



———— MOUNTAIN CREST ————
parent organization

MARCH/APRIL 2023 • ISSUE 13

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MCPO MISSION STATEMENT

Promoting partnership between parents, teachers, students, administrators, and the greater Mountain Crest High School (MCHS) community to create and support an environment where MCHS students can learn, grow, and succeed.



Huge Thanks to MCHS's 2022-23 Student Government!

We appreciate your many hours of service to help make MCHS the best! Election for next year's officers in March.

Upcoming Events

Talent Show Assembly, March 9

State Debate, March 11 & 12

Student Government Election Meeting

March 13 *see MCHS website for complete details

No School, March 17

Cheerleading Tryouts

March 25, clinics start March 22

Horsin' Around Improv

March 23, 7 pm @ MCHS

Region Drama, March 24 & 25

March Madness for Musicians!

March 8, Region Jazz band

March 14, Solo & Ensemble Festival

March 14, Region Band

March 15, Band Concert @ 7 pm MCHS

March 23, State Jazz

March 29, Young Artists Cup, 7 pm @ RHS

Spring Break, No School April 3-7

Parent Teacher Conferences, April 17

Job Fair at MCHS, April 19

Senior Gala

April 28, 6 - 9:30 pm @ MCHS Commons

Election Meeting for All MCPO Members

Thursday, April 13, 7 pm at the MCHS Sunroom. New officer elections.

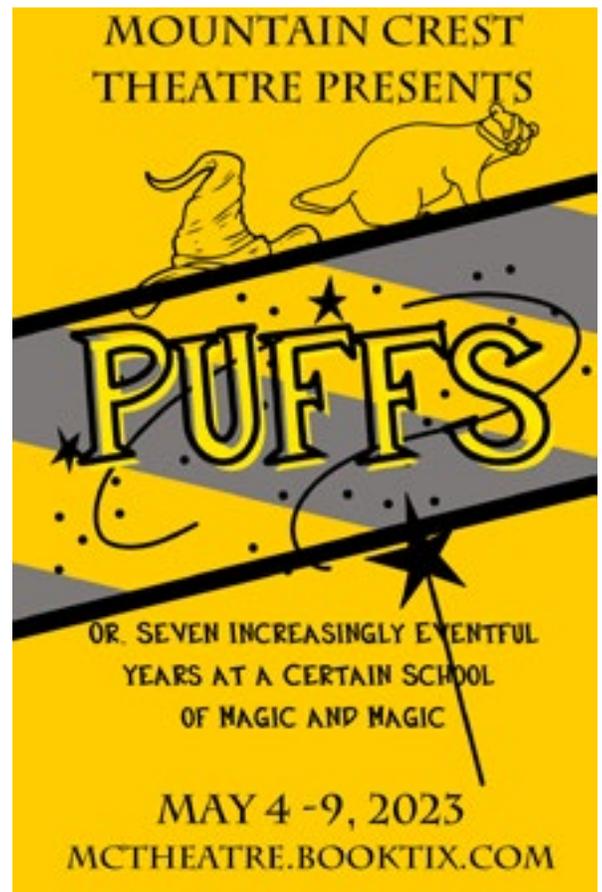
Mark your calendars!

*Board Meetings held the first Thursday of each month, 8 pm at MCHS.

Follow MCPO on Social Media

Facebook: MC PO

Instagram: mtcrest_parentorganization



MCPO Needs You: 2023 Officer Elections

Graduation party, homecoming parade, student of the month, student lunchtime activities, teacher appreciation efforts, mental health week ... these are just a few of the efforts the Mountain Crest Parent Organization (MCPO) heads up at the school. To make it all happen, MCPO - and the students at Mountain Crest who are at the heart of these efforts - needs parent volunteers. And now is the opportunity for you get to get involved!

The only requirement for involvement in Mountain Crest's parent organization is that a volunteer has a student at MC. All parents are invited to volunteer in whatever area they choose. From coordinating teacher meals to honoring outstanding students, there is something for everyone. We know parents are busy, so the MCPO board has worked hard to establish a system that is efficient and easy.

