



The Gata Data

ST. AMANT HIGH SCHOOL • 12035 HIGHWAY 431, ST. AMANT, LA 70774 • ISSUE 6 • OCTOBER 2024

STA notches first win during back-and-forth battle with Hornets

BY: AVERY LAMBERT, LIBBY WILKINSON
Gata Data Reporters

St. Amant took a 39-38 victory over Scotlandville for their final non-district matchup at the Hornet Stadium. After being faced with a defeat against Kennedy, the Gators honed in on their skills over the past week to secure a win.

Following the game, Head Coach David Oliver said, “We’re just trying to improve on the things we identified as weaknesses in the last game.”

Starting off strong, the Gators scored the first touchdown with quarterback Cooper Babin passing the ball to Junior wide receiver Kaven Taylor who ran the ball two yards into the end zone. With seven minutes left in the first quarter, the Scotlandville Hornets recovered with a 51 yard passing touchdown, ending the first quarter with the Gators taking a slight lead of 7-6.

The second quarter started with the Hornets having possession of the ball. After Scotlandville scored two touchdowns, one passing and one running, the Gators trailed 7-20. With two minutes remaining in the second quarter, Cooper Babin ran one yard to the left side, scoring a touchdown and leaving the Gators with a score of 14-20 at the end of the second quarter.

With just over five minutes left of the third quarter, the Hornets took hold of the first two touchdowns, both passing, giving them a major 32-14 lead. The Gators responded by getting the final touchdown of the third quarter with Babin passing the ball to wide receiver Reid Mayers, who ran it five yards into the endzone.

This quarter marked the start of the intense back-and-forth between both teams with the Gators suffering a temporary 20-32 defeating score.

The Gators started off the fourth quarter with a six yard touchdown run by quarterback Cooper Babin. Not even two minutes later, the Gators gained back possession of the ball where outside linebacker Jourden Hickerson ran another six yard touchdown for the Gators. This allowed the Gators to take a 33-32 lead over Scotlandville.

The Hornets responded by regaining a short-lived 38-33 lead made by a 10 yard touchdown with six minutes remaining. The Gators secure the final winning touchdown with an 11 yard running touchdown by Cooper Babin, giving the Gators a final victory score of 39-38.

Oliver says, “Our big motto is it’s not who we play, it’s how we play.” Tomorrow night the Gators will take on Dutchtown at the Griffin Field. To purchase tickets, visit PayK12. All tickets are 10 dollars and the theme is white out.



PHOTO CONTRIBUTED BY: STA YEARBOOK

Gata Data Short Story Winner

"Dear Fiona" by Gabrielle Johnson

“Here you go, sweetie,” Mrs. Vandergriff coos, voice sickly sweet as she hands me the keys. Her wispy hair coils around her face like a vice, frail and grey. I close my palm around the keyring, staring blankly at the large oak door standing in front of us.

Mrs. Vandergriff frowns, just barely, placing a frigid hand on my shoulder. “We all miss him,” she says, attempting sympathy. I nod weakly, letting my lungs inhale deeply.

“Yeah,” I say distantly, turning my face to look at her. I force a strained half-smile, “Could I be alone?”

Her expression softens, and she nods quietly. My eyes flicker back to the door, a horrible ache piercing the cavity in my chest. The click of her heels in the hallway slowly fades as she exits. I bring the key ring to the knob, clumsily turning and unlocking it.

The office door creaks open, the smell of old parchment and dust already emanating from beyond the threshold. I breathe it in deep, letting it rest in my lungs—trying to find a remnant of him.

Pushing into the old study, I find myself expecting someone. The leftover adrenaline of all that was before still lived in this room, decaying with him. I exhaled a sigh I didn’t realize I was holding, beginning my search. I pace towards the desk, making no worry about being quiet as I rummage through the knick-knacks and papers shoved haphazardly into drawers.

None of it is what I’m searching for.

A copy of *Brideshead Revisited* by Evelyn Waugh sits in the left-most drawer, covered in a thick layer of dust. I reach up to grab it, coughing as a parade of dust comes up with it. I persevere, opening the front cover.

A note lay penned on the first page. It reads:
For my dear Fiona. One of my favorites.

I pause, mouth twitching down into a frown. I didn’t know Fiona, but she seemed like such a lovely person. The way Mrs. Vandergriff speaks about her, she must be. I return the book, guilt creeping up my spine.

Grimacing, I slam closed the last drawer. My eyes flicker across the room, looking for any out-of-place bricks or floorboards peeling up. Coming up empty-handed, I continue my search elsewhere. A large bookcase sits in the corner of the room, covered from head-to-toe. I’m very familiar with most of them, so I search for the ones I’ve never opened.

