

The Gata Data

ST. AMANT HIGH SCHOOL • 12035 HIGHWAY 431, ST. AMANT, LA 70774 • MARCH 2023

District play continues for Lady Gators

STAFF REPORT

The Lady Gators picked up their second district win last week over Denham Springs in a 11-1 blowout victory. Senior Alix Franklin got on the board early as she sent one over the fence at her first at-bat, the first of two homers for the day. Bailey Ducote, Mary Beth Zeller and Alix Franklin scored two runs. Ducote was the team's leading hitter with

four, followed by Kenley Meche, Brooke Rabalais, and Alix Franklin each with three.

The Lady Gators then hosted their annual tournament over the weekend where they earned a shutout 10-0 win over over Oak Grove, but suffered two close losses to Sam Houston, 7-8, and Airline, 6-7. A 12-year streak of winning district games also recently

came to an end for the Lady Gators as they suffered a heartbreaking 6-7 loss to rival Dutchtown, but immediately rebounded with a 10-0 win over district rival Walker High. District play continues next week for the Lady Gators as they travel to Live Oak and Denham Springs and host neighboring rival EA.



St Amant's Mental Health Dilemma: Can we do more?

BY: MICHAEL MUMPHREY
Gata Data Reporter

There's no sugarcoating it: being a teenager is not easy. One must balance the intense workload of high school, learning how to drive a car, and a job, while also discovering who you are and what you want to be. Along with that, one must deal with societal pressures and the insecurities that come along with them. All of this can lead to experiencing a deterioration in mental health. As a matter of fact, one in six youths have a mental health condition such as anxiety or depression according to the National Association of Mental Illnesses. While schools already have many programs and services for students, all members of campus life can do much more to cultivate an environment where students can be more open about their issues.

While it may not seem like a big deal now, good mental health is vital to an adolescent's performance in their daily lives. According to the CDC, poor mental health can snowball into poor physical health, including "...increased risk of drug use, experiencing violence, and higher risk sexual behaviors that can lead to HIV, STDs, and unintended pregnancy." These problems add salt to the wound

because physical problems can increase anxious feelings through added stress about one's health, which can result in an increase in depression in response to the increase in negative thoughts. This can make one's life even worse and could even lead to self-inflicted physical harm.

This is a very lofty problem. Students attend high school in hopes of gaining knowledge and wisdom about the world around them. It is supposed to be a space of intellectual, personal, and creative growth, yet it seems that the average student at our school feels differently. Despite the countless programs that are offered at St. Amant, a survey I conducted recently shows that only 27.2% of the student body feels that their mental health is a priority. 17% feel comfortable talking to teachers about their mental health, and only 8.6% of students could honestly say that they felt happy being at school.

The student mental health crisis has been a growing problem, especially since the dusk of the COVID-19 Pandemic, which school counselor Natali Aucoin thinks caused a "gap in communication." "The miscommunication and

misunderstanding of what people are saying causes some students to take things the wrong way. They don't know how to approach someone calmly to discuss what the issue is without getting angry, upset, or offended." Luckily, the school is working to fix this issue by encouraging teachers to get involved in students' mental health. "We do encourage teachers to see the students in their classrooms and if they're dealing with anything," stated Aucoin. "They are very good at informing us (the counselors)...our teachers are very good, too, at taking kids under their wing, watching out for them, and making sure they are okay as well."

This isn't enough, however, because no matter how much teachers are willing to help students, many things need to be taken into consideration. The students may not trust the teacher or they may just flat out not want their help. This may not always be the case. I am willing to talk to my teachers whenever I have a problem that I feel I can't solve alone because I know my teachers care about me, but I also know that everyone goes through different things and may not be as

willing to talk to an adult due to their experiences. I feel like what I would say is that the teachers, although they have a callous attitude some days, always care about the students and will always consider their wellbeing, regardless of what they're doing. If students feel uncomfortable talking to a teacher, students can scan a QR code on a yellow poster that leads to a Google Form that allows them to schedule an appointment with the counselor. Students can also aid one another, as they're more likely to understand each other and relate to their issues.

In conclusion, we need to encourage each other to communicate more. Whether it be with a teacher, a peer, or a counselor, communication is vital for the average human being to gain knowledge or read a room. Being there for someone can make a difference in one's life, and may be the only thing standing between them and a full-out breakdown, or worse. This should cause the Mental Health crisis to experience a significant deterrence, and hopefully improve life inside and outside of campus.