This is how it works. Click on the link at the bottom of this page and look over the open positions. Keep in mind, not every open committee position is listed. Either sign up for yourself, nominate someone for a specific position, or just include your name and preferred method of contact. A member of the MCPO nominations committee will contact you to see where you'd like to serve.

The President, President-elect, Secretary, and Treasurer offices are elected by MCPO membership. All other positions are appointed. Elections for offices will be held April 13 at 7 pm in the MCHS sunroom, and we hope all MCPO members will make their voices heard. Let's make 2023-2024 a memorable year for our students. Click below to nominate until March 23!

[MCPO NOMINATIONS!](#)

GRAD PARTY!

\$23 for the Class of '23!

The MCPO sponsors, plans, and chaperones an amazing graduation party for the graduating Senior Class.

The goal is to raise enough funds so admission to the graduation party is FREE for everyone.

Last year we met this goal and had a large percentage of the Seniors attend.

Let's make it happen again!

[Click here to donate!](#)

Thank you to all those who have already contributed.





Throughout the school year the MCPO spotlights teachers, staff, and administration to thank them for all they do for Mountain Crest High School students. So many of them go above and beyond what is required of them because they love working with students and they love what they do! Thank you!

For March and April, MCPO thanks the **Counseling Office** and teachers **Christina Barrington and Dani Hervey**.



DANI HERVEY

–Health, Medical Anatomy/Physiology, Chemistry

The most rewarding part of teaching is seeing how students grow and learn in the short amount of time they spend in my classes and over their 4 years at Mountain Crest. I'm a Mustang through and through. I grew up in River Heights and graduated from Mountain Crest in 2011. I attended two years of college at The University of Utah before moving back home to marry my high school sweetheart and finish my Bachelor's and Master's degrees at USU. I love all things sports and particularly enjoy skiing, playing golf, and watching baseball. My husband has been an assistant coach here at Mountain Crest for 10+ years and there is rarely a MC Baseball game that I miss.

Trying to keep up with my 2-year-old son is my latest hobby and while I'm not great at it, he does give me plenty of opportunities to practice. He loves meeting my students, so if you see him running away from me at one of our after-school events make sure you say hello!

While I had a great time in high school, after graduating I said "It was great, but you couldn't pay me enough to go back"...The joke is on me I guess!

Advice to students: Be brave and put yourself out there. Get involved, introduce yourself to someone new, try something you've never tried before. You only have 4 years here so you might as well have a good time while you're here.



CHRISTINA BARRINGTON

– 10th Grade English, AP English

I have the opportunity to learn something new every day, expand my worldview, and try to become a better educator. My students teach me so much, and I love working with them -- kids are the best part of my job. Mountain Crest is supported by a fantastic community and has a unique and wonderful student population. I love teaching here and look forward to meeting more students and parents. Idaho is the state I call home, and primarily grew up in the booming metropolis of Preston (two stop lights), where I rode my bike everywhere -- to dance and piano lessons, and even to my first job at Pizza Villa (likely in the snow and rain, uphill both ways). The only thing I ever wanted was a phone line in my room, but my parents would not comply. These days, I live with my husband and three daughters in North Logan. When the snow melts, I will spend more time working in my yard, reading on the back patio, and trail running. This is my 11th year teaching and my first at Mountain Crest. While I love to travel, my favorite thing is driving north into the valley and coming around the bend of the mountain to see the views.

Advice for students: While having a life plan is important, trying to control your trajectory can cause a lot of anxiety. Sometimes diversions to your path are where you find the most happiness; accept where life takes you and let go of things you can't control.



Counseling Office

From left to right:

Amy Archibald, Amy Nielson, Angela Wood, Megan Cooper, Chris Hart, and Dave Clark

For March, we're getting to know the Mountain Crest High School counseling office. Their incredible behind-the-scenes work keeps every MC student on the right track for graduation and future success. We are grateful for their many hours of hard work for each student. Thank you!