I grab a book. I relax into a steadfast rhythm, book after book, I search for something—anything—resembling a clue. As I got to the last book, half an hour had passed.

“He must’ve moved it,” I muttered under my breath. I sighed, resigning to come back another day, or maybe even finding a way to his house. Walking back out of the study, down the hall to the main entrance, I smile at Mrs. Vandergriff curtly as I pocket the keyring.

“Goodbye, Fiona,” She said softly.

“Goodbye, Mrs. Vandergriff.

Safety in contact sports

BY: JAYDEN PINO
Gata Data Reporter

An East Ascension Football Player collapsed late September during a freshman football Game against St. Amant, after taking a blow to the chest. On-field personnel rushed to attend to the fallen player and he was relocated to a nearby hospital where his injury could be better evaluated.

“At the end of the day it was a great outcome compared to what it could have been and we are very blessed to see that he is walking, talking, and doing what he wants to do now,” said STA’s Associate Athletic Trainer, Tara Rossignol.

While contact sports offer athletes the opportunity to stay active, healthy, and connected with a community, it also presents a risk of injury. Head Athletic Trainer at St. Amant, Bryan Hutson, believes that the most important things athletes can do to reduce the risk of injury are to take care of their bodies when they are not playing, to learn proper technique, and to speak up when they see a teammate doing something that may be dangerous.

“Nutrition plays a vital role in it. If you put bad things into your body don't expect good outcomes,” said Hutson, “Hydration is kind of like putting gas into your car. The higher the quality of the fuel, the better performance you are going to get. When you are running on empty you can get bad things to happen to your body.” Cramps, heat exhaustion, and heat stroke are all possible results of dehydration that can compromise an athlete's health and game performance.

“Learn the techniques of your sports to not only protect yourself, but if you notice that one of your teammates is doing something incorrectly or in a dangerous way have the wherewithal to tell them,” said Hutson. If an athlete notices that one

of their teammates is experiencing symptoms of a concussion or any other serious injury, they should notify a coach or an athletic trainer so that the injury can be assessed and monitored. Concussion symptoms that athletes are advised to look out for in their fellow teammates are temporary loss of consciousness, slurred speech, delayed response time, dazed appearance, and forgetfulness.

“A helmet is not going to prevent a concussion one hundred percent. A shoulder pad is not going to prevent a broken shoulder one hundred percent. You do all of these things to prevent it but it can happen, and all that matters if it does happen, is how we can grow from it,” said Rossignol.

High School athletes who develop injuries run the risk of worsening their injuries if they do not take the recovery process seriously.

“There is no need to rush getting back onto the field even though as an athlete and a competitor that is what you want to do, to be back on the field or court, or wherever you want to be. Your body has to take time to heal, and if you rush it you will probably end up making the situation last longer,” said Hutson.

“Reach out to your athletic trainers if something happens, and notify your coaches. If there is a different scenario for you, or if you feel uncomfortable doing so, always reach out to your parents or a guardian, that way they can get you proper help,” said Rossignol. St. Amant’s sports med program is run by three medical professionals, Bryan Hutson, Tara Rossignol, and Amanda Swanson, who can help walk injured athletes through the recovery process. While St. Amant offers many support systems for student-athletes, they can save time and stress by simply taking the proper actions to prevent injuries.

STA's carpentry team takes first place

BY: SAVANNAH MATLOCK
Gata Data Reporter

St. Amant High School carpentry students accepted the top prize at the Area IV Carpentry CDE on Thursday, September 19 for their first-place swing that they built in under 3 hours. The Team, Seniors Travis Henry, Brayden Coburn, Hunter Lanoux, Martin Mancuso, and coaches Matthew McCon and Corey Alleman, saw major success at STA's first appearance at this competition, qualifying them for the state contest.

The swing is a classic wooden porch swing with space for two or three people.

"We didn't know what to expect," said Coburn. The boys competed amongst 10 different

teams from all over South Louisiana. With three hours to build, they finished with lots of time to spare.

"By that time we already built the frame and put the slats on, people were just starting to frame," said Henry. "We finished at least an hour before anyone else."

The team practiced by building three swings leading up to the competition and planned everything out.

In the middle of the competition, they realized that they had the wrong size boards for their swing but this did not hinder their results. The judges score based on measurements, finishing (sanding), fastening (screws), etc.



PHOTO CONTRIBUTED BY: FFA Facebook

The STA Carpentry team sitting on their first place winning swing at the Area IV Carpentry CDE Competition on Thursday, September 19.

FCA is a 'safe place' for students

BY: HAYDEN LOUPE
Gata Data Reporter

FCA, also known as Fellowship of Christian Athletes, is a student-based club for worship. This club allows students to express themselves and their faith freely without any judgment. Although, the club is named "Fellowship of Christian Athletes", you do not have to be a Christian athlete to join. The club was created for anyone who is Christian or has an interest in learning about God.

