



# Keim’s Court reminds community of championship former coach

By **Kierstin Pitcher**  
*Editor-in-Chief*

A recent change that has taken place at Weber High was the naming of its smaller gymnasium. It was named after Jan Keim, a woman who devoted 39 years of her life to teaching and coaching Warriors.

During her years as a coach, Keim’s teams were able to bring home 26 region championships and 11 state championships. Weber High’s Principal Velden Wardle said the reason he believed Keim deserved the honor was because “she is the most winning coach in the history of the high school and has won more region and state championships than any other coach in the 87 year history of Weber High.”

Wardle shared how the process of honoring Keim began. “It started when we heard she was going to retire, and we wanted to do something to recognize her. It just grew into naming the gym after her.”

Once a way to honor Keim was decided on, Wardle explained there was still a process to follow before the naming could take place. “First thing you have to do is get permission from the school board, so we

had to get all her information together like how long she coached, what she coached and the championships she won. We also included her students AP test scores, so they could see that it wasn’t just coaching; she was a good teacher too.” Wardle added Keim was the social studies department head and was responsible for hiring him as a teacher in 1999.

Wardle also told what it was like to work with Keim. “One of the things I really admired about her was that she was really demanding. She demanded that I be a good teacher just like she was demanding of her athletes, but she never demanded something of you that she wasn’t willing to do herself. If she asked me to prep for four hours for teaching, it was because she was already prepping for five. She walked the walk, not just talked the talk.”

Besides being a dedicated teacher, Keim was the head coach of volleyball, basketball, softball and was an assistant coach for track and field. While coaching volleyball, Keim’s teams won 13 region titles and six state championships. Basketball took two region titles and softball won four region titles. While she was assistant coach for track and field, the teams were also

able to take seven region titles and five state championships.

“It’s overwhelming, but I’m proud to represent all the athletes that the gym stands for. It’s because of them that this honor has come to me,” Keim said, sharing what it felt like to have the gym named for her. She continued saying she loved almost everything about coaching. “Especially the opportunity to work side by side with tremendous athletes who were willing to let me push them to their limits.”

“After it [the naming of the gym] happened, she sent me a thank you note, and she said that of everything that has happened to her at Weber, the naming of the gym was the greatest recognition she could have received,” said Wardle.

Despite all the amazing experiences she was able to have while coaching, Keim said her most memorable moments were the day to day practices with her athletes. “I loved them, and I loved working with them. It was fun to see them learn and grow and bond together as a team,” she said.

As for her advice to any coaches at the beginning of their careers, Keim said, “[You] could only hope to have the athletes I did, and hang on because it’s going to be a great ride.”



**Principal Wardle honors former coach and AP teacher Jan Keim by naming the small gym after her. Ms. Keim has a legacy of championship wins and outstanding performance as an educator.**



Photos by Amy Halliday

# Suicide awareness can save lives

By **Angela Washburn**  
*Staff Reporter*

Utah ranks as the highest suicide rate in the country. Why that is, there are many different theories. Some believe it is due to elevation, and others believe it is due to bullying. With a wide variety of opinions, the one thing within a common frame of reference that people can agree on is the spread of awareness. Many Weber students, staff and community members have suffered from the great loss of suicide. An assembly on Monday, Dec. 8, 2014, was held to discuss this unsaid but not unheard, unfelt or unseen topic. Weber’s Student Response Team was introduced to the school and gave their thoughts on spreading awareness of suicide to help prevent more in the future.

“I joined the response team because I first hand have experienced the loss of someone to suicide. I want to help others know that somebody is there for them, and that suicide is never an option,” says Kortney Stephens, senior.

Educational videos on bullying were also shown to express the negative and serious effects suicide has on people that are often not noticed. “Bullying is such a common yet forgotten aspect to suicide. I feel like if we could all treat each



**Steven Gray talks about the loss of his son at HOPE assembly.**

Photo by Natalie Wilding

other like we want to be treated, then suicide rates would go down,” says Stephens.

“I love the student response team because we all come together to try and help everyone out. It gives me hope,” says Justine Zaccardi, senior.

A few guest speakers from medical facilities participated in the assembly sharing their views on suicide awareness. The clinical aspects of depression and the effects bullying has on a person were shared. “Awareness is the first step to prevention. Surprisingly, many people are not aware what a big problem this is becoming, and it’s our job to reach out and spread the word to help,” says Ashlynd Sessions, senior.

“This assembly is so important because so many people are affected daily by this heart wrenching epidemic. I personally wish it would have been mandatory for all students and staff. Suicide, I know, is becoming more and more ac-

ceptable. I hope I can do my part in deferring this idea,” says Jen Bird, teacher.

Because of recent struggles with teen suicides in Weber’s community, senior Maddie Rawlings felt this type of assembly was important.

“It’s about time an assembly is held in recognition of these awful events. At a point I found myself wondering if anyone else noticed the pain we are all going through, because it was not addressed as it should be. I think the assembly was the perfect tool to let everyone know that there is hope, and someone is there for you. The student response team, I think, is a great asset that our school has. I personally am grateful knowing that they are there,” said Rawlings.

HOPE was the name for this assembly. In efforts to spread awareness, create prevention and encourage hope, the student response team, staff and student body of Weber High School are all coming together to form a support group.

# SMART goals assist with learning, new resolutions bring achievement

By **Elizabeth Josephson**  
*Assistant to the Chief*

SMART goals are Specific, Measurable, Attainable, Realistic and Timely.

Andrew Waldrup, junior, said he learned about SMART goals in Animal Science with Mr. Pace. Waldrup says it is good to have measurable goals “so you can see how you’ve advanced and what you’ve learned from the experience.”

Mrs. Cale, psychology teacher, adds, “When we set resolutions, it gives us focus, and we get more done.”

“You make goals to become a better person,” says Waldrup.

SMART is a mnemonic which gives criteria for effective goal-setting. George T. Doran is credited with the first use of this program in the 1981 November issue of Management Review. There are five parts to the SMART program. They are found on the website Top Achievement. According to Doran, the first piece is specific. Specific goals answer basic questions like what, where, when, who and why.

He then follows with the second part which is measureable. This is establishing ways to measure progress toward the attainment of goals, which is vital, are to stay on track.

For a goal to be attainable, which is the next step, a plan must include wise steps and a time frame.

The fourth part of the SMART program is realistic. The goal must be one a person is willing and able

to work towards.

The final section is timely. A good goal needs a solid, specific, and reasonable time frame.

A common time for the setting of new goals is at the beginning of a New Year. Senior Natalia Wilson said she usually makes New Year’s resolutions. For her, the reason to set goals is “in order to progress, you’ve got to set goals and work hard.” She says good goals are “anything that makes you better or makes you work harder.”

Wiatt Poulson, junior, says she

***“I set goals because if I set a goal, then I know what I want to accomplish, and then I can take the steps to accomplish it”***

thinks goals should be “realistic, so they are something you can actually accomplish.” She also adds that to her, good goals include planning for your future and career. “It is good to have them in mind now, so you can take steps to prepare.”

“I set goals because if I set a goal, then I know what I want to accomplish and then I can take the steps to accomplish it,” says Cole Noel, senior.

To make goals a reality, Noel suggests using iPhone technology. “Set monthly reminders about your goals and have reminders posted everywhere about those goals, so

you are constantly aware of them. If you forget your goal, then it’s not going to get done,” he adds, “If you don’t write down what you want to do, then you’re also not going to know how to do it, and you won’t get it done.”

Wilson and Waldrup agree goals should be written down to make them become a reality. Wilson says, “I like writing them down and keeping them in a place I can read them constantly and see them, so I remember them.”

“Enlist help and support from people,” advises Mrs. Cale. “They can also act as accountability.” She also suggests analyzing things that make it easy to reach a goal. For example, it can be helpful to set out running shoes and clothes at night, so there is one less excuse to stay in bed in the morning.

Wilson says she makes goals in all areas. “Anything I feel I need to work on.” She also adds she has made it a goal to “work hard and do the best I can.”

Mrs. Cale says it is also important to have a good balance of goals. “Try to shoot for physical, intellectual, mental and spiritual or moral goals.” Noel agrees, “I think a goal should be made in all aspects of your life like spiritual, physical, emotional and mental. It’s really important to set goals that will stretch your limits and to make you try to be better in those categories.”

Waldrup says he intends to make resolutions at the start of 2015 and plans on using smart goals “because they’re a lot better than other goals.”



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**Every Valentine’s Day, the Italian city of Verona, where Shakespeare’s lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.**

**189 million stems of roses are sold in the U.S. on Valentine’s Day.**

**Odds ‘n’ Ends**



**More than 35 million heart-shaped boxes of chocolate will be sold for Valentine’s Day.**

**Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pining for lost love.**



# Effective study habits help with extracurriculars, jobs, homework

By Sarah Calvert  
Sports Editor

Each second falls like a grain of sand into an hourglass; some seem to go by quickly, and others seem to drag on. Whatever the case may be, time ticks away, and it may not be used in the smartest ways. Before one knows it, it's almost time for bed, and there is still a pile of homework on the table. However, there are many different ways to ensure that time is being used wisely.

A tip that some students have is to make homework a top priority. "Get homework done first; homework should be a high priority. Do not procrastinate," says Kiersten Holt, junior.

When doing extracurricular activities, "Allow yourself to have time for homework. You need to balance each aspect: social, academic, extracurricular and whatever else you may have. Plan ahead of time. If you know you will be busy one day, get homework done and other necessary things done before," she adds.

As students sit down to work on assignments, they become distracted by many things. "I think they [students] should put their phones away and set a time of day where they focus on school work. That would be really effective," says Sherri Miller, senior.

"One thing that happens is a student ends up with not enough time to complete homework assignments," adds Mrs. Nielsen, English teacher. "It [not managing time] can limit their extracurricular activities, so they don't have enough time for sports, the play or debate or any number of after school activities."

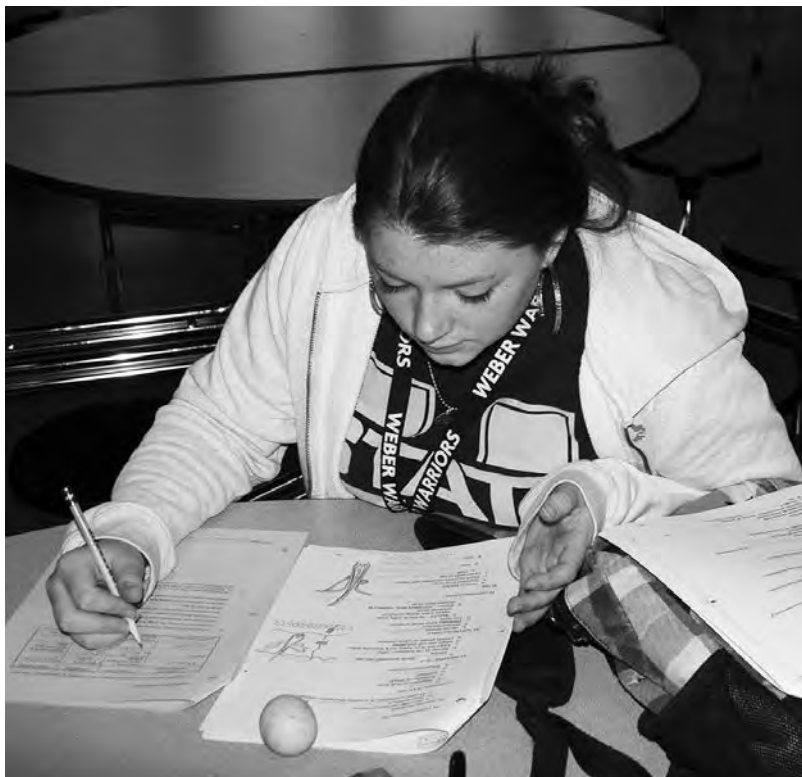
In order to help manage time to get assignments done, Warriors also add it is important to take breaks from homework in order to

be more focused when completing assignments.

"Taking breaks from homework is a proven way to help you retain knowledge. Your brain has a hard time concentrating for long periods of time. It can waste too much energy trying to focus," Nielsen says. "You just have to be careful to set your break and not let it take too much time. Also, you need to bal-

study for yourself, because everyone's brain works differently."

As students create their school schedule, some classes can require more time. Students believe while honors classes are good to take, they do take more study time than regular classes. "They definitely take more time," says Blake Bolingbroke, sophomore. "But they are honors classes, so it is ex-



Bailey Summer, senior, spends extra hours to catch up with her schoolwork.

Photos by Ashton Bindrup

ance your time to allow adequate sleep to function daily," she adds.

"Breaks are important, at least for me. They help me not get so frustrated," says Miller.

Nielsen also feels each student needs to create a schedule that works for him/her. "I think it's important for students to know what's best for them," says Nielsen. "Some students can focus and concentrate really well for long periods of time. Other students need to take a break every 30 minutes or so. It's really important that you know how to

pected," he adds.

"I think you should take honors classes but you should know your limits. You can't spread yourself too thin," says Miller. "You just have to be careful to not overload yourself with too much," adds Holt.

Mrs. Nielsen encourages students to choose classes that will help them prepare for college and help them manage their time. "Students who are planning to go to college need to take difficult classes in high school because they won't be ready for college levels of work. If you're having difficulty managing your time for homework in high school, you're going to have a horrible time doing it in college," says Nielsen.

Holt also thinks working at a job and extracurricular activities can be managed while going to school. "I wouldn't say choose work over extracurriculars or extracurriculars over work. They can both be good, it depends if you are needing to save money for things. Those who do extracurriculars usually aren't busy with it for the whole year, so they can still work if they choose to," she says.

