### Saying Goodbye to Our Seniors...3

**Teacher Spotlight...4**

**FBLA State...5**

**College Essentials...6-7**

**Senior Map...8-9**

**Driven on the Soccer Field...10**

**Opportunities After High School...13**

**Summer Crossword...15**

**Heard in the Halls...16**

---

**Community Service Hours at PHS**

**What underclassmen need to know about DCSD community service requirements for graduation**

By Dylan Jensen

Whether or not you want to start your community service hours early or you’re nearing your last days at Ponderosa High School and haven’t started yet, this guide is here to help you. It’s a common misconception that students can just go out, participate in a beneficial activity, and claim those hours as community service. In fact, there’s guidelines that need to be followed in order for those hours to count towards graduation. So with that in mind, see below from our counseling office for those requirements.

**DCSD REQUIRES 20 TOTAL COMMUNITY SERVICE HOURS TO GRADUATE**

- All service must be done outside regular school hours or on an off period
- Only 5 hours max will count
- Any service or activity affiliated with PHS
- Activity/service performed for a faculty member on campus and for school related purpose.
- PHS sponsored peer tutoring (must be organized and approved by the counselor prior to tutoring).
- If PHS hours are needed (like for lettering), can include feeder schools in PHS hours (elementary schools and Sagewood Middle School that feed into Ponderosa). Feeder schools can be used for either PHS hours or hours for an outside organization.
- Service described above must be completed after 8th grade.
- All hours are due by April 1st of the Senior year to graduate.

- Outside Non-profit Organizations – 15 to 20 Hours:
  - Outside non-profit organization such as Habitat for Humanity, Denver Rescue Mission, Praying Hands Ranch, elementary and middle schools, fire and police departments, government offices, neighborhood HOA, or other organization that operates without profit and is registered as a non-profit.
  - Business participating in a non-profit service-learning event.
  - Event needs to be verifiable by a nonprofit organization.

---

**GOODBYE CLASS OF 2023**

Saying farewell to the seniors of The Mustang Express

By Sydney Pearson

This year, two of our seniors, Trent Wobschall and Kat Knackstedt, are going off to college. We couldn’t be more excited and somber at the same time. They have contributed so much to our program, and their shoes will be hard to fill. So, let’s learn a little about them, what they did for our newspaper, and what our seniors are continuing to do in college.

**TRENT WOBSCHELL**

Second Draft Editor

“I’ve been in newspaper for all four years of highschool, and everyone was really welcoming and supportive from the time I first joined to now, as I’m on my way out. I was most excited about being able to show my writing skills around any topic, but more specifically sports-related topics. My roles in newspaper over the past few years have been both as a first draft and second draft editor and assisting in any other spots as needed. I’ll be continuing my academic career at the University of Colorado-Boulder! I will be a part of their media program, communication, and information, majoring in journalism to earn a Bachelor of Arts. I’ll also be attempting to double minor in sports media and business. I’m excited to see future newspaper students expand into bigger and better ideas and creations. I believe the incoming students will get to appreciate the hard work and dedication Mr. Pfeiffer has put into the program throughout his years advising The Mustang Express. He brings the program’s students together with a smile on his face, everyday, creating laughs and memories. For myself, especially as a senior, I’ll never forget that.”

**KAT KNACKSTEDT**

Layout & Design Editor

“...I have been the Layout & Design Editor for The Mustang Express for two years as a junior and senior. I went into the class with a passion for writing, but I was surprised that I could have a part in the program in another avenue besides writing. Coming into the class, I had another passion for graphic design, so I was intrigued that there was a role for me here to experiment with what I wanted to do in the future! I’ve decided to further my education and attend the University of Utah in Salt Lake City this fall to study graphic design and business. I will probably find myself working as a layout designer for The Daily Utah Chronicle at the university as well. I am so thankful for the experience I had in this class, as it has brought me new friends, an experience in journalism, and practice for my future career. I hope the next chapter of newspaper students can discover and strengthen passions that they never knew they had, whether it be layout, editing, or writing. Thank you to the Mustang Express for some of the best memories!”

---

**TEACHER SPOTLIGHT**

Mr. and Mrs. Pfeiffer

Avery Van Spronsen

“I'm excited to see future newspaper students expand into bigger and better ideas and creations. I believe the incoming students will get to appreciate the hard work and dedication Mr. Pfeiffer has put into the program throughout his years advising The Mustang Express. He brings the program’s students together with a smile on his face, everyday, creating laughs and memories. For myself, especially as a senior, I’ll never forget that.”

