media platform.

As new features are arising on social media platforms, people are beginning to miss the old, and people are wondering how far they're going to go.



Menu of various features of Snapchat+

Ila Bell
Editor-in-Chief

Golden GOAT 2024: Bu

What to Wear:

Accessorize your GOAT shirt with:



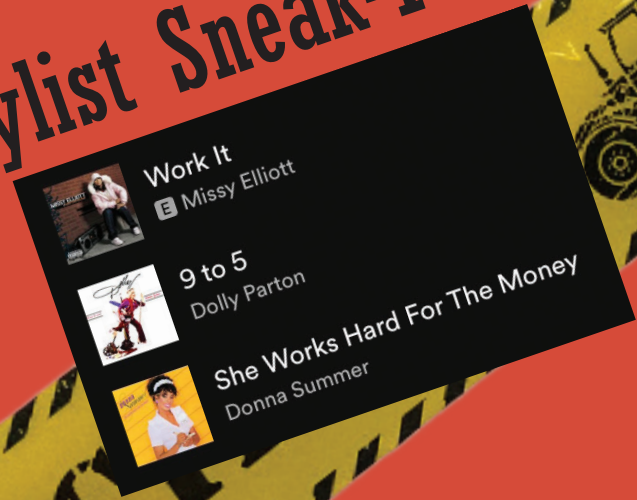
- Construction Hat
- Safety Vest
- Tool Belt
- Work Pants
- Work Boots
- GOAT Shirt!!

2024 Shirt



On sale starting Feb. 1 in the entrance!

Playlist Sneak-Peak:



Building a Legacy

Student Section Scoring:

Scored out of 100 total points

Sportsmanship (Max points: 20)

Schools will lose points for unsportsmanlike behavior.

Theme & Shirts (Max points: 20)

Rated 1-5 on theme creativity, incorporation of GOAT game, t-shirt design, theme on students and parents.

Posters, Props & Decorations (Max points: 20)

Rated 1-5 on posters, use of school colors, use of props, decorations.

Cheering (Max points: 20)

Rated 1-5 on consistency and unity of cheering, volume and game-situation appropriate, student participation, parent and band participation.

Halftime Performances (Max points: 20)

Rated 1-5 on overall quality, use of theme/music, non-student participants in routine, student participation, energy/spirit.



General Info:

When:

Thursday, Feb 15

Pre-party: 5:00 pm

Walkout: 5:30 pm

Games Begin: 6:00

Where:

Adams Center
(Pre-party) WAG

Pre-Party:

Pizza

Props

Fun items!



Caroline Lurgio: Grounded in Activity

Devyn Deschamps
Managing Editor

Caroline Lurgio is well-known as an IB and freshman English teacher and for her hilarious jokes of the day. Yet many students don't know the exceptionally interesting life she lives outside of school.

Lurgio was born and raised in Los Angeles, California, where she learned to surf, race sailboats, and play soccer. Through games of pick-up, Lurgio connected and played with a future member of the Men's National Team, a winner of the youth national soccer title, and a goalie for Pepperdine University. "I don't know how I got so lucky," said Lurgio enthusiastically.

Leaving California, Lurgio played Division 1 collegiate soccer at Colorado College, and after securing her bachelors degree, knew she wanted to continue playing. This led her to Paul Mariner, an English national team player who was coaching in Arizona, where she followed.

Moving to Arizona, being trained by Mariner and coaching youth soccer, she played two seasons for women's national team feeder teams, and a season in both New Zealand and Memphis, TN, respectively. At 25, Lurgio tried out for the women's professional team but wasn't chosen. "I feel like I reached my potential," said Lurgio, "but I was pretty proud of myself because I went as far as I could, and you don't really get to say that about many things."

However, when she was in Tennessee, Lurgio made many connections with professional players and was exposed to the truth of their lives. "You had to be willing to constantly move, and constantly build new relationships, and then end those relationships, and move somewhere else."