Nielsen agrees that school and a job can both be managed. "I think it can be very valuable for students to have part time jobs, but it depends a lot on how many hours they're working," says Nielsen, "and 10-15 hours is a good range."

# Mrs. Cale leaves, prepares for next adventure

By Elizabeth Josephson  
Assistant to the Chief

Mrs. Cale was a student at Weber High, she student taught at Weber High and this is her 18th year teaching at Weber High. However, this is also her last year at WHS.

Cale is leaving her second home because her husband got a promotion with his company out of state. Her husband works at Spring Communications, and they will be moving to Bowling Green, KY.

She says she will miss her students, friends and colleagues. "I will miss the people most, for sure," says Cale.

"Collectively, my favorite times and memories of Weber High are around Weber High tradition times, specifically Quarters and Cans, because it is good to see students so unselfishly giving," says Mrs. Cale.

She remembers one student she taught who was working late nights to support his family. "For Quarters and Cans, he brought in a coin jar. There must have been \$50-\$60 in the jar." He handed Cale his jar to help with Quarters and Cans.

Mrs. Cale also says, "I love the fun at Homecoming, but my favorite moments are in class, when my students are having fun and learning."

"I just have a lot of memories here. I have spent a lot of time here," adds Mrs. Cale. However, she is looking forward to experiencing new things.

"I am really excited to experience a new culture. I have lived in Utah my whole life, so I am excited to experience a new part of the country and meet new people," she says.

Mrs. Cale and her husband already know where they are going to live. "We got to go back and look



Mrs. Cale not only graduated from Weber, but she has also taught English and psychology for 18 years.

Photo by Amy Halliday

and find a place to live. That part is taken care of so, I won't be homeless when I move."

Once Mrs. Cale moves, she is unsure what she will do. "I might teach, but I am also looking at grad school. After all the dust settles, I

*"She is always cheerful, always smiling and always has the student's best interests at heart."*

will decide if I am going to teach school or go to school."

She says she has always planned to go back to school, but she is unsure what she will study. "That is where my options are open, and I have to choose. I might get a Masters or a Doctorate in Education, or I am considering a Doctorate in Psychology, but I don't know what I want to do yet."

She does know where she wants to study. "It would be Western Kentucky University because that is in Bowling Green, Kentucky. It would be my hometown school."

While at WHS, Cale has taught Psychology, English and War-

rior Student Council. Usually, she teaches 11 grade English; however, she adds, "I've taught all levels of English 11- AP, honors, everything."

She also says, "For a while, I taught a class called Warrior Student Council. It was a leadership class. We did service projects and learned about being leaders."

While she enjoys her many teaching roles, she says she has especially enjoyed teaching psychology. "Probably my A.P. Psych has been the most fun to teach, but I really love my other subjects."

Mrs. Cale will be leaving Weber High at the end of second quarter. She says, "Weber is great; the students are great."

Assistant principal Mr. Talbot says his favorite thing about Mrs. Cale is "she is always cheerful, always smiling and always has the student's best interests at heart."

"We are excited that she has a new opportunity, but obviously we are losing a huge asset to our school," adds Mr. Talbot about Mrs. Cale's upcoming departure.

As she prepares to say good-bye to WHS, Mrs. Cale's last piece of advice for students is to "Just keep being your awesome selves...keep working."



Sam Heaton and Michael White, seniors, demonstrate their different studying methods.



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# Inspiring people in students’ lives bring direction for future paths

By **Stephanie Laubacher**  
*News Editor*

As the school year goes on and graduation looms nearer, students begin to wonder what they should do after high school and what kind of person they want to be. It’s not uncommon to base these goals on other people, but role models are chosen for a variety of reasons. Many people choose to follow



**Scott Trane**, junior: “Christiano Ronaldo, because he went from being nothing to being one of the greatest soccer players in the world.”

those who are known throughout the world as great leaders like Abraham Lincoln, Gandhi or Martin Luther King, Jr. They use these famous heroes to guide their big decisions. However, some people may choose to follow in the path of those closer to them because these idols provide up close guidance, support and other assistance. Nearby role models can also be followed without having to live up to the fame of a well-known hero.

Kristin Harrison, senior, says she looks up to her older sister, Jessica, most. “She’s very bubbly and friendly. She’s kind, caring, funny, thoughtful and also very musically talented.”

Harrison says she has respected her sister for most of her life, especially after seeing how well people

react to her. “She is everyone’s friend. Jessica always tries to see the positive side of things,” Harrison explains. To follow in her sister’s footsteps, Harrison joined Chamber Choir and Acapella Choir in the hope of being as musically talented as her older sister. But working to improve her singing isn’t all Harrison does to be like her role model. “I plan to go on a LDS Mission just like Jessica and to be friendly and a kind person to everyone,” Harrison says. “I hope to be a good role model to others, because I want to be remembered and looked up to for being a kind person.” So far, Harrison’s efforts to become someone else’s role model have not gone unnoticed. Harrison’s cousin looks up to her because she tries to “help her whenever she can.” Harrison says, “It’s good to have a role model because then you don’t have to go around wondering, you can live just the way you want to.”

Senior Kali Jones also believes having a role model is a good thing “because they make you want to be a better person.”

Jones says she has looked up to her father her whole life. “He is a hard worker. He always gets out what he puts in.”



**Savannah Ward**, senior: “My momsie, because she is the coolest person out there.”

Photos by **Amber Broderick**

Jones has always respected her father, but he became her role model when she “realized that he doesn’t have to do all the things he thinks he has to just to keep the family happy.”

According to Jones, her father showed her how to be a hard worker by example. She says his best qualities are that he is “very laid back, willing to give the shirt off his back and when he’s asked to do something, he won’t complain about it.” Jones plans to carry



**Joeseph Pitman**, sophomore: “My father is my role model because he is infinitely caring and selfless.”

on his legacy by taking everything that he has taught her and passing it on to her future children when the time comes. Jones hopes to be as good of a parent as her father has been to her.

“I would like to be a role model because it gives me the feeling that I’m doing something right,” Jones continues. “I just hope that if I am a role model, I can help change someone’s life for a better purpose.”

Jones adds that having someone to look up to is valuable for teens. She says everyone should have a person who acts as a guide to them, whether it is someone nearby living in their own world or someone famous that many rely on. There should always be a place for support to be found.

# Diet, exercise decreases depression

By **Marguerite Bennett**  
*Staff Reporter*

“In psychology, we call it Seasonal Affective Disorder, which we shorten to SAD which is a little ironic,” said Mrs. Phinney, WHS psychology teacher.

Winter blues, or SAD, affects many people every year. It’s easy to get depressed around the holidays and when the snow begins to pile up. For some, it can have a serious impact on their lives during the cold months.

Mrs. Cale, also a Weber psychology teacher, said, “You have to have a lower or depressed mood for at least two weeks without any breaks. It’s usually diagnosed as SAD if we notice a pattern during the winter months when we have shorter days and less light, and it goes away during the spring, summer and fall. That’s really the only thing that’s different from Seasonal Affected Disorder and major depression.”

SAD is diagnosed just like depression. Cale described it’s symptoms as, “Loss of interest in things one used to be interested in, changes in appetite, changes in sleep patterns and irritability.”

“One of the most effective ways people found for treating Seasonal Affective Disorder is actually to get exposure to bright lights,” said Phinney. “So there are actual boxes that admit light that looks to our brain, I guess, like morning light.”

Patients are prescribed to sit by these lights a certain amount of time each day. “When they get up, eating their breakfast cereal or



whatever, at the beginning of the day they sit in front of this light for usually 15 to 30 minutes. That seems to reset the chemicals in the mind and helps alleviate depression,” explained Cale.

Phinney described how the lights affected the hormone melatonin. “It basically regulates our sleep cycles, so, it makes you feel more alert, more awake,” she said.

Phinney also added, “But basic things that improve well-being in general for anyone would be like exercising, which is harder to do [in the winter]. Also, eating a balanced diet.”

Phinney also said psychologists found people do not need to follow a dietician’s meal plan but rather eat foods with a variety of vibrant colors. Staying away from greys and bland browns improved melancholy and depression. “Most psychologists suggest a rainbow diet,” said Phinney. “I was told, however, fruit snacks don’t count, bummer.”

Mr. Ortega, WHS health teacher, agreed and added staying active during the winter will help people combat depression. “Yeah, I think you dress up, go outside, get warm, that’s what me and my family do. We put on our snow clothes and we go out on the tubes and go around and play in the snow. It’s [exercise] hard if you make it hard, but if you make a point to go do it, try to go

have fun with it. It doesn’t seem as bad, maybe a bit easier.”

Cale added, “Regular exercise with sleep is correlated with better mood. One of the best proven things is regular aerobic exercise; it’s excellent for boosting mood and improving sleep.”

Hobbies and other leisurely tasks can also stop the winter blues. Phinney said staying busy improves depression.

“Getting out and doing things you like to do... some sort of recreation. It’s even better if it’s outside, but if you even just find time to read or relax or something, this tends to help a lot,” says Phinney.

“Getting out and being social and connecting socially with friends and family helps with depression,” Cale counseled. “Again, not holding up and hibernating, but getting out and helping other people, being around other people and strengthening relationships with other people. Another thing that improves mood is acts of kindness and service. So finding ways to get out of your own space and helping others helps lift your mood,” she said

Although the winter time can be difficult to stay healthy, there are many ways to improve one’s well-being. Through eating well and exercise to even hanging out with friends winter blues can be chased away.

# Cure for winter sniffles includes power of vitamins, essential oil

By **Siera Rose**  
*News Editor*

Winter can be a tough time in many ways: bad driving conditions, vanishing paychecks due to the holiday season and weakening immune systems.

After the hype of the holidays has died down, people usually associate the rest of the winter with stuffy noses and high fevers. Some of the common winter illnesses are worse than others, but there are many ways to treat and prevent them.

Savouringsimplicity.com suggests mostly herbal remedies, an increasingly popular form of treatment nowadays. The website says keeping rosemary and turmeric in the spice cabinet are very helpful since immune health starts in your stomach. It also suggests consum-

ing vitamins C and E often and the use of essential oils.

Livestrong.com reminds people that essential oils are commonly used in blends, in the bath, and

**“...Get your flu shot and other immunizations...cover your cough and stay home if you are contagious”**

through inhalation. Misusing essential oils is fairly easy, and that can cause major problems such as burns and bad reactions. Look up how to use the specific essential oil, and make sure they’re being used right.

Weber’s school nurse Marci Hol-

lingsworth says that common winter illnesses include the flu, pneumonia and bronchitis. These can all be nasty, but one shouldn’t give up hope if he/she ends up catching one. Mrs. Hollingsworth says the best way to prevent these sicknesses is to “get your flu shot and other immunizations.” She also stresses the need for people to wash their hands. “Cover your coughs and stay home if you’re contagious,” Mrs. Hollingsworth adds.

Drinking water and consuming vitamin C are good ways to keep from getting sick. Mrs. Hollingsworth says she likes to take Emergen-C when she thinks she might be getting sick.

If all efforts are in vain and one still happens to get sick, Hollingsworth adds the best thing to do is stay home and get some rest. “If you’re not feeling better in a week, you should go see a doctor,” Mrs. Hollingsworth advises.

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Yearbook staff member Julianne Kidd works hard while laying out and editing all the pages for this year’s upcoming yearbook.

Photos by Haily Osmond

# Making memories; staff works hard on producing new school yearbook

By Kaitlin Lawler  
Assistant to the chief

It’s been a long time since she graduated from high school, but the mother sits down and pulls her old yearbook off the shelf, blowing dust off the cover. She sits for awhile, reveling in her old memories and allowing her children a glimpse into her past. Yearbooks have been a time honored tradition for students of every age, and a tradition many students love.

“Yearbooks are important because they last forever. People will look at their yearbooks years from now and show their kids and stuff,” says Alyssa Snyder, senior, and one of the head editors of Weber’s yearbook staff. Senior Kaitlyn Borgchatz, who is also a staff member, agrees, saying, “Yeah, it’s impor-

tant because when you’re old, you can always go back and look at all the awesome times you had.”

Another head editor, junior Madison Olsen, says, “Yearbooks are important because it’s a tangible memory of things they might forget down the road. It’s documenting and preserving things that they might not have been able to do on their own.” Mr. Wilding agrees, “Everybody will look at it years from now, and hopefully remember the great times they had at Weber High.”

There are many different facets in creating a yearbook, and the staff gets to work through each of them making the perfect book of memories. “It’s fun getting all the pages laid out and put together,” says Borgchatz. “You get to work on the computer, create art and take pictures. It’s all the things I love combined into one.”



Alyssa Snyder snaps a photo of seniors Tanner and Thatcher Bailey to add to this year’s yearbook.

Many staff members have different favorite parts of working on the yearbook. Snyder says, “I just think it’s so cool making something that people will look at for years.” Olsen likes working on the yearbook because she says it gives her a chance to be social. “You find yourself interacting with all kinds of different people,” she says. “People I generally wouldn’t ever talk to otherwise.”

Junior Aurora Stevens also likes the social aspect of the yearbook staff, saying her favorite part of yearbook is being able to go to all the games and have fun with people while getting up close to the action and taking pictures.

Yearbook is a class available to take at Weber, and the book itself takes many hours of hard work to prepare. “Our yearbook is somewhat unique,” says Mr. Wilding. “It’s unique because it is 100 percent created by students. No outside work or anything, and it’s really cool.”