---

**FBLA State**

Sydney Pearson

“I have been the Layout & Design Editor for The Mustang Express for two years as a junior and senior. I went into the class with a passion for writing, but I was surprised that I could have a part in the program in another avenue besides writing. Coming into the class, I had another passion for graphic design, so I was intrigued that there was a role for me here to experiment with what I wanted to do in the future! I’ve decided to further my education and attend the University of Utah in Salt Lake City this fall to study graphic design and business. I will probably find myself working as a layout designer for The Daily Utah Chronicle at the university as well. I am so thankful for the experience I had in this class, as it has brought me new friends, an experience in journalism, and practice for my future career. I hope the next chapter of newspaper students can discover and strengthen passions that they never knew they had, whether it be layout, editing, or writing. Thank you to the Mustang Express for some of the best memories!”

---

**Opportunities After High School**

Rhiannon Navarro

“I have been in newspaper for all four years of highschool, and everyone was really welcoming and supportive from the time I first joined to now, as I’m on my way out. I was most excited about being able to show my writing skills around any topic, but more specifically sports-related topics. My roles in newspaper over the past few years have been both as a first draft and second draft editor and assisting in any other spots as needed. I’ll be continuing my academic career at the University of Colorado-Boulder! I will be a part of their media program, communication, and information, majoring in journalism to earn a Bachelor of Arts. I’ll also be attempting to double minor in sports media and business. I’m excited to see future newspaper students expand into bigger and better ideas and creations. I believe the incoming students will get to appreciate the hard work and dedication Mr. Pfeiffer has put into the program throughout his years advising The Mustang Express. He brings the program’s students together with a smile on his face, everyday, creating laughs and memories. For myself, especially as a senior, I’ll never forget that.”

---

**Second Draft Editors**

Trent Wobschall

Kiera Sheehan

Ben Hendley

Mya Korth

Rhiannon Navarro

Second Draft Editors

Trent Wobschall

Kiera Sheehan

Ben Hendley

**Writers**

Stephen James

Emily Jones

Delenay Wright

Dylan Jensen

Avery Van Spronsen

Asia Lucero

---

**Community Service Hours at PHS**

What underclassmen need to know about DCSD community service requirements for graduation

By Dylan Jensen

Whether or not you want to start your community service hours early or you’re nearing your last days at Ponderosa High School and haven’t started yet, this guide is here to help you. It’s a common misconception that students can just go out, participate in a beneficial activity, and claim those hours as community service. In fact, there’s guidelines that need to be followed in order for those hours to count towards graduation. So with that in mind, see below from our counseling office for those requirements.

**DCSD REQUIRES 20 TOTAL COMMUNITY SERVICE HOURS TO GRADUATE**

- All service must be done outside regular school hours or on an off period
- Only 5 hours max will count
- Any service or activity affiliated with PHS
- Activity/service performed for a faculty member on campus and for school related purpose.
- PHS sponsored peer tutoring (must be organized and approved by the counselor prior to tutoring).
- If PHS hours are needed (like for lettering), can include feeder schools in PHS hours (elementary schools and Sagewood Middle School that feed into Ponderosa). Feeder schools can be used for either PHS hours or hours for an outside organization.
- Service described above must be completed after 8th grade.
- All hours are due by April 1st of the Senior year to graduate.

- Outside Non-profit Organizations – 15 to 20 Hours:
  - Outside non-profit organization such as Habitat for Humanity, Denver Rescue Mission, Praying Hands Ranch, elementary and middle schools, fire and police departments, government offices, neighborhood HOA, or other organization that operates without profit and is registered as a non-profit.
  - Business participating in a non-profit service-learning event.
  - Event needs to be verifiable by a nonprofit organization.
Mr. Pfeiffer has been teaching for fourteen years and counting. Throughout those years he taught English as well as speech/public speaking. This is his ninth year advising newspaper here at Ponderosa, and this 2023-2024 school year is his first as Dean of Students. While he’s definitely a veteran in the field, Mr. Pfeiffer had no intentions of being a teacher until he received a letter in the mail (while he was at CSU Ft. Collins) and was given the opportunity to coach fourth grade youth football. He parlayed that opportunity with an initial teaching and coaching position in Dayton, CO, to where he is now, with us at PHS. Though being a teacher was not his initial career choice, over the years, he’s come to realize his love for kids and putting a smile on their faces when he gets the chance.

