



The Rundown

Newsletter of the Montrose Meteor Chronicle

NO SHAVE NOVEMBER

How ALS Affects Us Personally

By: Alize Riley & Mya Snyder

During my interview with Mr. Fluck, retired teacher and cross country coach, we learned that everyone is scared of something, whether it is a change or not. It still is important to recognize. He supports no shave in November, in awareness of ALS.

He advised those who wish to support people who have been diagnosed with ALS, "Being with the person is the best thing to do... Cherish every moment you have with them." His best friend, Mr. Valentine, a very caring and loving man who always put others first and never let anyone put him down, was diagnosed with ALS. Mr. Valentine also taught many years at MAHS.

Throughout this experience, everyone around or close to Mr. Valentine learned a vital lesson: to cherish every little moment you have with the people you love and care about.

Teachers Mr. Valentine and Mr. Legg at Montrose Junior/Senior High School are a part of all cases of ALS that are diagnosed, and Mr. Legg's gene is 2% of that. Someone who carries the gene in a family can leave others to be tested for that same gene, which can help to know in advance.

The percentage that is not genetic does not even have a defined cause; it is said that people who are in NFL football are more likely to be diagnosed than high school students.

Mr. Legg a teacher at MAHS has been diagnosed with ALS for 3 years. His mom passed away from ALS, and he wasn't made aware it was genetic until he was diagnosed in the early stages of ALS. There is not even an official test to find out if someone has ALS; medical professionals have to use process of elimination. ALS can hit at any point in someone's life.

The company that gave Mr. Legg his treatment tests blood to watch for specific readings. If people become symptomatic, they'll be able to see what happens in numbers before someone gets diagnosed, which is a tiny percentage of all ALS cases.

Mr. Legg's first signs were his right side, his arm specifically. He started losing movement in the muscles in his arm. With his treatment and stretching consistently, he isn't losing his muscles as quickly as he would have otherwise.

Mr. Valentine mentioned to friends that the first symptoms he had were muscle tics. Once he said that, then Mr. Fluck started to see the changes in behavior, and more symptoms appeared. As time went on, Mr. Valentine started to lose mobility in his legs.

Even though he knew the outcome of the situation, he chose not to give up or let this affect him. He was a fighter, and he always looked at the good things in life. He went through so much, and although he was hurting, he made the choice to persevere and be strong for those around him.

Links and Charities

By: Makenzie Krupinski and Madison Abbott

If you don't know a lot about ALS and are looking to educate yourself, check out these sources and learn more about what ALS is, the status of finding a cure, or opportunities to donate.

Steve Gleason, who played for The New Orleans Saints, was diagnosed with ALS in 2011. Steve and his wife made "Team Gleason" to show other patients of ALS that they can both live *and* thrive. Steve and "Team Gleason" focus on assistive technology and equipment that can help ALS patients live better lives. They also lead what is now known as the largest coordinated and collaborative ALS research in the whole world! Visit **Team Gleason** for more info.

ALS Therapy Development Institute focuses on screening drugs, studying animal models, and collecting and analyzing data from people with ALS. They solely work on finding possible treatments for ALS. ALS TDI is a nonprofit biotech and anyone is able to donate to support the cause. Visit ALS.net for more information.

I Am ALS is a community run organization that provides information and resources to ALS patients, ALS caregivers, and loved ones of ALS patients. They advocate for ALS treatment by using their voices for mainstream awareness. Visit [I AM ALS](http://IAMALS.org) for more information.

Unshaven Teachers

By: Phoenix Donald

Several of our male teachers have been growing their beards all month this November in support of people who have ALS. For some of our teachers, like Mr. Griffiths and Mr. McKennas, we've never seen them with facial hair. Mr. Griffiths had "never grown a beard," and was always "clean shaven," while Mr. McKennas would only go a week or two without shaving. Both McKennas and Griffiths have been interviewed on what it was like not shaving this month.