Get to know the new face in the cafeteria

BY: AVERY LAMBERT
Gata Data Reporter

Lunch is something that many students at St. Amant look forward to every day, with some saying it's their favorite part of school. However, it's important to know the faces behind the food we eat every day. STA's lunch staff care deeply about their students and are known to do everything they can to make sure they get a good, nutritious meal.

Barry Alleman is one of these staff members. He began working for STA's lunch staff in

September of 2023 and has been recognized by the student body for his altruistic personality and by his co-workers for always offering a helping hand in the cafeteria.

Alleman says his favorite part about working for STA's lunch staff is by far the students. Alleman also says, "My daughter is a freshman here, so I feel like I can also watch over her."

On the outside, being a lunch staff member doesn't seem

like too difficult of a job, but it's important to understand the extent that they go through to make sure students have a good lunch experience. Making and serving food plays a major role, but maintaining a clean and

organized cafeteria is also critical. With over 2,000 students, this becomes a challenge. However, Alleman enjoys doing what he can to help keep the cafeteria clean.



FRANCOIS BEND
ASSISTED LIVING
COLLECTION EFFORT

Sponsored by St.Amant StuCo
in collaboration with Beta Club
& the STA Leadership Academy

ITEMS NEEDED:

- socks
- books
- board games
- blankets
- DVDs
- toiletries(lotion, vaseline, chapstick)
- magazines
- craft items

REWARD

Donations close March 25th, all donors will receive a sticker as a dress down pass for April 12th

Vendors Wanted

FOR ST. AMANT FFA'S
6TH ANNUAL
FARMER'S MARKET

March 23rd 8:00am - 2:00 pm

At 12035 Hwy 431
St. Amant, La 70774

Food Trucks Welcome

Sign up as a vendor at:
<https://tinyurl.com/STAFFAVendor>

Movie Review: Dune: Part Two

BY: BROXTON CRAWFORD
Gata Data Reporter

Dune: Part Two is a sequel to the sci-fi adventure movie inspired by the book that follows the story of Paul Atreides, the heir to the Duke Leto Atreides. It follows his story after the events of Dune: Part One and kicks off quickly.

Dune is a very critically acclaimed movie with leading director Denis Villeneuve. It has a stacked cast including Timothée Chalamet, Austin Butler, Javier Bardem, Zendaya and Christopher Walken. It's starting off with a 4.6-star audience rating, 93% rating on Rotten Tomatoes, 79% on Metacritic and an 8.9 on IMDb in the first two weeks the movie was out in theaters.

I would like to first explain that I am not a movie critic and I am simply just a viewer watching and rating the movie. However I can't help myself from asking why there is so much support for a movie that was not very moving for me.

Dune: Part Two has done many things right with this movie. The cinematography of the large dunes spread over miles upon miles of untouched and dangerous deserts are very breathtaking and beautifully paired with the technological and colossal design of the ships and spice harvesters

used on planet Arrakis. The music also pairs beautifully with the harsh reality of Arrakis and portrays the desert in a spiritual and sacred way. The acting is great as well, seeing the change that these characters go through throughout the film really compelled me to learn more about the lore of Paul Atreides and all of planet Arrakis, but I feel that explaining things during the movie is one of Dune's biggest challenges.

Despite the cinematography, acting and cool scenes that show what Arrakis really has to offer as a sci-fi planet, I can't help but feel very confused when most scenes change. (Spoiler Warning) For example, there was a scene of Paul Atreides talking to the native Fremen about taking down the spice harvesters, it immediately cuts to them jumping out of the sand and destroying the spice harvester and then cuts to another scene. I was watching this part of the movie very confused and wondering about the journey it took for them to get there, then last being buried under the hot sand that long before jumping out into an intense battle. This scene shows nothing of them ever leaving the battlegrounds as well.

Scenes like this were pretty common and not only does it make the plot slightly confusing it makes it unrealistic to watch at moments. There were times in the movie where I was genuinely confused on how Paul Atreides got to places so fast and why we would have to miss that journey that could've shown tons of character development. There were more scenes where Paul and the Fremen basically just show up out of nowhere and battle with spice harvesters, which was never planned in dialogue before.

One group of scenes of them fighting in multiple battles spread all over the desert made me confused about the timeline and location of Arrakis. The battles included little to no dialogue or explanation and seemed like a way to portray Paul's acceptance to the tribe and fighting skills rather than build any meaningful connections as to how they tracked the locations of the harvesters.