When Mr. Pfeiffer took over newspaper in 2015, the class was in notable debt. Through creating advertisements and fund-raising events, Pfeiffer brought the newspaper class out of debt, which allowed for updated photography equipment, awesome banquets, and apparel for the students. New cameras allowed for clear and precise pictures to be added to articles, but that was not all he provided. He figured out ways to purchase and provided various lenses, filters, memory cards, backpacks, passes, and tripods for the program. Newspaper has always been a first period class, never an extracurricular activity that would be after school. With participation to lend a hand. Having a teacher who is welcomeing and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.

As a teacher, advisor, and dean like Mr. Pfeiffer, is a figure and encouragement to others who want to become because of the ongoing determination and passion he provides his students and administration. From providing a friendly and helpful to lend a hand, having a teacher who is welcoming and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.

The Legacy of Mr. Pfeiffer

By Mya Korth and Trent Wobschall

A teacher, advisor, and dean like Mr. Pfeiffer, is a figure and encouragement to others who want to become because of the ongoing determination and passion he provides his students and administration. From providing a friendly and helpful to lend a hand, having a teacher who is welcoming and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.

A teacher, advisor, and dean like Mr. Pfeiffer, is a figure and encouragement to others who want to become because of the ongoing determination and passion he provides his students and administration. From providing a friendly and helpful to lend a hand, having a teacher who is welcoming and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.

A teacher, advisor, and dean like Mr. Pfeiffer, is a figure and encouragement to others who want to become because of the ongoing determination and passion he provides his students and administration. From providing a friendly and helpful to lend a hand, having a teacher who is welcoming and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.

A teacher, advisor, and dean like Mr. Pfeiffer, is a figure and encouragement to others who want to become because of the ongoing determination and passion he provides his students and administration. From providing a friendly and helpful to lend a hand, having a teacher who is welcoming and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.

A teacher, advisor, and dean like Mr. Pfeiffer, is a figure and encouragement to others who want to become because of the ongoing determination and passion he provides his students and administration. From providing a friendly and helpful to lend a hand, having a teacher who is welcoming and provides assistance to make both the class and students better, this is the hallmark of a class that students, especially if their talented writers, want to take.
**SUMMER ACTIVITIES ON A BUDGET**

Fun in the sun without spending a fortune

By Emily Jones

Warm sunlight shining on your face, the lively buzz of friends getting together, and the warm scent of barbecue thick in the air…these are all signs most out of the beautiful season without burning a hole in their wallet. Here are a few ideas that can make your summer as eventful as possible!

1. **Go for a scenic hike.** Take full advantage of the beautiful sights Colorado has to offer. What better way to de-stress from the school year than exploring the breath-taking views? Pack up that trail mix and grab a large water bottle. Mother Nature is calling!

2. **Visit free local festivals.** Experience small city festivities by going out to the coolest events happening for no cost at all! Check out the websites for Breckenridge, Vail, Beaver Creek, and other mountain towns any interesting festivities or fairs.

3. **EARN COMMUNITY SERVICE HOURS.** If you’ve yet to graduate, the abundance of free time that comes with summer vacation is perfect for fulfilling the requirements for graduation. Take a friend and enjoy helping out the community while working for those schoolyard service hours! Understanding, this could be a great way to get to know, if not all, required hours out of the way. The PHS community service forms and listed organizations can all be found on the PHS website under the counseling tab.

4. **Organize a movie/game night with friends.** Have everyone bring their favorite snacks to the get-together, and decorate the space to create a super inviting atmosphere. If possible, take this night outside to allow you to enjoy the season even more and to add to the cozy atmosphere. If playing games sounds more desirable, bringing board games, cards, or playing party games on the TV can be some goofy, kid-like fun for everyone to enjoy.

5. **Have a Summer Scrapbook or Journal.** Delve into your creative side by putting together all the best moments into a well-crafted masterpiece. This will allow you to look back on the memories you’ve made and remember the exciting moments.