Amy Archibald: I am the counseling secretary and registrar. I handle all records and enrollments for students at Mountain Crest, as well as help the counselors with anything they need. The best part of my job is working with the kids. I love them all and love being with them every day. I love their energy! I graduated from Mountain Crest High School in 1991, so I have come full circle. I love to read and spend time with my family. I grew up in Wellsville and still live there with my parents and 3 of my 4 siblings. My favorite high school memory is when we played Sky View for the football state championship and won.

My advice for students: Don't wish your high school years away.....you will never have this again. Enjoy every minute of it!!!!



David Clark: I am a counselor and a driver's ed driving instructor. I love working with the kids. I love working at MC!! I love it when they get excited about their future and I can help them pick a path and guide them with their goals. Grew up in small-town Liberty, Utah. I love riding motorcycles, golf, basketball, football, baseball, tennis, the outdoors, being in the mountains, and hanging out with my kids. I did not enjoy high school and struggled. That's why I became a counselor so I could help those who have the same struggles I did in high school.

My advice for students: Enjoy this time as much as possible and try and realize this isn't how your life will be the rest of your life.

Stang Spotlight continued from page 4 ...



Megan Cooper: I'm a counselor [and MC's new girl's volleyball coach]. The part I love most about my job is connecting with students. I have always loved working with youth, and the students at MC are warm and welcoming. I love sports, especially volleyball and softball. I have coached volleyball for 17 years at a competitive level. I love to be outside (as long as it is warm!). I recently picked up golf, so if anyone has tips for me, I will take them. I am one of the biggest Harry Potter nerds you will ever meet! One of my favorite high school memories happened at my school-sponsored graduation party. The school rented sumo wrestling suits and I won the female sumo wrestling tournament!

My advice for students: Take different types of classes to explore your likes and dislikes and find your strengths.



Kris Hart: I am a school counselor. I get to work with students and their families for at least 4 years. I love to watch a student grow in confidence and who they are at the ripe old age of 18.

I grew up in Montpelier, Idaho. When I was in high school there wasn't the internet, cell phones, or Amazon deliveries ... but great "night games," fishing, and swimming in Bear Lake. I loved biology and chemistry classes; the teachers were amazing!

My advice for students: I'd like MC students to know that you are good, kind, and smart ... be open to keep learning new stuff.



Amy Nielson: I am a school counselor and work with students with college and career goals, class registration, and social/emotional support. I love working with students and seeing them grow and succeed through high school. I grew up in Wellsville and attended Mountain Crest High School. I never thought I would return to the same school I attended, but I love it here! Being a high school counselor has always been my dream job. I love riding horses, playing the piano, working in my yard, and supporting my kids in their activities. Anyone who knows me knows I don't drink soda, but I LOVE chocolate! I love to travel and see new places and be outdoors.

My advice for students: High school can feel like it is going to last forever. As a freshman especially it feels like it will never end. But actually, the time is short. Make the most of it! Put yourself out there, make friends, be kind, attend events, and enjoy your time here!



Angela Wood: I'm a school counselor and love working with students and getting to know them. It's so fun to see them learn and grow over the four years they're here. It's great to watch them find things that interest them and see them light up when they talk about things they enjoy or have overcome. I grew up in Heber City and came to Logan to attend USU. I never left. I love it here and met my husband here. We have been married for almost one month. Some of my favorite things to do are quilt, bake, go camping, and travel. I have been on multiple humanitarian trips around the world. I always am planning some trip somewhere, either close or far away. There are so many cool adventures to have.

My advice to students: Keep going. Things can be hard but it is worth it. Use your resources and do not be afraid to ask for help.

February Mustangs *of the Month*



PAUL SESSIONS — *Sophomore*
Hyrum

Parent(s): Shane and Rebecca Sessions

Favorite thing about being a Mustang:

“The theater stuff is so amazing and that no one feels left out.”

ETHAN ALLRED — *Sophomore*
Hyrum

Parents: Marci and Brad Allred

Favorite thing about being a Mustang:

“I love the teachers here. Thanks for being great to me this year.”