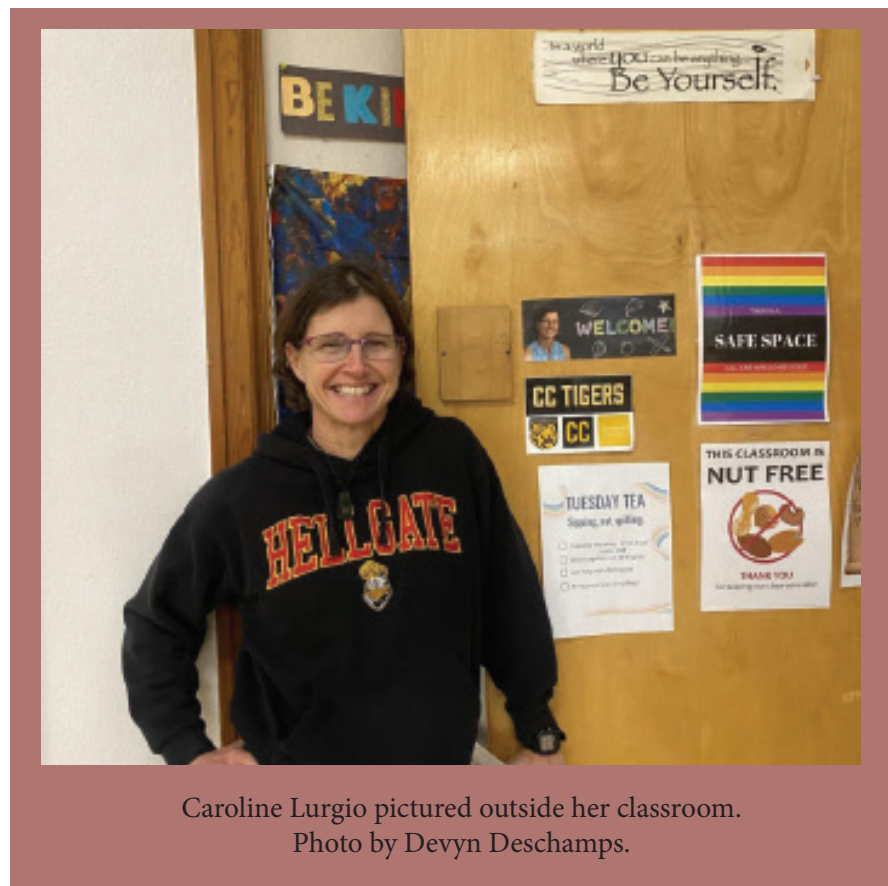
Admitting she made it as far as she could, Lurgio was ready for a change. "I told my parents: I want a dog," said Lurgio, "I want roots." Having most of her life invested in soccer, she readdressed another of her primary interests: reading. With her B.A. in English, Lurgio went somewhere she had competed many times when at Colorado College and decided to pursue her M.A. at the University of Montana.

Maintaining her relationship with soccer, Lurgio started her first job as a teacher when she began coaching soccer at Corvallis High School, which led her to coaching soccer at Hellgate. "Soccer has always been an amazing connection with people," said Lurgio.

Soccer in some ways introduced her to teaching, as Lurgio coached in Arizona. "I really enjoyed being in an environment with kids in a subject that I loved," said Lurgio. "Soccer was easy... same thing with books."

However for many, sports are a liberty that kids want to participate in; the same is not always said for school. Yet Lurgio believes it's much less about the subjects being taught, but the relationships being created. "I have kids. You realize how important teachers can be, not because of what they teach curriculum wise, but how they interact with people," she said enthusiastically.

"I know not everybody likes books, but at the same time learning how to be a civil person and learning how to communicate is extremely important in life."



Caroline Lurgio pictured outside her classroom.
Photo by Devyn Deschamps.



Lurgio passing her daily snack out to students, today Tillamook cheddar cheese.