6. **Start in the dorm room specifically, some simple storage containers for both snacks and other items are essential for a clean, organized living space.** A monitor or a TV to watch sports events, or to do classroom projects on can also come in handy. But, if other people were to come relax in your dorm, you’re going to need some simple lights around the room and a clock that they can pay attention to so that they don’t stay until sunrise. Making your dorm feel at home will also benefit you in the foundation of welcoming others and making new friends. While you’re at it, add a mini fridge and microwave if it isn’t provided already. A very popular item that college students need is a heavy duty fan for the dorm room. When summer comes around and your dorm is without air conditioning, a fan that can cool down a room is a key essential.

**For those seniors who are counting down their days of high school and looking forward to the next step in their education, it is our hope that the above list serves as an aid to make that transition seamless. Here’s to wishing you all the best Mustangs!**

**THE MOST IMPORTANT ESSENTIALS FOR COLLEGE**

Incoming freshman survival list

By Trent Wobchall

Starting in the dorm room specifically, some simple storage containers for both snacks and other necessities is a must. Community bathrooms are treacher-ous, so having shower shoes is a need, not a recommenda-tion. Within the classroom, having organized planners helps with time management for classes and events outside of school. An iPad or a flip screen computer with a touch screen is a must. Space can be more efficient than doing handwritten notes. Running the risk of losing one's notes on paper isn't as likely as if they were on a laptop or iPad.

**Earning a Legacy**

Five easy ways to leave your school a better place

By Taliah Carringtn

The end of the school year is approaching. As students go, there will be more to come. That said, it is right to be a leader and leave a legacy for those who follow here. Five easy ways to leave your school a better place.

1. **Be kind!** Being a kind is a severe issue in schools around the world. The effects of negativity can make a child feel like they are a fallen victim to bullying may be harsh. If you witness another student being bullied, it's best if you speak up and inform a trusted adult. Speaking up is not easy, as you might feel like you want to do nothing to help. Lending them a hand may be the difference in closing your summer out right, go see country legend Jon Pardi on August 11! Charting fourteen singles on the Billboard Hot Country Songs chart, Pardi is best known for songs such as “Heartache on the Dancefloor” and “High Schoolin’.”

2. **Be positive!** Having a positive attitude or atmosphere through your attitude. Negativity spreads, even complain- ing about something as small as a school lunch. This thought pattern can simply influence the views of students around you. Instead of complaining, try uplifting spirits by offering solutions to a subject to lighten the situation and encourage others to create a positive space. Effortless things such as laughter and smiles form a bright outlook. Nobody can learn when they are in a negative mindset.

3. **Take care of your environment!** We all benefit from a clean and pleasant environment. We as students and staff can be an example to your peers by cleaning up and respecting the building. Report any vandalism or damage that may be harmful to the environment. Encouraging people to care for their surroundings is a great way to make everyone think twice before damaging property. Everybody should be contributing towards a clean environment and be able to feel proud of their school.

4. **Take care of each other!** Nobody wants to go to school but a family too. What makes a family is that we care for one another. If someone is struggling with school, socially, or whatever, it may be them, lend an ear or offer them your support. If every student took on this mindset, it would create a sense of belonging and love. Having supportive peers makes school a place that is enlightening rather than disappointing.

5. **Practice safety!** School is supposed to be a safe space for learning, collaboration, and creativity. There have been many accounts of bullying making their way into the high school, and students will go, but Pon-derosa is forever. Pondo is home to its students, and staff, and the Pondo Family will continue to grow. So what will you do to leave your school a better place?

**Red Rocks Summer Concert Series**

All the exceptional artists visiting Denver this summer

By Kiera Sheehan

Imagine, a cool breeze stirs the warm, summer air around you. You smell the fresh pine surrounding the amphitheater, and the sky overhead houses thousands of brilliant stars. Lights from the stage illuminate the crowd as you both are listening to the band you have been waiting for months to see. With the school year nearing its end, what better way to get through the final weeks than to look forward to concerts? Continue reading to find out if your favorite artists are visiting Red Rocks Amphitheater this summer!

Are you a fan of simple melodies, continuous rhythms, and memorable riffs that reference love stories and dirt roads? Then get ready to be amazed by these country music artists this summer! First on the list is Old Dominion accompanied by Frank Ray and upcoming artists, Kailey potato and Grey James. With the tour titled “No Bad Vibes,” you are sure to have a good time listening to songs like “Written in the Sand” and “No Such Thing as a Broken Heart.” They’ll be here May 27-28 and tickets start at $20. If you feel ambitious and want to close your summer out right, see country legendar Ponde Laton on Pardi! Charlie Granger fourteen singles on the Billboard Hot Country Songs Chart throughout his career, he is sure to not disappoint. Tickets start at $221.