SIAH WINGER — *Junior*
Hyrum

Parent(s): Felice Winger

Favorite thing about being a Mustang: “I love being apart of sports teams and all my friends. I love all of my teachers and they are super helpful and make learning pretty fun.”

JAXTON CARLEY — *Junior*
Paradise

Parents: Jami and Josh Carley

Favorite thing about being a Mustang:

“The loving staff and the people.”



Sterling Scholars Represent MC

Congratulations to all of this year's Mountain Crest High School Sterling Scholars! Ashton Reed, Alizabeth Fannesbeck, and Emma Oyler from Mountain Crest qulaified as State Finalists - a remarkable achievement.

Thank you to all MC scholars for representing MC so well.

*** State Finalist**

Math • James Hobbs

English • Kylee Atkinson

Social Science • Bracken Hertzler

Science • Elise Dayley

Business and Marketing • Joseph Hammer

Computer Tech • Ashton Reed *

Instrumental • Julia Bunce

Vocal • Kaylee Hunting

Dance • Lilly Corbridge

Speech & Theatre Arts • Sam Watrin

Family & Cons. Science • Alizabeth Fannesbeck *

Skilled and Technical • Andrew Bunker

Language • Kaylinn Gallup

Visual Arts • Emma Oyler *



Front row seated, left to right: Julia Bunce, Kaylee Hunting, Elise Dayley, Alizabeth Fannesbeck, Sam Watrin

Back row, left to right: Lilly Corbridge, Emma Oyler, Ashton Reed, James Hobbs, Andrew Bunker, Bracken Hertzler, Kylee Atkinson, Kaylinn Gallop (Joseph Hammer not pictured).

MC Inclusion Week Ends with a 'Splash!'

The sun came out just in time for the Polar Plunge on March 3 at Hyrum State Park. The plunge ended a successful week of MC activities and fundraising for Special Olympics.

Over 35 MC students and staff jumped into the frigid lake to raise more money for Special Olympics. MC crushed donations by getting over \$3300, which was a third of the total donations from all of the valley!

Enough money was raised to get our brave administrators in on the action. Students and staff showed an abundance of school spirit by dressing up, cheering on each other, and even doing backflips into the water. A big "warm" thank you to all involved!



Good News at MC!

Email tarabone@msn.com when you see positive MC happenings - we want to share the good news!

MC Awarded Grant for State-of-the Art Equipment

By MC Health Science Teacher Dani Hervey

The Mountain Crest (MC) Health Science Department recently received the coolest piece of new technology to help us in our courses! This fall we applied for the "Utah Career & Technical Education Special Project Grant." This program aims to supplement the resources of school systems in rural areas, especially those with high percentages of CTE Participants. Thanks to the commitment of past and present MC Students to CTE Programs, we have some of the highest participation in these programs in our region! We were selected to have our grant funded and received over \$100,000 to purchase a state-of-the-art Anatomage Table.



This technology allows users to explore digital versions of human cadavers and get a more hands-on understanding of the functionality of the human body. Universities and certified programs all over the country use this technology. The table's 6 foot touch screen allows students to view the body and its structures to scale as well as manipulate and dissect structures in 3 dimensions. The program comes with four full body cadavers with unique medical histories and pathologies.

In addition to full cadavers, the program comes with multiple functional anatomy files. One example of how this is being used in class is when students in Medical Anatomy/Physiology enjoyed seeing the life-sized beating heart situated within a cadaver. Our Advanced Human Anatomy/Physiology, offered through Weber State University, now can complete the same lab experiences as peers taking the course on campus.

We're just beginning to understand the table's capabilities. We still have a lot more to learn about how it can be used in our courses and we're so excited about this tool. If you have any questions or wish to check it out, contact either Health Science teacher: Dani Hervey (dani.hervev@ccsdut.org) or Marcus Maw (marcus.maw@ccsdut.org) and we'd be happy to show off our fancy new table!

Polar Plunge Fun Continued!