FCA meets at 7:10 every Friday morning in the Little Theater and lasts until the first bell. During the meetings the leaders will lead the group in



game. They also attend graduation, ring night, and open house to pray over the students. The leaders will also try and attend other sports and say a quick prayer before the game begins.

"I feel like before FCA, before high school really, I was definitely a middle-of-the-road Christian" senior FCA leader, Madelyn Long said. Long expresses how FCA has been able to keep her faith close to her and bring her even closer to God. FCA has taught Long better social and leadership skills.

FCA allows for the members to feel support from their peers. Junior FCA leader, Hailey Pierce said, " FCA is a safe place where you can say whatever you want, we're going to listen to you." FCA is a safe environment for students who may be struggling. If someone needs to share their experience during a hard time, FCA is there to show support and pray over those who are struggling. The leaders are willing to share their own personal experiences to try and share how they may have overcome what was holding them back to help others.

If you have any questions about FCA you can email Morgan Green at morgan.green@apsb.org or go to their Instagram page [@stamantfca](https://www.instagram.com/stamantfca).

STA Band goes back to '1849'

STAFF PHOTOS BY OLIVE CARROLL

BY: OLIVE CARROLL
Gata Data Reporter

St. Amant High School's band performed three out of four movements of their competition show, titled 1849, on Saturday, September 28, during the annual Bandboree. The St. Amant community got a taste of what the band has prepared for this upcoming competition season.

Their halftime show is about the California Gold Rush. Everything from their props, music and costumes immerses the audience in this 19th-century period. The songs in their competition show include the main theme from "Yellowstone", Embarking and Setting Sail, from "American Dream", Fields of Gold by Gordon Sumner, and Rocky Point Holiday. Joseph Nassar, the band director at St. Amant, hand-picked sound effects from "The Good, The Bad, and the Ugly" for this performance.

"It's almost a preview of what it is like to enter a competitive season," said Nassar. Not only does Bandboree give band students an idea of what competition season will be like, but it also gives them more practice going into football games.

Junior section leader Mason Miller says they put a lot of hard work into the show. "It's awesome because like in that performance just now and the big impact of the third movement

it was so big and loud and just awesome."

The amount of time band students spend on their performance show the dedication the whole band has to this school.

"I think we did a good job of telling the story of the show. I think the design of the show, the theming the costumes and the confidence of the band really did a good job selling that idea to the audience." Nassar said, "We had alot of compliments."

The next time the band performs is Friday, the 11th of October at The Pit at the home showdown against Walker.



St. Amant's FFA hits big

BY: CHAD HERBERT
Gata Data Reporter

In June, the officer team of Saint Amant High School FFA attended the 95th State FFA convention in Alexandria. While there, Students had the opportunity to see how other chapters/FFA members operate while learning the democratic process through the elections that were held. They also participate in committees and debates which allows them to have a better understanding of skills that they can use to pursue a future career.

Students took part in workshops led by retiring officers and connected with other officers from across the state and because of the hard work of FFA students and stakeholders students also received several awards, including 2nd place in the National Chapter Award, State Winner in Building Communities and State Winner in Strengthening Agriculture. FFA is a youth organization that helps students learn agricultural skills and allows them to try out for scholarships, travel, meet tons of new people and experience lots of different opportunities. We interviewed Mandy Delaune, the FFA teacher at St. Amant, for more information about the convention and what it was like going.

When asked about how the FFA convention was, Delaune responded,

“So we went to the state FFA convention, and the convention itself is similar to our program, so we had a year-end banquet on campus, so the convention is basically the state's year-end banquet on the state level. We had the opportunity to hear some great motivational speakers, and the kids had the opportunity to go to leadership workshops, that’s also when the student body votes and elects new state officers, we actually were competing for the “National Chapter Award”, which we came out second place in, and in October, traveled to a national convention because of our ranking at state convention, we’ll get an award at national convention, which is three-star award, which is the highest event chapter can earn. That puts us at the top 10% of FFA chapters across the nation in terms of our ranking, which is a pretty good ranking to have.”

One of the great aspects of FFA is the variety of competitions students can take part in, including "Career Development Events". These contests help students learn valuable skills. In one such event, our FFA students competed in a carpentry contest held in Covington. They won first place for their impressive five-foot swing with a center console and were also commended for their commitment to safety.

A Supervised Agricultural Experience (SAE) provides opportunities for experiential and work-based learning within a school-based agriculture program. One of our students, Payton Blanchard was recognized for her SAE in beef production, achieving third place in the state. Additionally, in the National Chapter Award Program, St. Amant's FFA program excelled in "Community Development" and "Student Development", showcasing exceptional community outreach and support for individual students across the state.