Don’t like country music? Venture into independent artists that let their creativity break genre boundaries with indie? Noah Kahan, who sings indie folk pop, is playing at Red Rocks on July 26. Not only will he play “Stick Season” and many more, but Brinston Macarey will join him on stage as well. Tickets start at $41. Do you want music that is a faster pace? Then you are sure to love Quinn XCII, who focuses on indie pop. In the North American portion of his “The People’s Tour,” Arizona and Julia Wolf will be sure to make this night a party for the audience. They visit on June 6th and tickets start at $107. Do you dare to venture into a subgenre that is more rugged? Then buy tickets to Lord Huron, an indie folk-rock band, beginning at $169 for May 31st or June 1st. You are sure to know their famous song, “The Night We Met,” proving it will be a memorable night. Are you still eager for another experimental experience at the rocks? Although the name is eccentric, Rainbow Kitten Surprises is another impeccable band to visit with its innovative melodies. They will be here July 5-6 and tickets start at $141.

Would you rather avoid alternative styles and arrive in the land of rock? Here’s a great pop rock singer to bring a smile to your face. If you are a fan of the boy band, One Direction and want to reconnect with one of their members, then attend Louis Tomlinson’s concert on June 21st for only $36! If you are rather interested in rock that takes your mind to the 80s, then you won’t forget to make sure you forgive this iconic band that it’s 2023. Killer Queen, a tribute to Queen, was founded in June 1993 and is still performing strongly at sold-out events. Visit them on July 18th for a price tag of $83. Do you want to stay in the present with some Australian psychodelic rock? Then look into the band, King Gizzard & the Wizard! With three opportunities to see them June 7-8 and tickets starting at $83, it is certain that you will have a mind-blowing experience.

Now that you have all the information, visit threerocksamphite-ater.com to see if you are able to reserve your tickets! Whatever your taste might be, you are sure to have an impeccable time at the one and only Red Rocks Amphitheater - ranked in the top ten best music venues in the US. Photo credit to Red Rocks Amphitheater.
By Kate Aslin
Checking in with Ponderosa’s Varsity Boys Baseball Coach Maloney’s Mentions

"We lost a lot of kids from last year, and we got some young kids in the program that we are trying to get developed. We also have a good senior class this year."

Q: How do you keep the team motivated after coming off of a state championship?

A: "I think for our kids it is easy, I mean, they have all had a taste of it because they have been a part of the program for either two or three years and want to continue that winning tradition that the kids before them have set up."

Q: Who are some up-and-coming players to look for?

A: "Our current players right now are Bryce Robinette, a junior, and Gabe Jacobs, a senior that is committed to Azusa Pacific University."

Q: What do you see as your biggest challenge this season?

A: "We are inexperienced as we graduated 13 seniors last year - so we really only have four returning players with varsity experience. That inexperienced card is going to be our biggest challenge.”

When reflecting back on the good of the season, many will find that the team’s thought and work that it gave them a smile and emits a sense of gratitude for their experiences. However, the new age is up and coming, and the difference between what our generation deems as their "golden era" and what our elders did, becomes apparent. Provided below, the Mustang Express has decided to look back on how the times have changed from then until now at Pondo.

Meredith Bond, who graduated in 1984, and Ellie Williams, a current senior, both share their thoughts throughout their time at PHS and discuss how the times have changed.

Q: How would you describe Ponderosa’s environment in just (5) words?

Meredith Bond (MB) - "New, fresh, big, modern, classy”
Ellie Williams (EW) - "Family, unity, fun, potential, friendship!"

Q: What were your favorite classes?

A: (MB) - Throughout high school, I was known as a math and science nerd. I’m pleased with who I was, and the person I’ve developed into. It was a mix of the marching band and it was by far my favorite. We were very competitive and great at games and competitions. I didn’t pay much attention to other sports or clubs because I was always busy studying.

A: (EW) - I was a captain of the softball team, member of National Honor Society, Math Honor Society, Student Council, Student Advisor Group, Beta Club, Link Crew, and my favorite, President of Stang Gang. Every group presented friendships, opportunity, and a sense of purpose. I loved Stang Gang because it helped me unify the school, support clubs and activities, and become a leader.