Photo by Devyn Deschamps.

Lurgio is not only a soccer player, she is a cyclist as well - a distinguished one at that. Initially, Lurgio began biking to crosstrain for soccer season versus other options like running. Post semi-professional soccer and children, time was cut short for activity. Thus the rigor of mountain biking became a go-to. "I'm a pretty competitive person, but not with anyone else, just with myself... I like the feeling of pushing myself really hard," said Lurgio.

Lurgio and her husband Jeremy, with the assistance of free childcare, started competitive biking. Notably, Lurgio competed in the Butte 50 last summer, and this year won the Pan-American Championship for the Women's 45-49 age group.

This wasn't Lurgio's most accomplished race though, by her standards. "I've had closer races where I've felt psyched about where I finished... It wasn't a close battle," said Lurgio.

The same could not be said for the second day.

"I was really muddy, and so my shoes had this mud and so when I clipped in, it wasn't fully clipped in and I didn't know that," Lurgio began. She recounted trying to begin and immediately her right, then her left foot clip out. "And both of my feet are on the ground, I'm not on my seat- just holding on," said Lurgio. "Ms. Hinman was watching... She said, 'You had sparks coming off your feet because of the metal clips!'" Despite this, Lurgio humbly announced that she placed third in this race.

Having activity play such a significant role in Lurgio's life, she tries to bring that into the classroom. One way is going on a walk, inside or outside, during block periods. "It's a lot easier to talk to someone when you're walking than when you are sitting face-to-face," said Lurgio. Sustaining a healthy lifestyle is less about the generic facts of why engaging in sports is important, but for Lurgio it helps build those teacher-student relationships.

Lurgio sees the importance of having an emphasis on activity, but more importantly general management of student lives. "I want to encourage balance more."

Many teachers, Lurgio amongst them, are extremely concerned about how overwhelmed students are once they become aware of what colleges want. Attempting to become the perfect candidate for schools, lack of balance becomes an issue that Lurgio has especially denounced. "Balance yourself. Don't sit at home for six hours doing homework... go outside, take a break," said Lurgio. The same can be said for the opposite side of the spectrum, but Lurgio said this can truly be fixed through "a reversal of balance in their commitments."

Following Covid, there has been a noticeable shift in the work ethic of students. Instead of "struggling through it," students instead withdraw themselves in the quite literal sense. When building these essential relationships with students, Lurgio finds immense difficulty when they aren't there in the first place.

However, countering this fall off can be done, with teachers like Lurgio heading it. Lurgio has led her life with passion and balance and wants to encourage her students to live similarly. "We do hard things, and things don't get easier, we just handle hard better."

Blue Eye Samurai Takes Netflix By Storm

Kahlia Loewen
Reporter

and Legend of Korra. Thankfully in early November Netflix decided to add Blue Eye Samurai to the more mature anime list.

The eight-episode series, practically overnight, became a booming success and was at the top of Netflix's most-watched series for weeks. The series has some comedic moments and portrays a beautiful story of friendship and romance.

There are countless voice actors who do an amazing job of giving voice to the characters, such as Maya Erskine who voiced Mizu, Masi Oka who voiced Ringo, Darren Barnet who voiced Taigen, and Brenda Song who voiced Akemi.

The main character is a young Samurai named Mizu. She is half Japanese and half English, which casts her as a monster in the eyes of Japanese society. Forced to live as a man throughout her life she has grown some serious resentment and hatred towards her unknown English father. The hatred and resentment spur her on her quest displayed through the series to find and kill each of the four Englishmen who were in Japan when she was born and could therefore be her unknown father.

Throughout her life, we are shown the effects that being half-white has on poor Mizu's childhood. She was forced to behave and appear as a man, and even after that she was constantly tormented by other children for being part white, she was hunted by white men, her mother was murdered, and who she thought was the love of her life ended up betraying her. Sadly following the plot of most anime, Mizu's personality was entirely created by her torturous upbringing making it impossible for her to exist peacefully in Japan.