So what will be in store for this year’s yearbook? The staff can’t give away much of the big secret, but they reveal a few things they like about this year’s book. “I think everyone’s put in a lot more hard work,” says Olsen. “We’ve got a great theme that I think everyone can relate to.” Stevens adds, “The cover’s going to be pretty awesome; it’s really creative this year, and I feel like a lot of us know what we’re doing a lot more now, so the work is just going to be a lot cleaner overall compared to last year’s.”

“I won’t say much, but it’s definitely going to be good this year, better than last year’s for sure,” says Snyder. Wilding agrees the yearbook adding, “We hope every year that the yearbook will be a little bit better than the yearbook before; that’s our goal.”



By Kierstin Pitcher  
Editor-in-Chief

Weber High is full of talented Warriors, from the music programs to the sports department. One of the places this talent is most often displayed is on the stage. Two students who are dedicated to the theater program are seniors William Ross and Aurora Hemming. Both have taken many theater classes, participated in school musicals and are active members of the Production’s Company.

Ross said he participates in theater because “my older brother did it and when I was younger I did this miniature play thing and it was fun.” Ross has been participating in the theater program since his sophomore year when he had the role of Chuck, the town bully, in the musical *Footloose*. During his junior year, he played Lt. Shrank in *West Side Story* and also participated in *Tarzan*. During his senior year, he has played Jud, the misunderstood villain, in *Oklahoma*, and he is looking forward to playing the loving father and husband, Gomez, in the *Addams Family*.

Hemming joined theatre while in junior high. “I saw my older sister in plays, and it looked like so much fun,” said Hemming. Since then she has participated as a chorus member in *Footloose*, *West Side Story* and *Tarzan*. While in her senior year, Hemming has been Ado Annie in *Oklahoma* and is excited to be Alice, a bright, poetry-loving character in the *Addams Family*.

But theater is not the only thing



Actor Aurora Hemming is excited for her upcoming role as Alice Beineke in *The Addams Family* musical.

these two talented Warriors are interested in. Ross said some of his other hobbies include, “writing, video games, (in healthy amounts), eating and music.”

“I love piano, and I love to sew and dance, and I really like to cook, but sometimes I’m not good at making simple things like spaghetti,” said Hemming. She adds she juggles school, work and extra curricular activities by not sleeping.

“I took a lot of online classes so my classes this year would be easier,” she added.

To keep up with his school schedule, Ross said he tries to do as much of his schoolwork as he can before shows he performs in and during school.

Throughout their experiences in theater, Ross and Hemming have

enjoyed playing a variety of characters. Hemming says her favorite role has been Ado Annie in *Oklahoma* because “it’s been the most fun, but I’m really excited to play Alice because they’re really different characters.”

Ross said the role he is currently working on for *Addams Family* will probably end up being his favorite; however, he also liked “The King in *Once Upon a Mattress*, because I didn’t have to say anything, and it was a funny character.”

As far as roles they would like to perform, Hemming says her dream role would be Eponine from the musical, *Les Miserables*. Ross says he’d enjoy playing the villain Armand Chauvin in the musical the *Scarlet Pimpernel*, because “he has awesome music solos and Kaden Dearing and I want to do the show together. He wants to be the good guy and I want to be the bad guy and it’s just a good musical.”

Ross also said a memorable experience with theater was, “the entire showing of *Tarzan*. That was amazing because the music was awesome and so many people liked it and doing the silks and stuff was fun.”

Hemming’s cherished theater moment was also during *Tarzan*. She says she’ll never forget “being able to do our first performance of *Tarzan* on the silks.”

Though there are also many other things these Warriors love about theater, Ross said his favorite aspect is “the people; it’s a fun crowd to be around. Personalities are similar and everyone is kind of crazy which is awesome, so I fit in just fine.”

Hemming added she loves theater because “it allows me to lose myself in order to find myself.”



William Ross is preparing for his role as Gomez Addams in this year’s spring play.

Photos by Jackie Olberding

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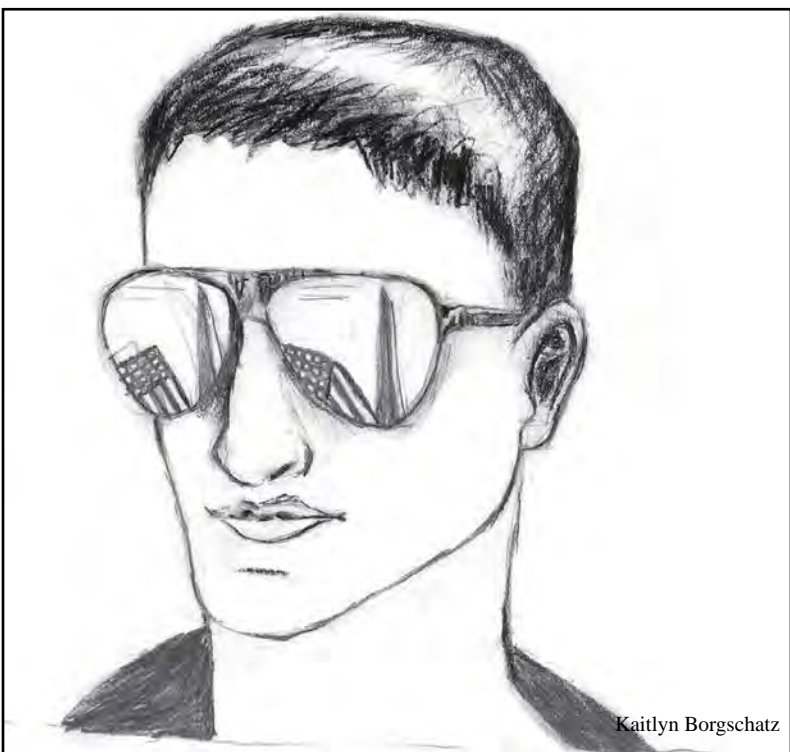
# Time Out

By **Marguerite Bennett**  
*Staff Reporter*

Okay kiddos, let's get real for a minute. You've heard about the protests in Ferguson and New York, you've voiced opinions on equality and police brutality and at the end of the day you turn off the news and it all goes away. The danger and injustice seems far from this Northern town in Utah and, frankly, the cry for change won't be heard here. This is not just a social problem, and this is not Ferguson and New York's problem. This problem is a personal one. It has invaded our homes, stealing our peace of mind and potential growth; it has stopped progress. Active, personal change to see people as they are and stand up against discrimination can weaken the mountains of negative thought and action.

Change? What a cruel word. It means getting a whole lot of uncomfortable after realizing things don't work right the way they are, and taking action. Ferguson and New York aren't a special case; a stained spot on a country that buried discrimination during the 60s. Not only is the problem against African Americans, but anyone who is treated unjustly. Just because we've made a lot of progress doesn't mean the dust under the carpet has been swept out yet.

We want equality, but we don't even know what that is. Equality isn't fairness, if you think that, sign up for the communist party. Equality is a forgotten love Martin Luther King Jr. dreamed about and died for. We keep it in our closets and break it out when a Youtube video makes us feel something and just as quickly we hide it away again before we do something rash. The strength to love ourselves and others with enough profound respect will burn the most accepted roles and conformed ideas. I'm not saying love cures all social wounds. If that were so, we'd cure the world by posting, "All you need is love," on our apathetic social



walls. Change does not come from inactivity or by merely thinking; compassion takes time and energy to break up and overgrow the parking lots of prejudice.

We must love life and liberty enough to see people as more than police officers, white, black, male or female. Equality is a type of courage to overcome our fear. Our fear keeps us locking up our full potential of love. Martin Luther King Jr. said, "We must learn that passively to accept an unjust system is to cooperate with that system, and thereby to become participant in its evil."

We're so wrapped up in our roles that we keep equality hidden beneath unjustified beliefs. We fear those who are different, we fear those who have an illusion of power, but we mostly fear breaking the status quo. It's not we're against them; get that right out of your head. If we continue to play the victims, the aggressors, the bullies and the weak, we will never find common ground. We'll keep nursing the hurt until we can't leap into anyone else's shoes fearing they're more narrow minded than our own.

Now someone got the idea to make a lot of noise, because it sure turns most heads. Violence and rioting is like a quick fix for the an-

gry hurt. We can burn and burn until our skins are grey with soot and common in loss, before we turn and build. Is that equality?

Equality is created only by two unpopular virtues: tolerance and forgiveness. Together they create the active love that can change our world. Tolerance prevents discrimination. Tolerance means attempting to understand and accept others despite differences. We cannot conclude everyone is the same without identity or personality. We will always find differences which often conflict with our image, culture or beliefs. Even if we do not agree, this does not mean we should fear or hate them. Forgiveness mends past discrimination. Often when injustice has happened to us or those we connect to, revenge is our first response. We want to hurt those who have hurt us. This only causes more hatred and discrimination. Forgiveness allows us to move forward beyond the barriers of stereotypes.

Martin Luther King Jr. said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." We must hear this cry for change. The problem is here, and within ourselves we have the potential to love and create equality.

## Suffering eased through relationships

Weber High has suffered many losses this past year, some due to mental illnesses, and the situation has left many students asking, why? Why did this happen? Why did they feel the need to end their life? Why didn't I do something?

First and foremost, I am not an expert on any given mental illness. I don't always understand why, either. I'm just someone who has struggled and is looking to help others and shed light on what is happening when someone is diagnosed with a mental illness.

I've dealt with depression and eating disorder and self-harm for a few years and the issues I deal with on a day to day basis can make it hard to do anything at all, really.

Daily tasks become like climbing Mt. Everest. Showering, brushing my teeth and just getting out of bed are sometimes impossible for me to do because I can't do them; not that I don't want to do them. It's similar to when you forget a word and it's on the tip of your tongue. That feeling of frustration overwhelms you because you say that word often, but you just can't say it. That's what I feel like on the days I can't do anything but lay in bed and feel like an utter failure and disappointment. Other teenagers can do their homework every night... other teenagers can go out with friends... other teenagers can do this and can do that, but with my depression, I can't always do the things I need or want to do.

I don't like answering questions, contributing to conversations or even telling jokes much because if I'm wrong or people stop listening or don't understand, I feel like the world is crashing down, and I'm overcome with the urge to bash my head against something until it cracks open or to otherwise seri-

ously harm myself.

My friends and family are very supportive and want to help any way they can, but it's very hard to ask for help from them. An intense feeling of guilt comes over me when I ask for help. A little voice just keeps saying, "How dare you take up their time? How dare you worry them? How dare you make them take care of you? Grow up already!" While they do nothing to encourage this voice, it's usually louder than their cries of reassurance and love.

In my opinions, the worst part of mental illness is the realization of how irrational it actually is. I know dropping my things shouldn't constitute an onslaught of sobbing, but it still happens. I know I tend to talk quieter than most, so it's perfectly reasonable for people not to hear me, but the urge to socialize ever again diminishes almost completely afterwards. I know I need to eat to keep my body healthy, but eating normally seems like such a burden some days.

When someone is sick like this or sicker or even less sick, and they make the wrong decision to take their life, it's not to punish those who love them or those who hurt them. People who are mentally ill and try to commit suicide do so to escape the ever-present feeling of hopelessness that they are consumed by. Feeling that you are a burden to those you love, that you will never get better, that you will always be sick is very hard for most people to live with. Because of this, they choose the wrong way to ease their problems.

Mental illnesses don't discriminate. It can affect wildly successful comedians like Robin Williams just as easily as it affects homeless youth.

Here are some tips for anyone who has someone they love who is suffering from mental illnesses. Be patient. They hate feeling like this, too. They hate bothering you. They hate placing their problems on others' shoulders. If they could just stop having a mental illness, they would. It's not that easy, though.

Do research. Find out everything there is to know about the mental illness they have. Look to credible sources and have a variety, mix websites with books and pamphlets from the doctors. Accurate information as to what is happening physically and mentally is essential. If they are comfortable with it, ask them to explain it as best as they can as to what they are feeling and thinking.

Instead of asking, "What can I do to help?" or "Is there anything you need?" start acting. Most of the time people don't know how to answer these questions. If they are isolating themselves, try getting them involved again. Invite them out to small gatherings or parties. Talk to them about their interests. Tailor your plans to fit the individual and their needs.

Remind them they are loved without invoking the guilt trip. Stay away from phrases like "It would kill me if you hurt yourself; others have it worse than you; count your blessings; etc..." Don't tell them how hard it is to be a friend to a mentally ill person. They know very well how hard it is.

If the only things anyone takes from this article, it needs to be to find help for those who are struggling and this: mental illness never has been, and never will be, a choice.

By **Danny Clark**  
*WHS senior*

## Fremont incident causes change with school district safety policies

Among the many frightening occasions that society tells about, riots and shootings within schools are growing exceedingly high and more of them are happening each year. It's no surprise such atrocities are taking place, due to the lack of security and self-defense available within public education institutions.

Innocent children and adults have been targeted more frequently throughout the last decade. Most of the time we as people think they are "far out" and they will "never happen here," but what happened recently was not even 50 miles away.

On Dec. 1, 2014, a student at Fremont High School was taken into custody after bringing a gun to school attempting to kill people with malice aforethought. Luckily, another student saw the gun and immediately reported it to authorities, just 15 minutes before the expected shooting was to begin.

Kudos to the student reporting the gun to the administration, but why is our security at the school so vulnerable and susceptible that it was left to the hands of a student? What if they were to have just let it blow over and assumed this per-

son had his reasons for carrying the firearm? We could have had a devastating massacre of innocent teachers and children to deal with.