Q: What was/are one teacher here at Ponderosa that you were/are greatly influenced by?

A: (MB) - Most, if not all, teachers were amazing. I was greatly impacted by my calculus teacher by Mr. Bruce Fitts. It was my first period and only had five students. The opportunity to have such a small class was priceless. The one-on-one attention and the relationships I built with my teacher(s) gave me a great teaching experience.

A: (EW) - I was greatly influenced by Ms. Waid, who teaches science. She not only cares about every student as a person but as a human being.

Q: What were/are the major rules that were enforced?

A: (MB) - One of the most enforced rule was that no one could leave campus to work as hard as she could for them and make her a better player than she could ever be alone. The root of most of her motivation and her teammates and she’s the reason that they make her a better player. Catie explains, “I hate letting people down and making mistakes, but it teaches me what to expect out of myself and how to pick myself up if I do make mistakes.” Stang Gang because it helped me unify the school, support clubs and activities, and become a leader.

Q: What did/do technology look like around the school?

A: (MB) - It was a challenge I faced was time management. From working, playing sports, and joining multiple clubs, trying to maintain a 3.9 GPA with AP classes, trying to spend time with friends and family, my schedule was hard to manage.

Q: What did/do technology look like around the school?

A: (EW) - Technology is used in almost every assignment and almost every class. After Cord, almost everything went digital and every student and teacher has a phone or computer to complete work. It is not as common to do work with paper and pencil.

Q: What did/do you communicate with your teachers and friends?

A: (MB) - I met with my teachers in their classroom or office. There was no emailing or texting for after school hours. When talking with my friends, I did that in person or over the telephone which had a wire and was mounted onto the wall.

Written letters or notes were another method of communication. Back then, long-distance calls were very expensive, so letters were another way to get in contact with someone.

A: (EW) - I communicated with my teachers predominantly in person and I only email occasionally if it is a last minute question over the weekend. I talk with my friends over Snapchat or in person at school when we are hanging out.

Q: What did/do your schedule look like?

A: (MB) - High school was from 10th-12th grade. We could only enroll in six classes per school year. All elective courses during all class periods were about 50 minutes long, and school was 7:30 a.m. to 2:30 p.m.

There was no option for independent-study, online-classes, or even to catch an advanced class. We completed high school in three years which were English and social studies.

A: (EW) - School goes from 7:40 to 2:35 all weekdays except for Wednesdays and Thursdays, which have different starting times. I started high school in 9th grade and will be graduating as a 12th grade. Classes are around 50 minutes long, and we have seven classes per semester, and all students are required to take language arts for all four years.

Q: How many people were/are in your graduating class?

A: (MB) - The school started with a population of around 450 students combined in junior and sophomore classes. This was before I was a senior. There was no senior class when I first joined Ponderosa. The next second semester of my second year in high school, and all the seniors stayed at Douglas County High School to finish their senior year. I was a part of the first graduating class of 1984.

A: (EW) - I was a senior in my class and the school’s population is around 1,436 students.

Questions credited to Meredith Bond and Ellie Williams

About Meredith Bond - Mrs. Bond graduated as the salutatorian of the first graduating class of Ponderosa High School in 1984. She went on to study at Colorado School of Mines where she earned her Bachelors of Science in Engineering and joined the US Navy soon after.

About Ellie Williams - Ms. Williams plans on attending the University of Utah to study Engineering and Intern as a 3.9 student with a 3.9 GPA, is a participant of NHS, and the President of Stang Gang. She has been the Master of Ceremonies all year, and will be speaking for the class of 2023 on graduation night. Photo credit to PHS MONTANA YEARBOOK 1984.
Five things that might be making you sick

Possible Carcinogens in Our Daily Lives

be harmful. Products such as nail polish, acrylic, and nail glue are

This might be a huge shock, but those cute nails might just

Kettering Cancer Center, this is only a risk when drinks are regularly
don’t throw out the hot chocolate yet. According to Memorial Sloan

2. Hot Drinks

these chemicals from the manufacturing process - so doing something

No, not every meat one can buy at the local grocery store will

1. Meat

extremely carcinogenic when exposed to on a regular basis. Since
Breathing in these powders and absorbing those liquids is easy and
usually unconscionable, it is more dangerous than most would believe.
Waldbeiser accounts that this is mostly a risk for nail techs, but getting
no nails done often increases this risk.