In her travels she comes across many people with their heartbreaking backstories. The first is her faithful sidekick Ringo born without hands and desper-

ate to be great at something. The second is one of the most renowned samurai in the country Taigen, who was one of Mizu's childhood tormentors turned frenemy. Along with Taigen comes Akemi, the daughter and realistically a pawn of a high lord struggling to survive her role as a woman stuck in traditional highborn Japan.

Akemi and Taigen fight tooth and nail for their relationship throughout the show and end on a heartbreaking cliffhanger note. Taigen, previously only concerned with power, wants peace and Akemi, previously peaceful, decides that her power is what's most important.

Mizu herself is surrounded by mystery and secrets which we slowly get to see throughout the series.

However, in the end, we learn that there is so much more both viewers and Mizu herself are desperate to discover. Leaving every fan desperate for a new season.

The story overall depicts beautiful relationships both romantic and platonic, the pain and suffering that came with the European expansion and industrialization destruction of lower countries. Netflix most definitely succeeded with the creation of this new adult anime capturing the hearts of many new fans.



Wonka Entertains Audiences of All Ages

Rowan Hull & Emma Puiggari
Reporters

Paul King's "Wonka" is a great feel good movie perfect for any age group. The movie is an excellent origin story and modern take of the classic story of Charlie and the Chocolate Factory.

Timothée Chalamet gives a very whimsical performance showcasing his musical talents which is not something we see from him often and he did not disappoint. The soundtrack is very fun and catchy. They use a very theatrical tone in the music. The songs will not blow you away but you will definitely leave with a tune or two stuck in your head. The choreography for these scenes don't disappoint, they are very classic and fun making you want to dance along.

Wonka has an engaging plot following how Willy Wonka had his debut as a chocolatier. This movie did a great job of keeping elements from Roald Dahl's Charlie and the Chocolate Factory by having the chocolate have endless possibilities, in this film chocolate can be anything and

has a magical aspect that you don't see much in previous movies.

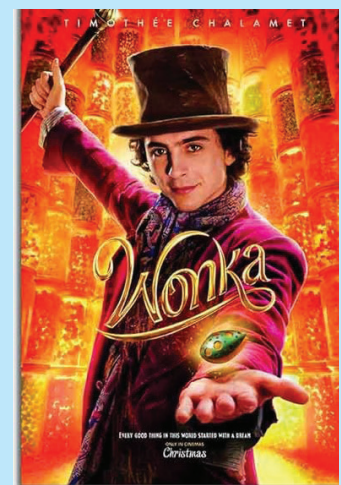
The movie was overall pretty well casted, the actors all did a good job playing their part and the movie had a very natural flow. All of the actors seemed to have musical talent and a past in musical theater. This movie is truly great for any musical theater enthusiast.

Wonka has a very bright and colorful aesthetic that changes often in the film, fitting the circumstances. When the film takes a darker turn the colors turn to be more bland, changing again as the movie progresses. The visual aspects of the candy shop are honestly breathtakingly beautiful along with many other sets of the movie.

Though the visuals and plot are targeted towards children, Wonka has some more mature jokes for the parents as well as some sentimental value for those who loved the original movies. Wonka is fun for the whole family and for any individual looking for a silly feel good movie.

King did an amazing job with this movie's overall vibe which is no surprise after the Paddington movies, which were also directed by him. His movies and shows often have a very quirky and magical feel and Wonka is no different.

Overall this movie was an amazing and engaging story and will definitely become a personal favorite.



Missoula's Newest Brunch Spot: Tres Bonne

Viv Steinberg
Reporter

A new French fusion brunch restaurant is open in Missoula. On the corner of Higgins and Front, in the building that El Cazador used to occupy, sits the brand-new brunch spot Trés Bonne.