School safety needs to be improved. Persons attempting to cause terror in the nation are targeting schools more than ever before. They know schools are unarmed and don't have much to defend themselves with. Through the mind of a criminal, schools are a nice place to get some cheap shots and to get revenge, even if those inside were not the source of a problem.

To help secure the schools from intruders, an increase of law enforcement would help build safety in schools. The benefit of increased officers would create a better defensive system that allows warrants to have permitted firearms within their possession.

When entering the school, all individuals who walk in must be under heavy surveillance by either cameras or officers to help catch suspicious activity. If there is any such behavior present, the individual should be searched to catch the possible weaponry.

To help identify subjects, all non-students and visitors should

report immediately upon arrival to the office to check in as an identified visitor, and they should wear a name badge like the school's students and its faculty. This would help identify those who should be at school, as well as those causing a safety threat.

To help reduce confusion and panic as much as possible, all students and teachers should undergo impulsive simulations as if a shooting were to happen. With practice of actions fresh in the minds of individuals involved, the percentage of survivors would be much greater compared to the possible chaos as if individuals were distraught and filled with panic.

Schools are in great danger of shootings and potential deaths compared to many other public facilities. To help keep the next generations safe and to keep a positive morale with society and others involved, action must be increased, organized and perfected. The safety of school students is a must, and everyone should be given the protection they do deserve.

By **Dustin Kingsbury**  
*WHS senior*

## Laws getting more strict, Curfew causes teen anxiety

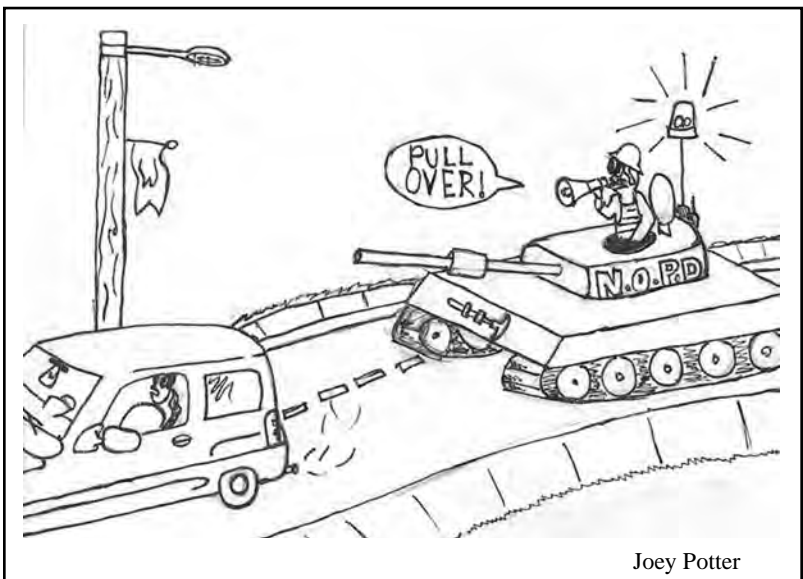
As teenagers, we all share a rebellious spirit in one way or another. But there's one thing we all try to push away: curfew.

A lucky few don't have a curfew, but for the rest of us, we push 11 p.m. to 11:30 p.m. and midnight to 1 a.m. What if I told you that North Ogden/Pleasant View is presenting the idea of a daytime curfew? That would mean people couldn't leave Weber's campus, and if caught, teens face a \$50-\$500 fine, a police escort back to the school and a citation.

Some may be thinking, "So you're saying that I'd be considered a criminal if I left school before it was over?" Sadly, yes. If this ordinance is passed, students under 17 would be prohibited from being in a public place or business between 8 a.m. and 2:30 p.m. Of course for those caught, they have one chance to give the police a valid reason to be out and about. And it's not only the teens who gets cited. The businesses teens wander around can also receive a citation for letting kids on their property during these hours.

There must be valid reasons for this curfew, right? Dallas, Texas, has passed the daytime curfew ordinance and has enforced it since August 2009. Dallascityhall.com states their reasons for the curfew, "The ordinance has three aims: keeping students where they belong, protecting minors from becoming victims of crime, to protect the public from juvenile offenders."

I agree it's good to keep students in school; however, if my friends and I decide to go to Lee's Marketplace for lunch, we can get cited



for being out on a lunch break, not missing any class time. Of course, there is the very slim chance that I could be a "juvenile offender," and I'm pretty sure my record is clean. Of course, other people out in this world are criminals, but the last time I heard about criminal activity in the middle of the day was a while ago actually, and it was a school shooting. At school.

According to fbi.gov, 30 percent of juvenile criminal activity happens at school. This is more or less disturbing considering the percentage of juvenile criminal activity at night in the U.S. is 52.7 percent, according to the same source. So the chances of teens wandering around and getting attacked in broad daylight rest around 17.3 percent. Not very high, but the concerning thing is criminal activity is more common at school.

At night there is a curfew enforced that states no teens may be out on the streets or in public places between the hours of 10:30 p.m. to

4 a.m. Sunday through Thursday, and midnight to 4 a.m. on Fridays. At night, criminal activity percentage was 52.7 percent, right? A curfew at this time is so much easier for me to understand, and I respectfully obey it.

A daytime curfew, though? If a student chooses not to go to school one day and instead goes to see a movie, he/she has that choice. Education is important, but I feel that freedom of choice is a right that should be used, and, of course, not abused either. The student will eventually have to accept the consequences of skipping class, and I feel like that is a lesson within itself.

Even though it is important, I feel education should be a choice we personally make for ourselves. Daytime curfew would restrict that choice from us, and I feel like it would be broken just to protest it.

By **Meg Henley**  
*WHS junior*

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# Cosplay offers unique opportunity for expressing self, personality

By Savannah Day  
Feature Editor

As some are starting to show their true geeky colors at comic conventions across the nation, people can't help but marvel at those who go the extra mile to dress up as the characters they love. These are dedicated fans who take lots of time, energy and money to create grand costumes that represent their interpretation of a character. This is known as cosplay: costumes plus role play.

For those who aren't in the cosplay community, it might be strange to see people go to such weird lengths to change their entire image to look like people and things from movies and comic books. However, to the people who do cosplay, it is an expression and freedom of something they love to do.

Cosplay, when it first started in the late 1930s, was known as "costuming." Costuming was when people would dress up in a more sci-fi, futuristic type of way at conventions for comic books or sci-fi movies. It has since grown to many different styles. Examples of a few styles could be fantasy, like pirates and mermaids. Some might be superheroes or sci-fi characters as seen in *Star Wars* and comic books. There are also people who dress as TV personalities, movies, actors, video games, characters, superwholock (*Supernatural*, *Doctor Who* and *Sherlock*) and *Harry Potter*. Then lastly, there are the animes and cartoons, such as *Attack on Titan* and *Pokemon*.

There are many cosplay types out there. Some even have special names like Lolita, people who dress to resemble dolls that are very fashionable as well as expensive. There also is steam punk style, which takes after people who dress in a mid-1800s style with gears and mechanical dress items mixed with a modern edge.

"Cosplay is a form of dedication and creation," says senior Rachel Levy. Levy got into cosplay by seeing others doing it. Her first cosplay was a homemade dress that re-

sembles the Eleventh Doctor, Matt Smith, from *Doctor Who* on BBC. She had seen a dress on a website/app called Etsy and got her inspiration to make her Eleventh Doctor dress. Levy says cosplaying helps her get in touch with characters and is fun to do. Her favorite character to cosplay is Castiel from *Supernatural*. She sticks mainly to the superwholock category; however, she would like to try an anime cosplay, most likely from *Attack on Titan*.

Jean Kirschstein, a supporting character in the show *Attack on Titan*, is one of sophomore Riley

as Fiona, at a Las Vegas comic convention in 2012. She says cosplay is an expression of herself, her skills and view of the character. Day hopes to one day make a full suit of armor to challenge her skills and do a steam punk style cosplay.

Savannah Moore, senior, may not be a full out cosplayer, but she hopes to be when she gets the time. Moore wants to do a Disney style of cosplay and dress like a Disney Princess for a convention. She wants to do Belle, from *Beauty and the Beast*, and Ariel, from *The Little Mermaid*, in her cosplay future. "Princesses are so fun, and



Cosplays can range from soft and delicate lace-clad princesses to heavily armoured warhammer heroes.

Photos by Katie Montgomery

Day's signature cosplays. She has done many Jean cross-overs, when people mix two different themes or shows, and even did a Beginners Cosplay Guide panel at Anime Banzai, a convention focusing on anime.

"I got started because I loved Halloween but hated when it ended," Day says. She continues, "I saw others doing it, the word cosplay came up and it started from there."

Her first cosplay was a gender bender of Finn from *Adventure Time* on Cartoon Network, known

I've loved them since I was little," Moore says.

Laticha Coleman, senior, likes the less pretty side and wants to do a Sam Winchester from *Supernatural* or a full wolfed out Scott from *Teen Wolf*. She likes to do these characters because they would take a lot of work but have a good day out with people who are fans of the shows. Coleman hopes to make it to the big Comic Con in San Diego and see the A-listers and other TV show stars. She says that she will probably stay in the superwholock style like Levy.

Even though Mitchell Aardema doesn't do cosplay, due to time and expense, he hopes to in his future. Aardema would like to do cosplays of characters including Link from *Legend of Zelda*, the Tenth Doctor from *Doctor Who* or Wesley from the *Princess Bride*. "I like cosplays that I will resemble well and are personal favorites," says Aardema.

For these Warriors, cosplay is like an art; it takes work and money to make the costumes. Lexi Durbin, sophomore, thinks of cosplay as a part of her. "It's something that gets me through the hardships," Durbin adds her favorite cosplay to do is Rose from a web comic called *Homestuck*. She hopes to be a professional cosplayer one day.

"I like to be me without people judging me," says Durbin explaining how cosplay has helped her to express herself, as it has for many others.



Mrs. Radle (science): "To lose 25 pounds!"



Tyler Robinson (senior): "To go on at least one date."



Garret Wangsgard (senior): "Be the best tourist out there!"

## New year's resolutions require resolve, dedication to complete

By Ashton Bindrup  
Assistant to the Chief

Helen Keller said, "It is for us to pray not for tasks equal to our powers, but for powers equal to our tasks, to go forward with a great desire forever beating at the door of our hearts as we travel toward our distant goal."

Goals are the lifeblood for many students; they are the dreams offering incentive to do well in school, work and extracurricular activities.

This year has, for some, provided a flood of opportunity to succeed and work toward ultimate accomplishments. Junior Chandlyr Shupe has worked from an early age to attain a voice and share it with others. "I want to be able to record songs, not just because I love music, but because I think others might love mine," says Shupe.

"It's difficult to attain your goals," admits sophomore Maddie Hadley.

For many, it's easy to write them out, but after that some goals can seem impossible to accomplish. Shupe says, "You have to be open minded when it comes to your goals. Some stick to a strict schedule and path which can be good in its own time and place, but when a singing opportunity [any opportunity] comes your way, you have to jump on it. Doing so can actually lead to reaching your goals."

Sage Bowen, senior, had other self-improving plans. "I wanted to exercise more and eat healthier, and I feel like I've done pretty well throughout this year." For some, a goal can start small, it can come

in bits and pieces before it takes a shape. Bowen says, "At first I just wanted to do it to look good for a vacation, but as I went along, I realized I kind of just want to make it a permanent habit." He adds this can also be said for improving grades, social skills, athletic skills, self-confidence and all other goals waiting to be embarked upon.

"I suppose I could have done a better job preparing goals for last New Year's, but this year I am prepared. I have them written out; I know how I'm going to accomplish them," says Hadley.

Writing goals down is a task that walks arm in arm with every coming New Year. Weber coach and financial literacy teacher Mr. An-

***"I encourage students to write out their money spending goals at the start of every year. Goals are easier to follow when you write them out and follow a disciplined routine."***

erson says, "I encourage students to write out their money spending goals at the start of every year. Goals are easier to follow when you write them out and follow a disciplined routine." He adds, "I suppose the consensus is having a flexible plan. With money, with history, with life, you can't plan everything out. The unexpected happens."

American journalist Doug Larson said, "Establishing goals is all right if you don't let them deprive you of interesting detours." He adds it's the interesting detours



Tyler Nelson (senior): "To get even better looking than I already am."



Jen Paige (counselor): "To go to the gym more than two times a week."



Braden Fureigh (senior): "To improve on weight lifting"

Poll compiled by Angela Washburn



Age isn't an issue with cosplay. A five year old rogue from the X-man comics can be both normal and adorable.

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# Against odds, teens find pleasure in hometowns

By **Katie Montgomery**  
*Editor-in-Chief*

The North Ogden and Pleasant View areas aren't known for being big cities attracting tourists from around the world on a tour of Utah. There's a library, a few parks here and there, a couple stores and a movie theatre, so not a whole lot to do. Humans crave company, especially those of the teenaged variety. How do they manage to meet up with friends in these towns?

"There's nothing to do in North Ogden," laments Elise Wilkinson, senior. "There needs to be more stores and businesses so it's not all spread out and rural and gross."

Most students prefer to hang out at each other's houses over public places. "We like it because it can be just us," says senior Megan Mc-

***"There needs to be more stores and businesses, so it's not all spread out and rural and gross."***

McIntosh. "It's just our friends and no one else."

While Ogden isn't necessarily hustling and bustling, it does offer a few more places to occupy time for those who can drive or don't mind walking the miles. Steven Enslow and Dallin Warner, seniors, enjoy hanging out in front of the Lucky Slice on 25<sup>th</sup> Street because "the awesome band, Escape, often gives street performances there."