Young Artist Cup Competition in March

Logo Category won by MC Student

Come support MC-student musicians as they compete in the 24th annual Young Artist Cup Wednesday, March 29 and Thursday March 30 at 7 pm in the Ridgeline High School (RHS) Auditorium. Admission is FREE, everyone is invited to attend, and refreshments are provided!



The Piano and Brass/Wind/Percussion competition is Wednesday with the String and Vocal competition on Thursday. Students from both MC and RHS compete for cash awards and trophies.

This year's Young Artist Cup logo (pictured above) was selected from submissions by students in a competition held earlier this year. The design of Jared Hochstrasser of Hyrum and MC student was chosen to represent the 2023 Young Artist Cup. Congratulations Jared!

What's Indoor Percussion?

Through March, some MC students and RHS students have joined to compete in an indoor percussion team. This year their show is called Fahrenheit 451, and they are instructed by Ari Gammon. But what is Indoor percussion?

Indoor percussion is a competitive floor show put on by the drumline. They have a large mat spread across the gym floor and the battery (members that carry their drums using a shoulder harness) performs on it similar to a marching field show with set positions and movement. The front ensemble (members who play large instruments such as marimba, drum set, and synth) set up along the front of the floor. Both play a musical piece while the battery performs their drill.

Good Luck!



Students Benefit in Language Classes

Dear Parents/Guardians of Mountain Crest Students:

We know that there are many decisions to make as you help your child sign up for classes at Mountain Crest. We invite you to make foreign language study a part of their high school experience. Language classes bring joy and much needed cultural awareness. This is a crucial part of a student's education.

Did you know . . .

- Students who study World Languages at MC can earn university credit. 3rd and 4th year language students travel to USU to take a placement exam. We've had dedicated students earn more than 16 credits this way!
- If students wish to play college sports, taking 2 years of a foreign language will help them be NCAA qualified.
- MC world language students can earn an academic letter in their language! This is proof of their dedication to the language, looks great on a resume, and is a sign of truly embracing a different culture. This distinction as a scholar will be noticed by prospective universities when considering scholarship recipients.
- 3rd Year language classes can count as 12th grade English credit. We have amazing English courses at MC but those who wish to further their studies in a foreign language can fulfill their English 12 requirement with 3rd year Spanish, French, German, or Chinese.
- Students who study languages are more competitive in university and scholarship applications. Many universities require at least 2 years of second language study.
- Studies show learning a world language helps students achieve greater levels of divergent thinking, creativity, and cognitive development.
- Language learners often score higher on exams, like the ACT.
- It enhances a student's ability to contribute to the community.
- Language students are able to adapt to a variety of cultural backgrounds.
- The rigor of learning a language increases brain connectivity.
- There is an increase in salary for American college graduates who speak a second language vs those who cannot.
- A second language is a Resume Builder - one of the top things employers look for!
- Speaking a 2nd language means career advantages - increased job opportunity, no matter what field you go into.
- Nine out of ten US employers rely on employees with language skills other than English. One in four US businesses lose business because of lack of language skills.
- Life just becomes more interesting when you can read and speak another language.

Help give your student an edge in life. Sign them up for one of four amazing languages taught at Mountain Crest! Your son/daughter can sign up for Spanish, French, German, or Chinese. The hardest decision to make is which language(s) to take! If you have any questions or would like to know more about our amazing World Language Department, please do not hesitate to call the school and ask for one of us. We love to chat about what we do.

Sincerely,

The World Language Department at Mountain Crest

Cade Bassett, French and Spanish

Kimberly Sorensen, Spanish

James Flammer, German

Mark Stevenson, Chinese

Award-Winning Debate Season for MC

The Mountain Crest High School Debate Team took 2nd at State, 3rd in Region competition, and has had multiple students qualify for prestigious national events. It's been a memorable and extremely successful season for the team.

Two students qualified for Nationals: Samantha Watrin (Senior) and Bailee Corbridge (Sophomore).

*This is a unique honor because only the top two students in each event from the National Qualifier tournament qualify.