Brightly lit and decorated with tasteful, feminine decor and a cheerful pink flamingo as their mascot, the restaurant's service has been described as relaxed, yet efficient in Google reviews, which is impressive considering their very recent soft opening.

Ben Burda who runs Cucina Florabella and Bar Plata is one of two men behind the creation of the new restaurant. Trés Bonne will feature the same coffee menu as Florabella, as well as pastries and classic brunch items. Their food looks delectable.

In addition to unique plates and cocktail options, the restaurant plans to be one of the few brunch places in Missoula that operates on all day hours. As they start off, they will serve breakfast from 8-3, Wednesday through Sunday, and they hope to transition into an evening dinner service in the future from 5-10 the same days. They are, however, closed Monday and Tuesday.

Personally, the most exciting things on the menu include their beignets, fried bread pudding, croissant waffles, croque madame and their mushroom benny. Their eggs benedict has a hollandaise sauce made with a miso base which makes the dish very rich and unique to the restaurant.

On their website, the restaurant is described with three words, "Trés Bonne Missoula: Booze. Brunch. And vibes." They have a special focus on their cocktails and the pairing of those cocktails with their food options, which makes it the perfect restaurant to treat the special guardians in your life.

Missoula is thought to be starved for a great brunch place, and Trés Bonne will hopefully satiate that need.



Tres Bonne, Sitting on the corner of Higgins and Front.
Photo by Viv Steinberg.

Hellgate's Ellen Davis Travels Overseas for Cyclocross Racing

Wilson Freer
Reporter

Since third grade, biking has been an important part of Ellen Davis' life. With rigorous training and constant effort, Davis has been able to compete at high level competitions with other bikers from all around the world. Recently, Davis had the opportunity to travel to Belgium and the Netherlands to compete among some of the best athletes in the world.

Davis has an intense training schedule as she trains six to seven days a week, with many races on the weekends in the fall. "[Training] consists of longer, endurance rides and some harder workouts," said Davis. "I also do strength training at least twice a week and running because there is actually a fair amount of it in cyclocross." She trains and competes for

nearly half the year, even if the conditions become rugged. "The season starts in September and for me goes until January which can get pretty difficult living in Montana and trying to train in the cold," she said.

Over the course of two weeks, Davis travelled all across Belgium and the Netherlands, competing in seven races. "The racing and courses in Europe are so much different than the US. The fields are a lot bigger, a lot more competitive, and usually a lot more technical" she said. Davis also faces other challenges during the races including the tough weather. "It also rains a lot over there during the winter so races get super muddy which adds to the difficulty,"

Davis had been to Europe last year to race as well, which made it easier to step back into such an intense environment. "I felt like I had some experience under my belt going over

again this year and I felt a lot more comfortable in the race environment."

Unlike the US, Europe often does not have their own race for junior women which means Davis was lined up next to some of the top athletes in the world. "It can be pretty nerve-racking, but also really cool to line up on the start line next to people like the elite womens world champion and your idols who you watch on TV at home," She said. "It also means that sometimes my parents will get to see me for a split second while watching the race on TV back home."

"Overall, my races went pretty well and I am happy with my results," said Davis. "There's always going to be things that don't go perfectly, but I think that's just part of the fun of the sport. And more than anything, I had a lot of fun!"



Davis competing in a race called 'Reusel' during her time in the Netherlands. Photos courtesy Bjorn Van Der Schoot.

Hellgate Tops Bozeman for First Dual Win in Last 12 Years

Brennan Labbe
Assistant Editor

MISSOULA- The Hellgate Knights wrestling team topped Bozeman High School in their season opening dual match, 35-21 on Dec. 2, for their first dual win since 2011.

The Knights fell behind pace early as Bozeman's 152-pounder Pi Taylon spotted the Hawks with a 6-0 lead, pinning his opponent at 1:29 during the first period of the day. Hellgate's senior captain Dillon Gunlock answered right back in the 160-pound class, with a dominant 11-2 major decision win over Bozeman's Andrew Sikes. That full-time match included four takedowns, two escapes, and a nearfall for Hellgate's talented veteran.