Senior Amber Broderick says she and her friends always enjoy Grounds for Coffee, also on 25<sup>th</sup> Street. Not only are there many types of coffee and drinks to enjoy, but there are also scones, biscottis, cupcakes and other desserts. Broderick says she enjoys the environment as well as the refreshments.

"I love the atmosphere and the feeling you get when you walk inside and the music is always good. The interior and the design of the place really gives you more of an urban feel."

Wilkinson is another coffee shop lover. "I really like hanging out at Starbucks," she says. "It smells absolutely amazing, and I like the music they're always playing. It's just a really nice, chill environment."

Many Warriors lamented the lack of Starbucks nearby. Just recently two were established in Ogden, one

on Washington Blvd, near 12<sup>th</sup> Street as well as one in the North Ogden Smith's Marketplace

McDonald's is a cheap, popular place to hang out at, according to junior Courtney Silva and senior Christian Protzman. Both particularly enjoy the soft-serve ice cream cones.

"It's inexpensive and I like their little sports bar with the TV's. That's where the cool kids are hanging out," says Protzman.

In addition to McDonald's, Protzman says Pizza Pie Café is a good place to eat out at with friends. People eat buffet-style and choose from many varieties of pizza and pasta, and a salad bar. To finish off dinner, Pizza Pie offers various dessert pizzas.

Senior Brigham McKay adds, "Pizza Pie is a great deal with great food! It's an awesome restaurant, and it's a place to hang with friends after a game win and a good place to bounce back after a loss."

Another pizza place is the Pizzeria in Ogden. Junior Balee Arrington visits it regularly with her friends. "The pizza is different than any other place, and the salad is fantastic! I like that you can make it casual or dress, and of course, I love the cool fish tank!"

For those who are craving something a bit colder, Kirt's Drive Inn is right next door, offering hundreds of flavors and combinations of shakes, ice cream cones, parfaits and sundaes. Kaden Dearing, senior, says he enjoys going to Kirt's for a shake on a hot day or even a freezing winter one.

New to North Ogden is Café Rio, right next to Lee's Marketplace. Junior Ashley Marsh says, "I like Café Rio because it's close, it's really nice, the food is good and everyone is there."

Teenagers aren't exactly famous for having buckets of money at their disposal. There are exceptions of course, but what's to do when funds are running low?

Enslow and McIntosh say they like to go to parks. Fresh air, green grass and completely cost-free make parks a viable choice for many. "I like Shady Lane Park," says Enslow. "It's pretty dope and we have a lot of fun when we go."

Parks offer the opportunity to play games like ultimate frisbee, tag and capture the flag or just a lazy day with a picnic of good food.

Despite North Ogden and Pleasant View being in the middle of almost nowhere, most Warriors seem fairly content with what is offered for entertainment.

*(additional reporting by Megan Henley)*

# Snowman building creates lasting memories

By **Stephanie Laubacher**  
*News Editor*

When the temperature drops and snow begins to fall, many families enjoy working together to construct a well-known symbol of winter: snowmen. Despite the cold, building snowmen is considered a fun, family activity around the world for people of all ages. From a child's backyard to the movie theater, snowmen are a staple of any winter wonderland.

Sophomore, Kate Poulson, first built a snowman when she was five years old, and she enjoys creating them with her family every year.

"I make snowmen by getting a tractor and putting snow in a giant pile, then carving it out," says Poulson. She appreciates her father's help because "he's professional at making them [snowmen]."

Poulson's favorite snowman memory was in the winter of last year. "It was the biggest one my family and I have ever made, and we had to get a ladder to build the head. The snowman was maybe 12 feet tall," she recalls.

Poulson advises any first-time snowman creator to wear gloves. But not only is it valuable to dress warmly when building a snowman, it's also important to dress the snowman. Poulson and her family usually dress their snowman with a hat, scarf and pipe. And after a long day of building snowmen in her front yard, Poulson likes to go back inside and eat something.

Madison Rogers, senior, has a similar idea. When she finishes building snowmen, she usually goes indoors for a cup of hot chocolate. But the important part comes from building the snowmen themselves.

Rogers first made a snowman when she was seven, and she most enjoys building snowmen with her mom, because they usually have a snowball fight in her grandma's yard before they go in for hot chocolate. She says the best way to build a snowman is with family.

"When I was 12, we all went out as a family and built a snowman and then made snow angels," Rogers says. She remembers this occasion fondly and recommends to anyone who is trying to build a snowman for the first time to "make sure you have good snow, and remember it doesn't matter how it looks as long as you have fun."

Senior Makayla Harrison, agrees that having the right snow is an important aspect in the creation of any snowman. "It has to be sticky snow," Harrison says, "and you need good tree branches for arms, the perfect size rocks for eyes and a really long carrot for the face."

Having a lot of snow is also a big step in creating the perfect snowman. Harrison's favorite snowman memory was when there were several feet of snow. "My dad and I made six snowmen in a row all around the yard. He always makes the snowmen look awesome. They were about six feet tall," she says.

Harrison says she's been building snowmen with her father since she was one year old. "Though it was more my dad than me," she admits. She usually constructs her snowmen in her backyard before dressing them in a hat, mittens and a striped scarf.

As far as the best way to build a snowman, Harrison suggests,



"Start out small and work up to making them taller as you get better at it."

"Building a snowman with my family is a good bonding time," Harrison says. She believes in taking time during the winter to make snowmen with her family, and states that the bonding doesn't end there. After building snowmen, Harrison likes to "sit bundled in a blanket and watch a movie while drinking hot chocolate."

After building snowmen, senior Sean Kenny also enjoys a nice cup of hot chocolate by the fire with his family. Kenny likes to take the time to build snowmen with his brothers and his mom because he has "been doing it with them for as long as he can remember."

Although Kenny most enjoys building snowmen with his family,

his fondest snowman memory was with friends. "I used to live in Virginia and make a snowman army with all of my old friends," he remembers.

Kenny also has experience in teaching others to build snowmen, and he admits, "It wasn't difficult to teach the concept of it, but it was hard to teach how to roll up the snow to make a body." He suggests using snow that is "between wet and dry" and working from the bottom of the snowman to the top. Kenney and his family usually dress the snowmen they make in their backyard with a top hat, sticks for arms, a carrot nose and anything black for buttons.

From age one to age 18, creating a snowman with the assistance of loved ones is a difficult activity to pass up.

# TV chosen as popular entertainment; excessive Netflix junkies take notes

By **Taylor Galusha**  
*Staff Reporter*

Stories that you can see. That is one way to describe a TV show, but the struggle is what do you watch? There are so many different genres and in those genres they are a variety of types with so many complex plots and characters who become like family.

Sophomore Alexis Merrill likes the TV show, *Once Upon A Time*. "I really love how all the fairytales are one giant mess of a story and all of the drama," she says.

She isn't the only one who likes this show *Once Upon A Time* is one of the top trends on Twitter. Fans of the show have gone to social media to tell about their love for the relationship between Captain Swan, which romantically links main character Emma Swan and Captain Hook.

For those who are curious about *Once Upon A Time*, it takes place in Storybrooke, a small town in Maine. The town is filled to the

brim with fairy tale favorites like Snow White, Prince Charming and Little Red Riding Hood. The show's protagonist Emma Swan, upon her arrival to the town, has to break curses that are placed over the town.

The show itself has two main elements that fans really love. It has present day, which tells what is happening in the town, as well as flashbacks. These flashbacks commonly tell a part of the classic fairy tale.

A popular reality TV show is *Say Yes to the Dress*. Makayla Dejar-natt, sophomore, says, "I really like the drama that the Bridezillas create, and the crazy moms who try to take control." TLC's reality show about finding the perfect dress takes place in Kleinfeld Bridal in Manhattan. The show displays the progress of individual sales. While having a simple point to it, the show does deal with serious issues such as body image, money management and moving past experiences and realizing that the future is bright.

"*The Middle* is my favorite show;

it's funny and realistic," says Camille Owen, junior. The show features a typical family and what happens in their life. *The Middle* is set in the fictional town of Orso, Indiana. The story follows a middle aged, working class Frankie Heck and her husband Mike. It also tells the hilarious antics of their children Axl Sue and Brick. The series is narrated by the mom and tells about children who are polar opposite of each other.

Sophomores Melissa Lopez and Brad Gray both favor Cartoon Network's *Adventure Time*. It's about a boy named Finn and his best friend Jake. Jake is a dog with magical powers. These two live in the post-apocalyptic land of Ooo. On their adventures, they interact with characters like Princess Bubblegum, Ice King and Marceline the Vampire Queen.

A very popular show among both guys and girls is *The Walking Dead*. It is based on a comic book series. Season one of the show was set in Atlanta while seasons two through four are in the countryside of north Georgia. The story takes place dur-

ing a zombie apocalypse. The protagonists are searching for a safe haven away from all the zombie action. The zombies in this show eat any living thing that they catch. Their bite is lethal to humans. The story centers on a surviving group of humans trying to keep their humanity intact.

Senior Tristan Petersen says, "I really like the concept of the story, and the idea that you have to fight for your humanity and how characters are forced to face their inner darkness."

Another favorite show is *Cyber Chase*. This show focusses on three kids from earth being sucked into the digital world. Referred to as Earthlings, Matt, Jackie and Inez, with the help of Digit, work together to defeat The Hacker from taking over cyberspace, Motherboard is also infected with a virus. Sophomore Joanna Lowry says, "This show is legit, I learned a lot from these characters."

So whether it is cartoons, dramas, action packed stories or supernatural tales, Warriors are enjoying their television.





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# Anticipation for spring performance, WHS produces *The Addams Family*

By **Rebecca Ross**  
*Staff Reporter*

*“They’re creepy and they’re kooky, mysterious and spooky. They’re all together ooky, The Addams Family.”*

Get excited for 2015 because the brilliantly terrifying Addams Family is coming to Weber. WHS drama teacher Mark Daniels is bringing his Productions team together, and they will be performing *The Addams Family*.

According to William Ross, senior, “The show is about two different families with contrasting ideals having to coexist; a story on why secrets are bad.”

Sophia Lowry, senior, adds, “Wednesday falls in love with Lucas Beineke, and it’s an unusual love because their families are incredibly different. Through their love, it causes a lot of turmoil in the family, but it kind of brings them together in the end.”

The story centers on this unique family and their daughter’s love for a somewhat normal boy. “Addams Family is like this crazy family that likes these creepy things. Their daughter Wednesday falls in love with a non-creepy guy. His family comes over and his family finds out how crazy they are. The guy ends up being crazy, too, and they want to get married,” adds Trevor Heywood, junior.

There are several characters in this musical. There is the leading lady Wednesday Addams, played by Allison Peterson, senior. Wednesday is the oldest child in the family. She has a melancholy demeanor, and she also enjoys torturing her little brother, Pugsley. She is at a crossroads in her life. Does she stay true to her family’s unique lifestyle, or does she turn and run away with her new true love, Lucas Beineke?

Now who is Lucas Beineke? Lucas, played by Paul Calvo, senior, is

quite the hopeless romantic, but he also has a dark side to him. The first time he met Wednesday, he instantly fell in love with her. He spends most of the time in the show trying to find a way to marry Wednesday and still keep the approval of his parents, who are opposite of the lifestyle of Wednesday’s family.

Next, there is Mr. Gomez Addams, played by Ross. Gomez is the patriarch of the family, and he is like the glue that holds the family together. He is troubled about his daughter’s life choices and is forced to deal with the fact that she is growing up.

Wednesday’s mother is the oh so ever vile Morticia Addams, played by Lowry. With a taste for death and a passion for sorrow and grief, she is the perfect matriarch of the Addams family. She is faced with a tough decision when her daughter comes bearing news about her engagement to Beineke. She doesn’t want her daughter to dive straight into the world that is different than their own.

Another character is Gomez’s insane and love stricken brother Fester Addams played by Ryan Lund, senior. Fester is all for Wednesday’s romance with Lucas. He spends most of his time trying to help the two love birds find their happily ever after.

Chubby little Pugsley Addams is played by Heywood. With his older sister Wednesday running off to marry Lucas, Pugsley boils with jealousy and tries to do whatever it takes to break them apart. He loves his sister, especially when she is torturing him, and he is not ready to let her go.

Mal Beineke, played by Tallon Romero, senior, is the patriarch of the Beineke family. He is absolutely furious with his son’s decision to marry Wednesday. He feels his son has lost touch with the real world.

Dear sweet Alice Beineke, played by Aurora Hemming, senior, is the matriarch of the Beineke family,

and she is described as a bright ray of sunshine. She loves poetry and almost everything that comes out of her mouth rhymes.

Daniels is very excited about the show for many reasons. First of all, Weber will be the first ever to perform this show. According to Daniels, there were 10 amateur licenses that were released this year, and Weber was one of the lucky schools to receive the rights. “Which is really an honor,” says Daniels.

Daniels adds, “I chose this show because we have actors who have great comedic timing. They can make the characters really come alive.” He says having done Oklahoma this last fall and now doing the Addams Family this winter, Weber has had great season for the theatre.

“Our audience will really appreciate the originality, especially the people who grew up watching the television show,” Daniels says.

Everyone in the cast also believes this show will be a huge success. Heywood says, “Just because it’s so different, it’s more modern, the dancing and singing is different, but that’s why it’ll be so good.” Calvo adds, “This will be one of the top ones.”