Two students are going to the prestigious Tournament of Champions (TOC) in Kentucky in April: Samantha Watrin (Senior) and Jamison Ellis (Junior)

*To qualify for the TOC is very difficult. Competitors must earn two bids. To do that, they must do well in some of the biggest and most challenging tournaments in the country.



The team's end-of-season banquet is March 17 and anyone who competed during the year is invited. Congratulations!

2023 MOUNTAIN CREST HIGH SCHOOL WINTER SPORTS

Academic All-State Award Recipients

The Utah High School Activities Association (UHSAA) presents the Academic All-State Award to students who excel in the classroom and on the court or field. Student-athletes are selected for this award based on academic excellence and athletic ability. It's the most prestigious honor the UHSAA presents to senior students.

The following Mountain Crest High School students were recently awarded Academic All-State:

Competitive Cheer
Maycee Murray

Girls Wrestling
Brittney Egbert
Paige Larsen

Boys Basketball
Oliver Nethercott
Ray Robbins

Girls Basketball
Autumn White



Counselor Corner

If you have a senior student that has been collecting service hours to report to the iService Project, the deadline to report hours towards being recognized in the yearbook and graduation program for lettering with 300+ service hours is Friday, April 21st. Please turn in all service hour forms to Megan Cooper in the counseling office.

We are wrapping up registration for the next school year and would love to meet with you and your student if you have any questions. Please don't hesitate to reach out to your counselor.

Angela Wood	A, C-F
Amy Nielson	G-K
Kris Hart	L-O
Megan Cooper	B, P-R
Dave Clark	S-Z

-MCHS Counselors

Students Head to Washington DC

Congratulations to Sari Sparks' AP Government "We the People" team who took 2nd at the State competition! Ten students will travel to Washington DC in April to participate in Nationals. For the competition they prepare three speeches on a government topic (i.e. Bill of Rights) and then answer follow up questions that connect to their topic using court cases, historic and current events, quotes, and the Constitution without any notes. Way to go!

Lunch Activity Fun

At the end of February, MCPO members sponsored ping pong and spike ball lunchtime activities for MC students.

Thank you MCPO volunteers who made it happen! You help students break out of their routines, interact with other students, and create memories.



Mountain Crest *Winter Sports Roundup*

Once again, in pursuit of athletic excellence Mountain Crest High School students shone brightly in winter sports. Thank you athletes and coaches for representing Mountain Crest High School!

BOYS AND GIRLS SWIMMING

Head Coach Thomas Williams:

“Mountain Crest Swim had a phenomenal season!

Despite some setbacks in the previous season, the kids rallied, worked hard, and performed extremely well!

The boy’s team won Region for the first time since 2018. At state, we had a number of swimmers’ medal. The girls took 6th place and the boys took 4th.”



Mountain Crest *Winter Sports Roundup*

GIRLS BASKETBALL

Head Coach Megan Smith:

The Lady Mustangs worked hard all season and according to Coach Smith, “ ... we had a pretty good season. Our overall record was 10-14. We made it to quarter finals and lost to Sky View by 4 points.” The team’s only senior was Autumn White, who was recognized as an Academice All-State award recipient.



BOYS BASKETBALL

Head Coach Chandler Smith:

“The basketball program took some big strides this year. Our seniors established a great culture that was made up of hard work, determination, and being great teammates. Varsity went .500 in pre pre-season for the first time in 9 years and beat Green Canyon for the first time in school history. The program as a whole compiled more wins from top to bottom than the last 6 years combined.. The season was a great success and a giant step in the right direction.”



Mountain Crest *Winter Sports Roundup*

CHEER

Head Coach Baylee Carroll:

“This year was full of excitement starting out with a new football program and a new attitude for winning. We loved our season this year and had many ups and downs, but stayed positive and always had great school spirit. We didn’t end like we wanted to in region but we were thrown a huge curve ball the morning before competition.

We rallied as a team and adjusted and had a great experience, we didn’t let our situation get the better of us. We will miss our graduating seniors but look forward to a new start come this March.”