4. Stroyo

Stroyo, the main compound in stroyofoam, has been a
known carcinogen for years. Nonetheless, it is still used to make cups,
plates, take-out containers, and many more cheap-dish alternatives.
The National Library of Medicine, in their article, “Stroyo Exposure
and Risk of Cancer,” even called stroyo genotoxic and talks about its
role in cancer found in rats and stroyo workers. While this is not a
cheap alternative to servingware, a healthier alternative would be to
turn to paper and/or plastic (BPA free, of course).

5. Diesel Gas

Though this might be disappointing to hear for the car and
tuck junkies reading, diesel gas is the most potentially harmful item
on this list. Vehicles that use this gas are getting numerous nontoxic
fuels into the air. More than 30 of 86BCH are categorised as carcinogen-
ic by the World Health Organization. These fumes not only affect the
driver, but passengers and people sharing the road with these vehicles.
According to the American Cancer Society, even if some avoid the
carcinogenic underbelly of diesel gas, people who drive vehicles
that use this compound are more likely to develop lung and heart
disease. Though avoiding everything on this list is quite literally impossible, knowledge is indeed power as it pertains to being in the know
and making informed decisions. Photo credit to google images. Photo
credit to google images.

Directions: Mix sugar, flour, baking powder, eggs, and lemonade in a mixing bowl until smooth. Pour mixture over the baked crust. Bake at 350 degrees for 25 minutes or until golden brown. Ingredients for the glaze:
1 cup powdered sugar
3 tablespoons of lemonade concentrate
Directions: Mix together in a small bowl with a fork until smooth. Drizzle over cooled bars.
**Bonus** Ponderosa Pride Punch!
Ingredients:
64 oz apple juice
64 oz pineapple juice
1 liter ginger beverage dispenser. Stir until mixed! Photo credit to google.

Opportunities After High School

When students graduate high school, the typical path they take is attending a four-year uni-
versity and obtaining a degree in a field that best suits them. While this is an admirable approach, some
students choose to go down a different road. Seniors such as Genevieve Kafka and Josh Frank are just
a couple of PHS students who are planning on finding success in something outside of the aforemen-
tioned route.

Genevieve Kafka is interested in being a medical spa esthetician and injector. She is planning
on doing facials, dermal work, laser services, and cryotherapy. For this career path, Genevieve is looking at completing (600) contact hours
and (20) hours of in-school training. She also has the exciting opportunity to obtain extra certifications for procedures like injections and laser.
Esthetics is something Genevieve is passionate about, and she has even taken it upon herself to start work at a spa throughout high school just so that she can get some experience in the field. Once she is financially stable, she plans on going back to school and getting
an associates degree so that she has the freedom to open up her own business one day.

Josh Frank is another senior here at Ponderosa who is not planning on going straight into college, at least
not right out of high school. He has dreams of joining the Marine Corps, thanks to some family friends who encour-
aged him to go in this field. Josh believes that this will be the best path for him considering that he has never had an
overwhelming passion for traditional school, but adores the idea that he will soon be able to run free and explore. Josh
is all set up with a five year contract and intends on staying in the Marine Corps for as long as he can.

Genevieve Kafka and Josh Frank have goals and pathways that they’re excited about! While a traditional four-year university is a notable option, career
paths such as cosmetics, real estate, and the military are just a couple of the countless choices for those
considering paving their own path after high school. Photo credit to google images.
Summer Crossword

Across
3. What will happen on May 16th?
6. Common footwear for the summer.
8. A fruit that is red, green, and white.
9. The warmest three months of the year.
10. When is the last day of school?

Down
1. An area of inland water.
2. An accessory used to protect your eyes.
4. A sweet, cold treat to have on a hot day.
5. A place to swim or tan at.
7. A substance used to protect your skin.

Summer Crossword Answers

5. Pool
4. Ice cream
3. Sunglasses
7. Sunscreen
6. Flip flops
9. Summer
8. Watermelon
10. May 25
Heard in the Halls

“It’s always ‘Sko Buffs.’ But how about just “Sko to class.”

“I’m happier at Costco than I am at Sea World.”

“My voice is back but my sanity is gone.”

“Mine’s at 96% - I keep it charged up.”