Many of the cast members have been involved in multiple WHS productions. They have learned many things as they bring stories to life on the stage. Ross says, “Respect the arts and the director and the stage manager or else bad things happen.” Lund says, “Don’t let the role become who you really are.”

“You won’t get every role you want, but with the role you get put your whole heart in it,” says Lowry and Heywood adds, “Don’t be shy, be outgoing.”

The cast hopes everyone will be excited for the Addams Family which will open on Feb. 24 and continue to March 8. “They’re creepy and they’re kooky” and they’re coming for you. They are the Addams Family.

By **Autumn Aeschlimann**  
*Editorial Editor*

Nickelback just never seems to die. Just when I stop hearing their songs on the radio, seeing their names in the news and I start thinking the band has finally come to the end of their reign, they prove me wrong by releasing another mind-blowing album.

So it’s official. Nickelback is a classic, and anyone who denies that is only lying to themselves. The thing with Nickelback is you have to love them. It isn’t a choice. You could say you hate them all you want, but deep down, you love them and you can’t ignore it.

Now a little background, so we can all get to know Nickelback on a more personal level. It all started in Canada. A young Chad Kroeger and his older brothers, Mike and Brandon, got their friend Ryan Peake and decided, “Hey, let’s start a band.”

They just started off a simple cover band called Village Idiots. They performed covers of songs originally sung by the likes of Led Zeppelin and Metallica, amazing choices if you ask me. This little cover band, however, made it huge when they hit the legendary big break. Soon this band was creating their own songs and eventually, their own albums.

So far, Nickelback has created eight albums total: *The State*, which they produced twice; *Silver Side Up*; *The Long Road*; *All the Right Reasons*; *Dark Horse*; *Here and Now*; and their newest album, *No Fixed Address*. I own four of them, and they all contain some of the best songs ever written.

Their newest album, *No Fixed Address*, was released in 2014. To be completely honest, it was absolutely mind blowingly, shivers-down-your-spine, amazing. The thing about this album, it’s unlike anything I’ve ever heard before.

Sure the music is the same genre. They’ve always had that metal music vibe. However, this album makes you want to fight. No joke. I wasn’t lying when I said it was completely different from anything ever written. In this album, they outright defy government systems



and how messed up it all really is. Doesn’t sound like much, except there is something about this album. With the songs and their lyrics, that really makes you feel something. There’s a defiance there that instantly captures anyone who listens; a fight just waiting to happen. It’s incredible the way they managed to invoke so much feeling and emotions on needing change into simple songs.



Two songs that really hit me like a brick were their songs called “The Hammer’s Coming Down” and “Edge of Revolution.” They’re about one little concept that creates something huge: revolution. In “The Hammers Coming Down,” the lyrics slowly build, creating a story about the calm before the storm, the quiet before a war breaks loose. The chorus is the part where it really hit me, where I really understood what they were singing about. They sing, “*This is the calm before the coming storm. This is the red sky morning. Without warning now. This is the fight that we’ve been waiting for.*”

“Edge of Revolution” was by far my favorite, however. It’s talking about how everyone needs to take a stand because the government is stealing from us: our money, our homes, our families. However, the government says it’s okay because it’s all for our freedom and our

safety. The seconds verse reveals, “*Wall Street, common thief. When they get caught they all go free... Same stuff, different day. Can’t get fed if I can’t get paid. We’ll all be dead if this doesn’t change.*”

Nickelback want us to join the fight in making this change happen. The bridge of the song actually builds into a powerful chant, immediately creating a feeling of wanting change, of wanting to fight. “*What do we want? We want change! And how’re we gonna get there? Revolution!*”

However, there was always those few songs that I really just couldn’t get into. There was one called “Make Me Believe Again.” This song was good, but I will admit, I thought it was a tad bit boring. It’s the typical “guy loves a girl who doesn’t treat him right, but he wants to make it work out no matter what because he doesn’t want to lose her” type of song. Don’t get me wrong, these songs are good, but they are just like every other song that is out there. You rarely get a song that drifts away from the beauty that comes with being in love. Love comes from a lot of emotion, making it a really easy source for lyric ideas, so that’s what everyone sings about. So I wasn’t a fan of this song, because I thought it was typical and predictable, not anything special.

One song doesn’t ruin an entire album of creative genius, though. I don’t think I’ve ever heard an album that makes me feel so many different emotions all at once. *No Fixed Address* is beyond anything that’s been written in today’s music, and it’s absolutely great. It truly is a creative masterpiece, and anyone who hasn’t heard it yet needs to. They definitely won’t regret it when they’re done listening to Nickelback’s latest album.

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# Warriors admire famous couples, decide if love is real

By **Emily Eldredge**  
*Feature Editor*

“How in love are you guys?”  
“Oh, you know, not quite Romeo and Juliet, but pretty close.”  
Conversations like this one can be heard throughout school halls, because quite a few students have the tendency to define love by what they’ve seen in other couples. But what couples usually come to mind? Some of the students of Weber High took a poll and, unsurprisingly, the first couple to pop into most heads was Romeo and Juliet.  
David Richardson, junior, felt Romeo and Juliet came pretty close to a perfect love because “they were willing to do anything for each other,” and proved “love is worth dying for.”  
Sophomore Brooke Bedke agrees, saying the families they come from shouldn’t have mattered because they loved each other, and “if it’s love, it’s love.” However, others feel Shakespeare’s story did not represent true love.  
“I think it is the most disgusting love story ever,” says Anna Crookston, sophomore. “You should know someone longer than a day before you marry.”

Nicholas Benson, junior, claims what Romeo and Juliet had was lust rather than love, and says what they had was “as far from [love] as we are from the sun. They get caught up in this thing, and end up killing themselves. Good freaking job guys, way to go.”  
Kambri Cordon, junior, also thinks this couple had a toxic relationship. “On a scale from 1 to 10, I would say [their love] is a negative three.”  
Junior David Suisse says when it comes to Romeo and Juliet’s relationship, “It showed me exactly what I don’t want my relationships to be like.”  
Junior Caden Stewart can’t decide whether or not he finds their portrayal of love realistic. “People do some weird things when they are in love, but few are so extreme.”  
The next famous couple to top Warrior romance charts is Brad Pitt and Angelina Jolie. Senior Jared Dickson says their love is “super close” to perfect, and Alyssa Cassity, junior,

believes it is a real love because the couple isn’t quick to shove their relationship down people’s throats. However, senior McKay Hunt says their relationship feels too fake for him.  
Quick to follow this couple is an-

but senior Kieran Caywood believes “they are only in it for fame.”  
The royal couple Prince William and Princess Kate also showed up in the poll several times. “Whenever I see pictures of them, they look really happy,” says Sage Bowen,



other celebrity duo, Kim Kardashian and Kanye West. Rebecca McCrosby, junior, says Kanye loves Kim a lot, and he has for a while,

senior, but junior Emily Swenson argues, “You never really know what things are really like between them. Only the good things are

shown in public.”  
A couple that some Warriors had a hard time finding fault with was Ashton Kutcher and Mila Kunis. Abby Phalen, junior, says, “Mila and Ashton’s first kiss was in *That 70’s Show*, and now they just had a baby.”  
When it comes to love, celeb couple Tim McGraw and Faith Hill might also come to mind. Junior Bailey Porter says, “They are one of the few celebrity couples who’ve stayed together and have a family.”  
Another well-known, albeit toxic (more to others than themselves) relationship people aren’t quick to forget is that of Bonnie and Clyde. Sophomore Brittany Nix believes, “They are very close to a perfect love because they stayed side by side through everything.” Senior Austin Gaudette’s quick and sarcastic reply is, “Oh, perfect for sure. I want my wife to kill people with me.”  
The new love triangle made big by Hollywood with the *Hunger Games* has also caused quite an argument. Kayla Green, senior, is all for Peeta and Katniss,

“You can tell they really do love each other!” However, senior Coleton Weaver cheers, “Katniss and Gale! Peeta is a no go. Gale should have happened!”  
Not to be outdone by Katniss and her two men, Taylor Swift and her many lovers even had a place in the poll. Natalie Crook, senior, says, “You’ve gotta try a variety [of dates] while you’re young... gotta kiss a lot of frogs to find a prince.”  
Some other couples mentioned were Scott and Zelda Fitzgerald, the Obamas, Elizabeth Bennet and Mr. Darcy, the *Titanic* leads Jack and Rose, Augustus Waters and Hazel Grace, spy spouses Mr. and Mrs. Smith, and Kermit the Frog and Miss Piggy, as well as many other stars and their spouses.  
Surprisingly enough, there were also some students who felt no famous couple’s love is truly realistic. “I don’t think there really is a perfect couple,” says Haylie Neeley, sophomore, “and my idea of love is not influenced by some people I don’t even know or care to know.”  
Junior Kade Peterson adds, “It’s nothing more than an act,” and senior Savannah Ward agrees, saying, “They [famous couples] don’t really love each other. Not in a ‘soul mate’ kind of way.”

# Flirting: Romantic techniques develop with practice

By **Stephanie Laubacher**  
*News Editor*

In high school, flirting is about as common as homework assignments. Students use various flirting techniques for getting dates as well as making new friends, and some are willing to give their advice to the more inexperienced flirts.

Some students, like senior Savannah Day, flirt often. “My friends think I flirt like I breathe, but I think I flirt with other flirtatious people. I feel like it’s a good way to get to know people,” says Day. Day says she usually flirts for the fun of it, but when her goal is to get

“Let’s just say when I flirt, the ladies come to me like lions on a freshly killed gazelle.”

senior, says, “The best way to flirt is to tell them about politics because who doesn’t just love to hear about politics?”  
Studebaker claims he is usually a successful flirt. “Let’s just say when I flirt, the ladies come to me like lions on a freshly killed gazelle,” he says. Studebaker adds the best technique is used on him “all the time.” The best technique is allegedly “to just look them in the eyes, pull out a piece of fruit and just start eating slowly without breaking eye contact.”  
Studebaker feels the best benefit to flirting is getting free stuff from people who flirt with him. However, he is not so easily won over. “The worst is when they come up to me and say ‘here’s a hundred dollars, let’s go on a date.’ I’m more than a piece of meat!”  
Studebaker can normally tell when someone is flirting with him because “the force is with [him].” He adds that there is no other way to tell. Unlike Day, rather than flirt back when he discovers he is being flirted with, Studebaker “just cries because [I’m] so happy.”

Studebaker’s pick up line of choice is “If I were Peter Pan, you’d be my happy thought.” This was among the pick-up lines used when Studebaker was told to flirt with a girl in his eighth grade health class for a game. He claims he “sat on her desk and told her pick-up lines for a few minutes” to complete the task.  
He says the best way to flirt is to “always make it as uncomfortable as possible.” (It should be noted that Studebaker does not have a girlfriend.)  
Many Warriors like using pick-up lines when trying to flirt. Senior and student body officer McKay Hunt also says pick-up lines can be successful when trying to get someone’s attention. “My favorite pick-up line is ‘I thought I died and went to heaven, but then I realized...’ I like this one because it’s a line that makes girls feel special about themselves.”

“My favorite pick up line is ‘If you were a tropical fruit, you would be a fine-apple,’” says senior student body officer Adam Olpin. “I would use this line because



Even the littlest of Weber’s Warriors have their own flirting skills.

it’s a clever way to get the ladies. I would say it in a normal way, except I would add a little bit more emphasis on the word ‘fine’ so that I use the word ‘fine’ instead of the word ‘pine,’” he adds.  
Sophomore officer Konner Gibson uses his pick-up lines to compliment the ladies. “My favorite pick up line is ‘Did the sun just come out, or did you just smile again?’ It means to them [girls] that they have a nice smile, and it compliments them about who they really are. It’s also really smooth.”  
Senior Bailey Wilkins usually has success when flirting, and the other person will flirt back, but sometimes things don’t go quite so well. “Sometimes I’ll say something stupid, and it’ll backfire. They give me weird looks. I get that a lot,” Wilkins admits.  
According to Wilkins, the best way to flirt is to laugh a lot, but the worst is to say things that aren’t true because “you can get cornered.” Wilkins most dislikes when people try to be romantic with her even when she is uninterested. As far as her favorite way to be flirted with, Wilkins says, “Believe it or not, the stupid puns and pick up lines make me laugh and open up

the conversation to real flirting.”  
Wilkins can also tell when someone is flirting with her based on their body language. “Their movements are more open,” she says. When she knows she is being flirted with, Wilkins will usually “continue the conversation and crack jokes” if it’s someone she knows well. Wilkins believes flirting can benefit people by helping to make new friends.  
Wilkins also recalls her most humorous and uncomfortable experience with flirting. “I was sitting in math class, and this boy looked at me and said, ‘You’re so beautiful’ and touched my arm. I’d been sick all week and told him that. Then his face just dropped. He looked at me, licked his hand, and said, ‘It’s okay, I’ll get sick too.’”  
The best advice Wilkins offers to inexperienced flirts is to “just go with whatever you’re feeling because normally it’s the right impulse.”  
For some, the way to their heart is humor, and for others it’s respect. But overall, flirting can be more about making friends than getting a date.  
(additional reporting by Chelsie Ford)

By **Jackie Olberding**  
*Staff reporter*

As Valentine’s Day approaches, people may see a little man with wings named Cupid shooting arrows, pink and red heart decorations strewn about and many couples embracing in the hallways. These things could easily appear, and be around every corner you turn, but if you’re like many of the “single pringles” out there, you’re not alone. Many are trying to figure out how to survive the battlefield on the day of love, but conquering it may be harder than they thought.