DRILL

Head Coach Courtney Cartee:

“The Caprielles had an incredible 2022-2023 season. They showed up to each competition and practice, determined to accomplish their goals they set for the year.

They worked together as a team and built lifelong friendships this year!

This team is kind, fierce and dedicated!”



Back to Back State Titles for MC's Girls and Boys Wrestling!



On Saturday, February 18, 2023 Mountain Crest boys and girls wrestling teams added captured another 4A State Title. The two teams crowned a combined 12 individual state titleists.

GRIT, GRACE & GRATITUDE: Three Straight Championships for MC's Girls Wrestling

It was an exciting state tournament for the Lady Mustangs who were led by gold medalists Mattee Turnbow, Jacie Shock, Eastyn Nyman, Emmalee White, Gracie Howard, Brooke Keller, and Kalie Jensen. But according to Head Coach Susan Dart, it was a rewarding season that had them starting out as underdogs.

“We started the season as 60 point underdogs and through hard work and dedication came out on top,” Coach Dart said. “We had an outstanding group of girls in our program this year. They sacrificed a lot to become state champions. Many of the girls came to pre-season workouts starting in August and continued to come every morning at 6 AM during the season. They trusted the coaches and became mentally and physically tough.”

Just one example of how some team members overcame challenges is Emmalee White. Coach Dart says she battled through what appeared to be a season, ending elbow dislocation at the



beginning of the season to become a state champion. After she was told that there was almost no chance of her wrestling again this season, she came to practice the next week with her injured arm wrapped to her body and did all the drilling she could with her brother.

“Our team motto is GRIT, GRACE and GRATITUDE” Coach Dart said.



Coaches Holli Evans and Susan Dart cheer competitors on a state tournament.

“These girls are the epitome of hard work, kindness, and thankfulness. It has truly been a privilege to get to know each and everyone of these girls, and to be their coach.”

MC Boys Wrestling Dominant Amidst Challenges



Many Mountain Crest boys wrestlers overcame a variety of challenges to help win their third state team title in the past four seasons. The team accumulated 361 points, 129 more points than the runner-up, the Bear River Bears.

At the end of the opening day, standings look good for the Mustangs. Head Coach Jay Tovey said, “It was awesome to be so dominant ... The boys did so good. I am proud of how they performed.”

James Rollins (106-pound weight class), Easton Evans (126), Lincoln Lofthouse (138), Jace McBride (150) and Bridger Thalman (175) all earned the number one spot. Evans ended his high school wrestling career as a four-time state finalist and three-time champion. He was also named 4A most outstanding wrestler for the lower weights.

MC had five other finalists, two consolation champs and a tournament-best 15 medalists. Mountain Crest was also represented in the championship round by Cayden Chalmers (106), Carter Nelson

(120), Dontay McMurtey (165), Sam Schroeder (190) and Hunter Hammer (215).

Zach Halligan (113) and Jud Wells (215) also won their third-place matches. The Mustang’s other medalists were Tanner Tolman (5th place at 132), Will DeKorver (4th, 175) and Porter Kennington (6th, 190).

Lincoln Lofthouse’s win was extra special for him and his family. He had battled injuries all season and just before the state tournament his younger brother, Gable, an 8th grader at South Cache, was diagnosed with Non-Hodgkin’s lymphoma and is battling at Primary Children’s Hospital.

“Although I was very upset and concerned and heartbroken about him – he is my best friend on the entire planet – I dedicated this state tournament to him and there was no way I was going to allow myself to lose,” Lofthouse said.

Congratulations to all wrestlers and their families! The MC community is thinking of Gable and his family and hoping for the best.

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GO MUSTANGS!

Game schedule and athletic updates:
mcmustangs.com

Mountain Crest High School
ccsdut.org/mountaincrest

Newsletter design and production by
Unburden Design and Tara Bone.

**If you have a good news
tip or a submission for the
MCPO newsletter, email
tarabone@msn.com
Thank you!**

