

# THE MAST TRIBUNE

*By the students, for the students*

Find out our March  
Madness predictions  
on page 4!

## A Breathtaking Lesson in CPR

By Lydia Shaloka

CPR is a lifesaving technique that is important for people of any age to learn and be able to properly execute in a time of crisis. Fortunately, MaST was able to provide the students in Mr. Stabinski's Health class with the proper CPR education. The lesson was taught through an interactive video

sponsored by The American Red Cross, and showed students the differences in CPR for children and adults, the necessary steps and cautions to take while trying to perform CPR, and important signs to look for when trying to figure out when to start and stop CPR. There were even dummies of a baby and adult male so the students could use the skills they learned in a simulated real-life situation. The group of enthusiastic students, who ranged from freshman to seniors, all valued the lesson and realized just how important it is to be able to know this skill. When I asked Mr. Stabinski if he would like to do this lesson again, he



would like to do this lesson again, he

grinned and immediately said, "Absolutely, most definitely." He continued to discuss the program and how the students grasped the whole process. He said, "[the students] were very engaged and interested in the topic. Most students caught on quickly, some needed extra help, but the program was easy." When I spoke with Nurse Greenly, she gave me a similar response. "It's a great opportunity for them," she began, "it looks good on college applications, and if you work as a camp counselor you are required to have it. It's important information to have." Overall, this lesson proved to be successful and provided the students with a very beneficial skill that they can utilize in real life situations. Hopefully, this helpful lesson will be taught at MaST for years to come, and I highly encourage you to take an interest in learning CPR as well. **(see more pictures on page 2)**

# Creative Creation

Written By Joey Gardyasz

It's more than a bloodline,  
it's more than a kinship,  
it's more than the people in your house.  
It's more than a relationship that you hold  
close to your heart.

It's the people you want in your life,  
it's the people that you would die for,  
it's the people who matter most to you,  
it's the people who you consider to be  
yours.

They don't have to live with you.  
They don't have to be your parents.  
They don't have to be in love with you.  
They don't have to be your best friend.

They do fight you,

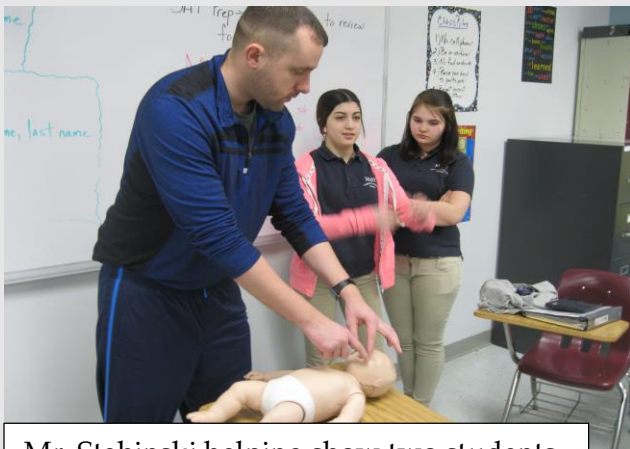
they do annoy you,  
they do get on your nerves,  
but that's why they're there.

They are there to make you laugh.  
They are there to make you think.  
They are there to provide a shoulder to  
cry on.  
But most importantly, they are there for  
you.

So keep them close;  
Don't brandish them,  
don't damage them,  
don't take them for granted.

You only have one real one.  
Who are you going to give the honor to?

## CPR Lesson Pictures



Mr. Stabinski helping show two students the proper CPR technique to use on a baby



Nurse Greenly instructing Mr. Stabinski's Health Class

# Mast's Got Talent!

Friday February 26<sup>th</sup> was the annual MaST talent show, where dozens of talented individuals compete to win money for the charity of his/her choosing. It was truly a spectacular event for all who attended and especially for those who performed. If you missed the talent show, be sure to come out next year and support the many talented students we have here at MaST! Here are some of our favorite pictures of the night that seem to encapsulate the intensity and joy associated with the competition:



Great Job to everyone who participated, and we can't wait to see what talented students will compete next year!

# MARCH MADNESS

A Write-up by Joey Gardyasz and Robin Thomas

It's that time of year again! The annual College Basketball championship tournament is right around the corner. The field will be determined on March 13th with the first tip off scheduled for March 15th. Here is our opinion on who we think is going to win the championship, and who we propose could be on upset alert:

We are going for Kansas. We feel they are the strongest team in the NCAA. They have a potent offensive attack led by Perry Ellis. He is a senior that leads the team in points per game with an average of 16.5 points per game. He has been a huge part of Kansas's success and the main reason why Kansas is outscoring opponents by an average of 14 points per game. As of March 8th, the Jayhawks are 27-4 overall and 15-3 in the Big 12. Their conference play has given them a stranglehold on the Big 12 conference. Overall, we believe that they are the best team in the field and don't envision anyone knocking them off.

There's our pick for the upcoming tournament. Tell us what you think is going to happen by filling out the bracket on the next page and submitting it to us. You can do this by handing your form into Mrs. Spellman in room 208.

# NCAA Division I Men's Basketball Championship