Heartbreak can be a complicated thing; it’s something that takes much more than a bucket of ice cream, chocolate and some movies to get over the blue feelings. Trying to process the heartbreak, mixed feelings and all the many emotions you’re feeling can be hard to process. According to Warriors, they have all the tips and tricks to get over the heartbreak, and getting back to being oneself.  
Tyson Wildman, senior, says, “Lots of sleep, talking to friends, and listening to music helps. I like hardcore screamo. After a breakup, yes, you could try to be friends, but it depends on the type of breakup. If they were cheating or something serious, you probably shouldn’t be friends. If it’s a mutual breakup or there is nothing against the other person, try to work it out. Give it time, it will get better.”  
Mrs. Cale, psychology and English teacher, offers advice to help with heartbreak. “Different people handle it differently, look for a happy distraction like helping or serving someone. It helps you to feel grateful and gets you out of your own misery. Remember, it gets better with time.”  
If there’s anything to take away from past relationships and ways to positively grow, she also adds, “Relationships teach us a lot about ourselves; we learn what we like and don’t like in other people and it helps to teach us empathy. We can learn from our past mistakes and be better partner.”  
Mrs. Cale also says people often

turn to music during a breakup. It can be a happy distraction, or it can make you dwell on past memories. It just depends on how a person handles it.  
According to Lovleyish blog, the best top 10 break-up songs are Justin Timberlake’s “Cry Me a River”; Muse’s “Feeling Good on Jools Holland.” Kelly Clarkson’s “Walk Away,” P!nk’s “So What,” Christina Aguilera’s “Fighter,” The Supremes’ “You Keep Me Hangin’ On,” Carrie Underwood’s “Before He Cheats,” Destiny’s Child’s “Survivor,” Alanis Morissette’s “You Oughta Know,” and Cake’s “I Will Survive.”  
Maddison Davis, senior, says “Get involved with stuff that does not involve guys. Take up your time, fill it up with a job or service work, go away for a weekend or find a fun place to stay to get some new scenery. When it comes to be-



ing friends, you could try, but at least be friendly.”  
Brooklyn Smout, senior, advises heartbreak sufferers to not “make a big deal about it. Chill, don’t tell a bunch of people. Go out on lots of dates and dress up super cute. Have some close friends who can help you out, and let whatever happens, happen.”  
Katie Daines, senior, adds “I always try to talk to lots of guys who are friends, so I’m not focused on him; venting also helps. I write poems and eat lots of food, mainly ice cream. What you can learn from a relationship is what you do and don’t like in a person and what peeves you cannot stand. You get to figure out what you want in your future spouse.”  
Warriors also advise the lost in love teens to just give the heart-break time, surround oneself with friends, do something fun to get your mind off the hurting and keep life busy.



# Sweets curb heartbreak, delight in fresh love

By Sarah Calvert  
Sports Editor

Valentine's Day is one of the "sweetest holidays," second only to Halloween, according to History.com. There are many popular sweets on this day of love, including boxes of chocolate and America's favorite, Conversation Hearts. These treats originated long ago and have since then evolved to the candies we have now.

Conversation Hearts actually originated in the U.S. around the time of the Civil War. According to Better Homes and Gardens.com, "The original candies, called cockles, were made from sugar and flour and contained mottos or sayings, which were printed on thin paper and rolled up inside the folded, shell-shape candy."

History.com, however, reported this treat dated even further back in history. "[Conversation hearts] date back to Victorian times. Back then, lovesick bachelors would give 'conversation lozenges' with phrases like 'How do you flirt?' and 'Can you polka?' to the objects of their affection."

Today, according to Candy.about.com, the newest additions to Conversation Hearts include "Text You Later," and "Tweet Me," in



Stores have packed their shelves with tons of chocolate and other heart shaped treats, preparing for the chaos that Valentine's Day brings.

reference to the newest technologies and websites.

Candy.about.com also adds, "Conversation hearts are made for 11 months, preparing for Valentine's Day. They tend to sell out completely in six weeks." Necco, the company of the original Conversation Hearts, makes about eight billion hearts per year. "That's enough to stretch from Rome, Italy to Valentine, Arizona 20 times and back again," the website reports.

The chocolate business also booms during this season. "More than 36 million heart-shaped boxes will be sold [this year] on Valentine's Day," says Candy.about.com. It also adds men in particular have a sweet tooth for chocolate. "American men say they'd prefer to receive boxed chocolates as a Valentine's Day present followed by gourmet, high-end chocolates then Conversation Heart candies," it adds.

Lorraine Cavanaugh, daughter to

the founders of Mrs. Cavanaugh's chocolate company, says they sell various chocolates during Valentine's Day. Because of peoples desires for chocolate on this holiday, the famous chocolate company sells plenty on Valentine's Day.

"The Mindy Mint and the caramel are the most popular [chocolates] that we make." She also believes men make this time of year difficult for those who work at her store. "The men believe they can just come in at the noon hour to get whatever they want. All of them think the same thing, so we've got 30 men standing in here. It gets quite chaotic."

While there are those celebrating single awareness this particular time, chocolate is still a great treat. NDTV.com says, "Whether falling or rising in love, chocolates are undisputed therapy for all pain and joy. Physicians in the 1800s used to advise their patients to eat chocolate to calm their pangs of

lost love."

Mrs. Cavanaugh confirms this theory. "I had a woman come in the other day that had lost a loved one and she said her therapist recommended chocolates. Lots of people who have just put their pet to sleep or lost a loved one will come in and get some chocolate. It's just a therapeutic thing, it really is," she says. She adds chocolate can help with emotional pain.

Along with emotional distress, Mrs. Cavanaugh sees other therapeutic reasons for eating their delicious treats. "Believe it or not, we get a lot of dentists in here," she says. "I'm not sure if they would admit it, but they do. We have some customers who will come here from the dentist after they've gotten a tooth pulled or they have a sick stomach. After the dentist or the doctor, they stop by and pick up some chocolate. [The Mindy Mint] can soothe an upset stomach, too," she adds.

Photo by Ellie May Kerr

# Avoid unnecessary drama, remove relationship stress

By Autumn Aeschlimann  
Editorial Editor

Valentine's Day is dreaded, unless you're one of those happy people in a perfect, working relationship. However, we all know that once Valentine's starts coming around, anyone who is single will announce they "want" to be single for the holiday of love and Valentine's is pointless and they hate it. While they are secretly wishing they had a boyfriend or a girlfriend, they instead have a couch and a tub of ice cream. Don't deny it. We've all been there at some point in our lives.

There are a ton of perks that go along with being in a relationship on Valentine's. There's the lovey dovey feeling that fills the air, surrounding young and old couples with a warm, fuzzy happiness. That's the feeling everyone is anticipating, wishing, praying and hoping for. But why? Why do we need to be in a relationship to enjoy Valentine's Day? Whose oh-so-fantastic idea was it to set such stipulations on a holiday? It's the holiday of love. Nowhere does it say that

it's the holiday of "being in love," or even better, "being in love with a person."

So why do we have to spend this holiday being in love with somebody? I've been to the Caribbean twice now, and one place that really stayed with me was Dominica. I fell in love with this island. I fell in love with a place, not a person.

I have a lot of friends and family, all of whom I love with the deepest part of my heart. Not once have I spent Valentine's with a boyfriend. Instead I have spent every single Valentine's Day during my short life with my friends and family, and they have all been a million times better than any day spent with a significant other.

How do I know that, you may ask, if I've never spent a Valentine's with a boyfriend before? I know that because I've had a few boyfriends before, and I've spent days with them. What do couples do on Valentine's that is really any different than regular dates? They go on a cute date and buy each other cute, cheesy presents. In a relationship, you should be doing all that stuff anyway: going on dates, spending time together and getting each other presents. So what makes

Valentine's so different, other than the fact that all that stuff is almost required for a couple to do on a certain day? It's almost like, if you don't do that stuff, then everyone automatically assumes the relationship isn't going to work out, and the couple isn't truly happy together.

There is so much pressure put on having a relationship, not just for Valentine's, though. What I don't get is, why? Relationships suck 99 percent of the time, and if you're part of that one percent who are happy in a relationship, then good for you! However, relationships require so much patience and work. Someone is always hurt or upset, always unhappy with one thing or the other, and always insecure of one thing or another.

I hear so many people make the goal of "having a boyfriend/girlfriend for this Valentine's" but,

back to the long running question, why? You want to make a goal to go through all that drama and stress just so you can get some chocolate in a heart shaped box and a cheesy teddy bear that you'll just end up throwing away in a year. Go out and buy yourself that stuff. Treat yourself. Who said somebody else had to do it for you for it to mean something?

Go to the school Valentine's dance with friends, buy a brother or sister a present, go see a movie with mom or dad. It's the holiday of love, so give some love to friends, family yourself or even to the little old lady down the street. Nobody ever said Valentine's would only mean something special or could only make people feel happy if they are in a relationship. Just go out, have fun and enjoy the independence and freedom of being single.



By Marguerite Bennett  
Staff Reporter

*She smiled when the summer top love song started to play on the dance floor; the one he said reminded him of her. It was the same song that played every time they got into his beat up car. As he grabbed her hand, she laughed, "You sure do pick them."*

It may run down to personal preference, but people generally agree about what makes good love songs great and bad love songs rotten. Love songs are found in all genres, but not all are equal.

McKay Jenson, senior, stated, "Just the way it's done gets annoying," on his least favorite love song "Take My Breath Away" from the 1986 movie, *Top Gun*. He adds a slow pace and monotonous repetition could drive anyone crazy. Like listening to the soundtrack of *Gone with the Wind*, people might find themselves dead before they hear the end of it.

Anika Songer, senior, thinks Bruno Mars' "Grenade" deserves last place in best love songs. She feels creepiness may be a factor better left out of love songs.

Although listening to someone sing about blowing up is weird in itself, stalker love songs bring creepy to an all new level. Songs like "Every Breath You Take" by The Police, "Nights on Broadway" by Bee Gees, or "You're Beautiful" by James Blunt can also put hair on end. The stalker songs are hiding among the playlists and personal favorites, and until one takes a closer look at the lyrics, these songs can remain hidden.

Many good love songs verge on bad due to being overplayed. "Marry Me," according to Nikki Kerr, junior, "is played way too much." Songer added, "'I Love You like a Love Song' could be on the radio less."

Jenson thinks Taylor Swift's "Love Story" is also repeated too much. These songs' relatable lyrics and catchy beat put them at the top hits. However, some feel this just forces people to hear them over and over again.

As far as what makes a good love song, Jenson replied, "Make it relatable." She said, relatable songs are more easily liked by lots of people." Songer added, "Metaphors, harmony and duets make good love songs." Her favorite love song is "Accidentally in Love" by Counting Crows from the movie *Shrek*. "It makes me happy," stated Songer.

Kerr likes "Collide" by Howie Day. "I like the rhythm... Good love songs have a story with it," said Kerr. She added well-crafted instrumental mated with lyrics that move the soul equal music to the ears.

Love them or hate them, people can't run away from them. They are the good, the bad, and the overplayed, but no matter what, people can't get enough of love songs. As Paul McCartney sings in his hit "Silly Love Songs," "What's wrong with that? I'd like to know."

*After the dance, he asked her if that was their song. She might be too hipster for the summer favorite. He knew that. Despite being cliché and overplayed, she loved it.*

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A special thank you to Walker Theaters in North Ogden for donating movie tickets to this year's winners. We hope everyone will join next year's competition.

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By Savannah Day  
Feature Editor

Whether you're in search for a tear jerking and life changing chick flick to snuggle up to with a bucket of ice cream and box of tissues, or you're in the mood for a light, humorous, yet romantic film to have a good laugh at, these five movies are your best bet for ultimate satisfaction. With Valentine's Day approaching, you're sure to watch at least one sappy film; however, don't fret guys! Rest assured these movies are enjoyable for both you and your girlfriend or your mom, whoever you may be watching them with.

**A Walk To Remember-** This Nicholas Sparks movie came out in 2002, but don't worry it's still as good, if not better, than your most recent romance stories. With Mandy Moore as Jamie Sullivan and Shane West as Landon Carter, an inevitable romance of the decade unravels as unpredictable scenes of joy and ones of sorrow will leave you wanting more. This movie is a classic and a most definite must see. If you're afraid to shed a tear or two...(a hundred) this film might not be your go to, but if you're in for a shaking romance between the two most unlikely people, you might want to buy it rather than go to Redbox. Overall, on a scale of happy to heartbreaking, I would rate this film a 10 in both areas. Get yourself a good blanket and some popcorn, I guarantee watching *A Walk To Remember* will be a night to remember.

**The Notebook-** A love story you're sure to hope for in any relationship you ever have. This film, based on another Nicholas Sparks book, is the idol of all romance movies and stories. A poor country boy and a wealthy city girl meet in South Carolina at a carnival. An unexpected yet destined love between Allie (Rachel McAdams) and Noah (Ryan Gosling) will leave you pushing the rewind

# Now Playing

button, as it ends too soon. As you are enthralled with emotions and in awe of a portrayal of absolute dedication to someone, after seeing this you are sure to forever love it. With the disapproval of parents and the setback of different hometowns, Noah and Allie's love thrives longer and stronger than any other in romance history. If you're searching for the courage to make that girl you like your girlfriend, watching this movie is sure to give you your final push as anyone who watches it will envy this entrancing and imperfectly perfect love. If you're feeling lonely, this 2004 film is sure to make it worse; however, don't get too down. Noah waited for Allie seven years. Your one and only is sure to come along soon.