"It's super important to start the dual off with a win," said Gunlock. "It was a lot of our wrestlers' first match, so setting that example is super important for the younger guys on how to wrestle and go through matches which are super intense. Starting off with a win like that gives the team confidence to get on the mat under the spotlight and

compete to win for our school." The next match of the day at 205, saw Bozeman's Hector Gallegos come out on top of a full six-minute defensive battle 2-1, increasing the Hawks' lead to 15-4. Hellgate junior Jayden Friesen then provided the second burst of fireworks on the day for the Knights, with Hellgate's first pin of the season. He wasted no time beating Bozeman's 285-pounder by fall, at 47 seconds in the first period. That match would set up Hellgate's Oliver Caton to boost the Knights to their first lead of the afternoon, as his forfeit match at 113 began a run of 15 unanswered Hellgate points.

"Believing in myself and staying calm led to that pin," said Friesen. "What led to the win was everyone on this team working hard for the last two weeks, and staying consistent with numbers and filling up weight classes."

At 120, junior captain Eddie Rosbarsky continued that run of points with a 6-4 win by major decision, that included two nearfalls and a takedown. Jack Barrett would pick up another six points for the Knights with his forfeit win at 126, and Michael Almacher matched Barrett with another forfeit win to spot

the Knights with a 31-21 lead, heading into the final match of the dual.

At 145, junior Grady Caton put the icing on top of the cake in dominant fashion, with a 16-3 win by major decision over Bozeman's Anderson Lannoye. Caton picked up four takedowns, two nearfalls, and a reversal to end the day for the Knights with an additional four points, as Hellgate finished with 35 total points over the Hawks' 21.

The Knights since then have

battled through the meat of their season, highlighted by Gunlock placing in two tournaments, Rosbarski placing in one, and freshman wrestler Olive Hoffman giving the Hellgate girls their first medal of the season with a placement win in her first ever varsity tournament.

The Knights wrap up the regular season and begin their postseason run with Divisionals slated for Feb. 2-3, and state wrapping up the 2023-24 campaign in Billings on Feb. 8-10.



Hellgate and Bozeman team captains meet before their dual meet on Dec. 2 in Missoula.
Photo by Brennan Labbe.

Knights Discuss New Year's Resolutions

Elliotte Banziger & Emma Puiggari
Reporters

Say What?!

During the start of every new year, many talk about New Year's resolutions. As they say, "New Year, new me!" But how do Hellgate Knights feel about New Year's resolutions?

Claire Kinderwater
(senior)

I don't make resolutions, but I guess I understand why people do, because the New Year is a good time to adopt new habits. I personally don't because I tend to make goals as things change for me throughout the year.



Kort Lehman (senior)

This year I'm going to stop procrastinating.



Lucy Johnstone
(senior)

I try to make resolutions because I think it's good to have intentions for the rest of the year. But I'm not hard on myself if I don't meet them.

Bo Mushsam (junior)



For 2024 I want to work on drinking more water.

Sylvie Semanoff
(sophomore)

I feel like it depends on the year, because sometimes I feel more ambitious to make one. And sometimes I feel like making small resolutions so that I can feel accomplished.



Oliver Maumenee
(junior)

Usually I do make resolutions, but I tend to quickly forget about them and not follow through with it.



Eleni Spaliatsos
(junior)

I think of them more as intentions rather than resolutions, because resolutions seem like something I need to fix, so I prefer to set goals.



Hannah Lunde
(junior)

I don't make New Year's resolutions, I make New Year's goals. Because for me, New Year's resolutions are too much pressure. Plus goals sounds cuter; I like that it's less official.



Johnny Ledyard

I don't really have any New Year's resolutions, but I'm always encouraging people to stay active, healthy and be nice to others.