The fighting scenes were not bad by any means and showed Paul's fighting abilities and skill even as an outsider. The way the Fremen fight is done perfectly to represent the years of training they endured in the desert and shows how they

adapted to Arrakis' dunes to fight over the years. It seems as though the directors wanted to focus on showing Paul's fight for power and completing the spice visions rather than explaining why he is having those spice visions.

All in all it's a decent movie and puts you into the harsh desert world of Dune you missed from Dune: Part One. It has great choreography and cinematography that portrays each character in a rugged but deep way, but as I see Dune: Part Two being claimed as a "cinematic masterpiece" by my peers I can't help myself from disagreeing. It is a long and loaded movie, but there are numerous scenes in the movie that could use explanation, and it's possible that they will be cleared up in Dune: Part Three. Regardless there were a few gaps in the traveling from battle to battle where we missed a lot of clarification needed to grasp the full story of Dune. I give my final rating a 7.7 out of 10.



Photo courtesy of STA Book Club

St. Amant student Chloe Young this week would like to highlight the book, *The Hate U Give*. The book is about a young teenager and her struggles between finding where she fits in the the poor neighborhood where she lives and the fancy suburban prep school she attends. This book is a great read for all teens. Chloe states "I love this book because it made me feel connected to the main character. It's a real tear-jerker."

Dates to Remember

- March 15: Ring Night
- April 1-5: Spring Break
- April 13: Prom
- May 1: Senior's Last Day
- May 7: Senior Awards Night
- May 9: Graduation
- May 20-22: Finals
- May 24: Last Day of 2023-2024 School year

Digital Graphics and Multimedia

BY: PARIS GOMEZ
Gata Data Reporter

Megan Trahan, the St Amants teacher of Multimedia Productions and Digital Graphics offers insight into the world of graphic and digital design in an industrial environment. These classes are meant to give kids certifications in Adobe software and offer familiarity with possible requests and requirements of employers.

"In Digital Graphics students learn the different types of graphics used in industry," Trahan says. "We talk about typefaces, we talk about design elements, principles and elements of design, balance, all of those things that make the design aesthetically to look at." With this insight, kids are able to get a feel for design elements that are commonly preferred within career-based environments.

Trahan also teaches Multimedia Productions. "Multimedia is a video editing class where they [students] use Premiere Pro [video editing software]. They basically take video footage that they capture themselves, audio, graphic elements, and put it together to create professional looking videos." Trahan says. Students also become familiar with the use of green screens, giving kids further insight into video editing. These same techniques can be carried into other classes such as GNN and Film & Television, both video editing-based courses.

Both classes work in Adobe-based software, giving students an opportunity to become familiar with professional software. Within the workforce, Adobe is commonly used by various companies. "Some of these kids will end up going into college or even straight into the industry with these certifications that they'll earn in my class," Trahan says in relation to what students can obtain from the courses. These certifications are with Photoshop and Premiere Pro, and prove that a person is qualified to work and know both programs. "They earn those certifications, and it helps them employment in the future. It also helps them determine if it's a possible career for them."

Trahan plans her lessons based on what her students during the

semester are into. "If I have a group of students who mostly are into anime, then I'll try to incorporate some animation into their lessons of their projects." Trahan had to say on the topic. This adds to the setting of the classroom, as it develops a sense of intimacy with the students and teacher. "I definitely want them to be able to use what's relevant to them and what's interesting to them to keep them engaged." She further promotes the expression of the students within the course. "It's very much a class where they get to express their individuality and their creativity."

She has a background in the graphic and digital designing process as well. "I love the content. That is my background, but I love to see them take what I love to do and love it also, and then maybe even find a career path in it." Trahan says. Students learning from a professional, also gives them the best possible advice with the projects they do work on.

Trahan expresses her love for teaching what she teaches. She treats her students with the same love and care she has for her kids. "And then just getting to know my kids and having a relationship with them. I have several students who have poor relationships at home, so if I can provide that light for them 90 minutes a day, then that's what makes me

continue to do this job." Finding joy in seeing her students prosper, she has seen nothing but success from the students who end up loving her courses. "I've had several students who came in, who had no desire to even take the class, it just sounded fun. And now that's what they're doing for a living, is graphic design. So it's definitely rewarding.



GIVE YOUR TEACHERS A SHOUTOUT



SCAN QR CODE TO FILL OUT SHOUTOUT!

THANK YOU STA TEACHERS! LOVE, AL E GATOR