Mr. McKennas said that, "Initially, it got itchy, but it bothered me less as it got softer."

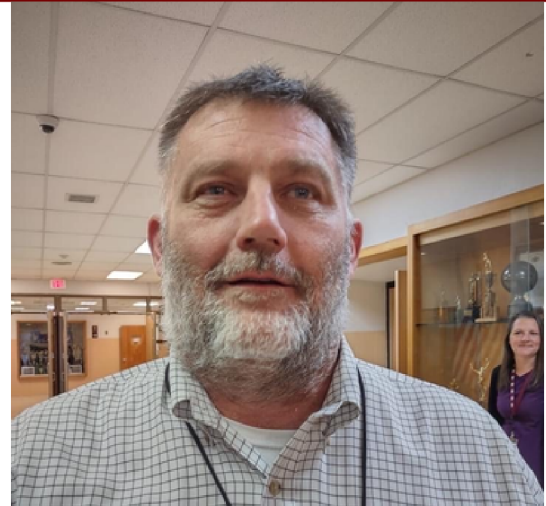
Mr. Griffiths admits that "These two weeks have been tough," and that he would be "100% shaving immediately after we take the second picture."

When asked why he decided to join No Shave November, Mr. Griffiths stated, "I always wanted to know what it was like to grow a beard," and that "it felt like something we needed to do."

Not shaving during the month of November brings awareness to ALS, which makes individuals struggle to do routine tasks like shaving. As Mr. Griffiths says, "It's a minor inconvenience in the grand scheme of things."



All of teachers who grew out their beards for no shave November



Final result of No Shave November for Mr. Gilhool

The Ice Bucket Challenge

By: Carter Dolaway

Six to eight years ago, The Ice Bucket Challenge was the trend that struck the country, including the small community of Montrose, Pennsylvania. You may remember pouring a bucket of freezing-cold water over your head, or you may have donated money to an ALS charity.

The Ice Bucket Challenge was mainly endorsed by Pat Quinn and Pete Frates in 2014, following Pat's diagnosis in 2013 and Pete's diagnosis in 2012. Florida pro-golfer, Chris Kennedy was just simply dared to pour a bucket of iced water over his head in support of the movement.

According to Jad Sleiman of PBS, he challenged others to do the same, or donate \$100 to an ALS "nonprofit" organization. Pete Frates started nominating people and promoting this so-called challenge. Many celebrities took part as well, who also nominated their fans to follow suit.

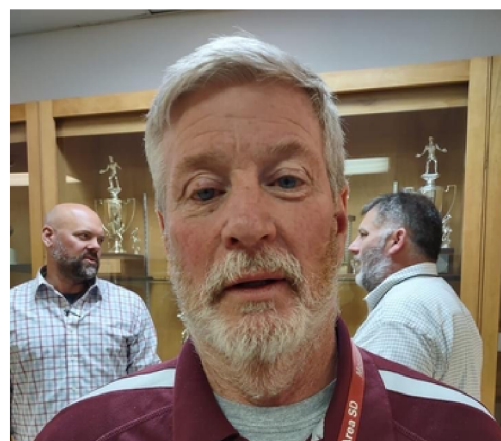
In the summer of 2014 alone, \$115 million was raised according to the ALS Ice Bucket Challenge website. However, only about \$80 million went straight to research. In fact, there is a major discrepancy as to where the other money has gone; nobody is quite sure.

No formal statement has been made by the official Ice Bucket Challenge website or any other credible source, only speculation as to what exactly happened. Some people say the funding went towards executives' paychecks, others have said that the money hasn't all been spent, and some people just think it's gone. These are only theories - not facts.

The average treatment of 1 ALS patient per year is \$143,000 according to the American Life Fund website. Hypothetically speaking, that \$80 million could have funded 559 Americans' ALS treatments in whole for a year.



Mr. Brewer's final result of no shave November



Mr. Clifford's final result of no shave November



Pat Quinn (left) and Pete Frates (right) talking about awareness for ALS