When asked about how Mrs. Delaune felt about going to the convention, she responded,

“The opportunity to go to the convention is always fun because as an educator, we get to see lots of our other educator friends and just catch up with them. But our students, they’re exposed to the career shows, which have 40-50 different companies or schools that the kids can interact with. The convention shows, they have laser shows, they have fireworks shows, we go to a general session and they play music. Our kids get to see leadership in

donated to the local Catholic Daughters Association at Holy Rosary. The church helps contribute to giving Thanksgiving baskets for families located near St. Amant. PreSales for tickets end on October 18 at 12. The remaining tickets will be sold on Saturday on site. Session one tickets are sold on school cash online.

FFA is also looking for volunteers to help at a station and to make an exciting event for all families that show up. They also ask that you

action. There are lots of giveaways so it's really exciting for the kids to be able to experience that because it’s so different from what they know of FFA here on campus.”



St. Amant's FFA students at the convention
PHOTO CONTRIBUTED BY EMILY RHOADS

Boo at the barn

BY: LAILAH GRANIER
Gata Data Reporter

FFA is excited to announce their 15th year anniversary of Boo at the Barn on October 19, 2024. Boo at the Barn will be located at the Agricultural Barn, which is at the back of black lot. FFA allows all ages to come and have a great time with the various attractions offered.

With the money contributed through ticket sales, a portion of the money will be



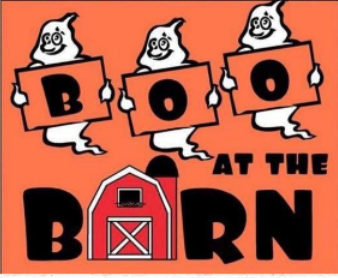
**Saturday,
October 19, 2024**

Sessions:
1:00 – 3:00 PM
3:30 – 5:30PM

Cost:
\$6 ticket per person

Location:
St. Amant High School Barn

*St. Amant FFA Presents
the 15th Annual*



BOO AT THE BARN

Come Enjoy...
Petting Zoo,
Tons of Games,
Hay Ride,
Pumpkin Patch,
Face Painting,
Trick or Treat Stations,
Sweets Table,
Scare Tent,
Costume Contest,
Pumpkin Decorating,
shop local vendors
and MUCH MORE!

A portion of each entry will be donated to support local families for Thanksgiving meals.

Ask Allie



Dear Allie,

I am struggling to keep up with my AP and Honors classes. I am concerned that I have too much on my plate, inside and outside school. If things do not change I am afraid I will fail my classes. What can I do to improve my grades before it is too late?

Sincerely,
A Struggling Student

Dear Struggling Student,

There are many actions you can take to improve your grade in advanced classes such as AP, Honors and Dual Enrolment. A topic that one student finds easy to comprehend, may be a challenge for another and vice versa. By taking action I am sure that your grade in any advanced class will improve.

Asking for help is always an option. Many teachers would be more than happy to give you a little extra help, during and outside of class time. Sometimes it can be beneficial to sacrifice your lunch period for extra review with your teacher. St. Amant also offers tutoring for many different subjects. For freshmen needing help, from 2:45 to 3:45 in the Freshman Academy building, Biology tutoring is offered every Monday, Math every Wednesday and English every Thursday. For upperclassmen, Algebra 2 and 3 tutoring is offered every Wednesday from 2:45 to 3:45 in room 605. Geometry tutoring is offered from 2:4 to 3:45 every Monday in room 605 and every Wednesday in room 602. If you have any further questions, feel free to ask your teachers about tutoring for your class.

Many of these classes expect their students to routinely spend time out of class, reviewing class material, and teaching themselves. While homework may seem like a nuisance it offers an opportunity to review what you learned in class and improve your grade. At home, you have access to resources and time not available in class, to help you complete your homework. The internet and previous work from class are examples of resources that can help with a student's comprehension of a topic. For AP classes in particular, the website AP Classroom (<https://myap.collegeboard.org/login>) provides students with videos covering the various topics learned in AP classes.

Concentration plays a big role in one's academic performance. It can be difficult to stay concentrated in a class that moves fast. Getting the proper amount of quality rest before class can make a big difference in one's concentration. For many students, it is difficult to get a good night's rest but a simple action you can take that may help, is to turn off electronic devices at least an hour before bed. Maintaining correct posture and eye contact with your teacher can also help with drowsiness in class. Some more ways to improve concentration in class are taking notes by hand, participating in in-class discussions, staying active and rewarding yourself for paying attention.

I am sure that if you implement these tactics into your study and class time there will be a noticeable change in your grade. Just remember not to give up. If something is not working, look at it from a new perspective and