**If I Stay-** This beautifully composed film that came out in 2014 features all aspects of trials that relationships go through at one point in time in an astonishing run time of 106 minutes. As Mia (Chloe Grace Moretz) struggles with her decision of pursuing her passion for the cello at Julliard, this film is sure to be highly relatable to high school students struggling with college decisions. Mia and Adam (Jamie Blackley) have a perfect love that they are sure is forever until life shatters their future, and together they struggle through this touching and incredible journey. This film should definitely be viewed with tissues nearby, even for the boys! However, it will leave you with warm gratitude for those in your life.

**Killers-** An odd name for a romance movie, I know. However, if you are in for a good laugh with an adorable and exciting relationship, this 2010 movie is

your go to! With Ashton Kutcher as Spencer, a secret agent hiding his career from his loved ones, and Jen (Katherine Heigl), a more than innocent and successful business woman, the two combined together make a more than entertaining film and romance with action, suspense, and comedy. What more could you ask for? This film is great for date night or just for an uplifting romantic comedy. I recommend it to all genders above all romance movies to see!

**The Fault in Our Stars-** Box of tissues, ice cream, something to cuddle up to and a comedy movie picked out to watch afterwards is the check list you need to watch this movie. Personally, I thought it was depressing. However, it is by far one of the most real and down to earth films I have ever seen. Another recent movie released in 2014, is crafted in such a way that you can feel happy afterwards, but still get the gratification of a tear-jerking film. The story hits home for all viewers as it focuses on the turmoil that disease has on ourselves and those around us. Hazel (Shailene Woodley) is a 16-year-old cancer patient who is afflicted with support groups her Mother makes her attend, until she meets and falls in love with Gus Waters (Ansel Elgort). This film is the perfect portrayal of unconditional and selfless love. It is very emotional and not just a kick back, relax type of film. However, I highly recommend you see it!

Whether it's Valentine's Day or if you are just in the mood for a romantic movie, here are five that will make the night one to remember. Just make sure to keep tissues nearby.

## Who would be your fantasy Valentine?



**Maddie Rawlings (12):** "Channing Tatum, because he's Channing Tatum!"



**Emma Hedges (11):** "Liam Hemsworth because he is an amazingly attractive human and he would be the perfect valentine to look at."



**Ryan Bischoff (10):** "Word Girl because she's a wiz with the words."



**Jesse O' Driscoll (12):** "My grandma because she makes me cookies... or Amber Broderick, because she's a cutie."



**Cassidee Cunningham (12):** "George Ezra, because he has a beautiful voice."



**Chase Harris (11):** "Selena Gomez, because she'd 'love me like a love song.'"



**Kate Sowby (12):** "Flynn Rider, because he has good personality traits and he's not a stuck up prince."



**Talyn Brandley (10):** "Ryan Reynolds because he is a bodacious babe."



**Brennen Rasmussen (12):** "Ariana Grande, because she's rich."

Poll compiled by Amber Broderick

## Students share dating situations, teachers add personal experiences

By Savannah Day  
Feature Editor

You've gotten up the nerve to ask, now comes the moment of truth. Your palms are sweaty, butterflies fill your stomach and your heart is racing because you're so nervous. Sounds like someone's got a date.

According to Merriam-Webster Dictionary, a date is "to go on a social engagement with." In high school, a social engagement qualifies as a dance. Most dating in high school revolves around dances. Ryan Belnap, senior, says his best date was his junior year Prom with his girlfriend at the time. For his day date, Belnap and his friends went paintballing and had an outdoor picnic. They then dressed up, went to Olive Garden and went off to dance the night away. He said even though he and his girlfriend

Another dance date gone sour was Josh Fawson, junior, at Senior Cotillion. Fawson admits his date's dad was scary and his date was quiet.

Even though school dances make dating easier, it's not the only way. Minsum Choi, senior, had one of her best dates at a steakhouse and bowling. Her date was gentlemanly and ended the date with a kiss. "It was lovely," Choi says.

Though his date to Cotillion wasn't as fun as Fawson hoped, he had a great time with someone he connected with at the Neon Trees concert. It was one of his favorite dates because she was easy to talk to, and he liked her.

Marisa Medina, junior, went to the Sonora Grill for her sweet 16 with her boyfriend. She enjoyed sharing her birthday, and he made the date special.

Dating can be intimidating if teens can't really afford a big, pricey date, but Warriors feel money isn't all that makes a date. "If it's a cool person, it doesn't matter," say Hunter Larsen, sophomore. Larsen's best date was just hanging out and watching a movie.

Jordan Petersen, junior, agrees with the movie idea. His best date was watching *Woman In Black*, cuddling on the couch and eating popcorn. Even though he said he was nervous, he had fun.

Movies aren't the only way to have a non-wallet-busting date. Daniel Ofer, sophomore, spent his first date with his girlfriend cuddling by the fire and playing card games with friends.

Teens aren't the only people at Weber who have had unique dating experiences. Mr. Webster, English 10 and debate teacher, went on a date with a group of friends but by the end of the date, he wanted to know if his date's friend was available. He then ended up not calling his date back. "I felt guilty about it, but not enough to call her back."

said Webster. He added this was the only date he never called back.

Mrs. Shaum's, Photography and Graphic Design teacher, worst date was with a security guard in The Heart Gym at BYU Idaho. They snuck in through the rafters and jumped into the pool. They had to run away from campus police and got separated. She hid in a crowd of people, and he wasn't as lucky and got caught. She also had to go home alone.

Teachers have some interesting bad dates, but they also have amazing ones. Thorpe's first date with his wife was one of his. They went to Lagoon Saika Raceway. He got a sports car and enjoyed getting to know her on the long drive there. She brought chicken, but it was like a brick, but at the end of the date he asked her out again. Her mom thought he was a square, but it didn't stop him. They met at an evening class of Music Appreciation over Devorak. "We still call it



our tune," Thorpe said.

Mrs. Shaum's best date was one of her first with her now husband. He blindfolded her and gave her snow cones, took her mountain biking and a Bee's game, "I fell in love with him cause he made ordinary things fun," said Shaum.

Whether the date is amazing or a complete disaster, Warriors will still give the opposite sex a chance.

"I think dating is fun and is a great way to get to know a person," said Casey. "Dating is a way to have an opportunity to do something new."



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Scrambling for the dodgeball during the Quarters and Cans tournament are juniors Haeli Rich, Dustin Deeter and Mack Storey.



Lunging to throw the ball is senior Rowdy Romrell during Quarters and Cans dodgeball tournament.



Sophomores Gavin Wolsey and Ethan Bingham participate in the video game contest for Quarters and Cans.



Gabbi Chieppa, senior, excitedly prepares to devour her cinnamon roll as student officers sell them during EO.



Weber High students raise money by singing Christmas carols in the communities.

## Quarters and Cans Fundraiser succeeds through much dedication

By Katie Montgomery  
Editor-in-Chief

The holidays at Weber High bring one of the biggest fundraisers of the year. Warriors unite to make Christmas more special for community families.

However, Quarters and Cans starts at the beginning of the school year, according to junior class officer advisor Mrs. Perry. “The SBO’s were trying to get businesses to donate money. The bulk of the money [for the fundraiser] comes from large donations from businesses.”

“And that’s all behind the scenes. People don’t see the behind the scenes stuff. They don’t see the SBO’s and everyone trying to bring in money,” Perry adds. “They see what we do here at the school. They see us trying to get change and stuff from the students. Students usually don’t give us the bulk of the money; the bulk of the money usually comes from outside the school.”

Mrs. Pearce, student government advisor, says the goal for Quarters and Cans 2014 was to raise money for the Medina family, whose daughter, and WHS graduate, was in a car accident. Another goal was to help HOSA expand their Weekend Warrior Packs program. “We were able to meet both of these goals,” Pearce says.

The officers’ hard work paid off. Pearce says the donations “are still coming in but what we have right now is \$42,408.12, and that includes cash and the food, everything.” Quarters and Cans received 5,000 cans of food from Orion Junior High and donations. Enough food was also donated to the Weekend Warrior Packs to give 50 packs a week until April.

During the closing assembly, a check for \$15,000 was also presented to the Medina family to help cover medical costs and other bills. Pearce says student donations this year nearly matched businesses donations, which she adds is an impressive feat. The Warriors donated around \$25,000.

Kayla Green, SBO vice president, says it’s amazing students raised so much and almost matched what was raised last year. “It’s just cool that we sort of did this on our own.

The officers had their own goals during the fundraiser, as well. Adam Olpin, SBO vice president, says everyone had a goal to raise at least \$100 in their personal cans they carried around the school. “Everybody either met that goal or passed it by a lot,” he says.

The work all the officers did with the businesses during the fall, however, was the most productive activity, money-wise, according to Perry.

Mikah Meyer, SBO president, says another event that brought in many donations was caroling, especially in the Valley, and she says, “The students raised a lot of money just in the hallways and the assemblies.”

The *Mockingjay Part One* premiere also raised a lot of money. “We were sold out,” she says. She adds that a closer and larger venue contributed to this year’s movie, doing much better than last year’s movie. It was also Meyer’s favorite event.

“My favorite part [of Quarters and Cans] is just watching all the students get involved,” Green says, “and especially when we drop off the food and presents to the families and seeing how grateful they are for the

Quarters and Cans fundraiser continues on page 13



Getting ready for the *Mockingjay, Part One* premiere are seniors Merrick Flygare, Tristen Brandley, Torrie Fowers, and Jayden Prat.



Sophomores Daniel Moreno, Jaden Ficklin, and Michael Gonzolez compete in a game of foosball during the lunch time activities.



Senior Coleton Weaver and junior Whitney Weaver have their popcorn and are ready for the early premiere of *Mockingjay, Part One*.



Participating in Quarters and Cans video games challenge are senior Matt Thorpe and sophomore Chandler Allen.



SBO President Mikah Meyer and junior officer Grayden Guthrie sell cinnamon rolls for Quarters and Cans.

Photos by Amber Broderick, Jackie Oberding, Angela Washburn, Amy Halliday and Dominic Emerson





Senior officers Adam Olpin, Jackson Meyer, Ty Nelson and Mikah Meyer wrap gifts for families in need.



Senior Heston Woolsey donates spare change on Ash Tray Day.



Promoting the raffle basket auction is Gunner Poulson, senior officer.



Jon Miya, junior, charitably gives money to junior officer Trevor Heywood.



Bright and early, seniors Kayla Green and Lauren Murray shop to find gifts for families at Smith's Market Place.



The Tacos Wagon sells a delectable taco to senior Abby O'Neil to help raise money for Quarters and Cans.



On Ash Tray Day, Sam Harris, Jessica Erickson, Tori Tilley and Allison Pobanz don't take no for an answer.



Adding the finishing touches to the gifts for the fundraiser are junior officers Avanlee Jessop and Trevor Heywood.

Quarters and Cans fundraiser continues from page 12

help.

"I really liked the first assembly," says Olpin. "The kick-off assembly is where we do all these fun events. The first assembly we raised \$4,200, I believe."

Even with the success, the officers wished they could have had more activities. "We had ice skating and sledding planned, but because there was no snow, we couldn't do them," says Meyer.

Advertising Quarters and Cans better and to a bigger audience would've helped gather more donations, according to Green. "We advertise it plenty at the school; the kids here know all about Quarters and Cans. If we could somehow get it out to the neighborhoods because there are people, parents and the elderly who would love to donate but don't get the close-up opportunity, so they just forget." She says that's the reason why caroling worked so well; they were bringing the cans right to people's doors. She adds if more people knew what Quarters and Cans was and what it's all about, more people would donate.

Despite it not being a perfect year, Pearce is impressed with the officers' efforts. She says the outcome of Quarters and Cans really depends on how willing the officers are to get donations. Although the fundraiser was successful, the officers add they wished they could have done more for the community and the families.

"It's just really cool to see the impact we can have when all of us just give a little bit," says Green. "[Quarters and Cans] reminds us how blessed we are in this area. It's just sort of an eye-opener that we need to be giving to other people and just be nicer, too."



Officers Mckay Hunt, Sami Shaw, Konnor Gibson, and Analyn Shaw meticulously prepare presents for families in need.



Sleep deprived officers Mckay Hunt, Konnor Gibson, Sami Shaw and Analyn Shaw check out of store after purchasing all the gifts.



To help with the fundraiser, The Tacos and Waffle Love trucks come to Weber during lunches.



Seniors Chase Cragun and Jackson Meyer get a little too carried away while toy shopping for Quarters and Cans.



During Ash Tray Day, junior officer Avanlee Jessop collects money from senior Holly Stolker.



Student body president Mikah Meyer jumps for joy for getting junior Charity Parkinson to bid on silent auction.





**Mr. Wardle** (Principal): “Michael Jordan because he is the best that has ever played.”



**Matt Thorpe** (senior): “Greg Ostertag because he’s my favorite player.”



**Officer Done** (school resource): “Dennis Rodman because he is the all-time freak of nature.”

# Brainstorming perfect NBA team

## Teamwork, practice are vital components for players

By **Dustin Kingsbury**  
*Sports Editor*

The NBA is a well-known basketball organization around the world. Despite the basketball portion of the Olympic Summer Games held every four years, the NBA Finals are the most anticipated, ruthless, and energized basketball games. The perfect team to get there; however, is the question. To get some insight, Weber’s varsity basketball team shares what they believe makes the perfect NBA team. Kyler Weaver, senior, says, “If [an NBA team] can work well as a team, they can be very



**Mrs. Pearce** (teacher): “John Stockton because Karl Malone wouldn’t be Karl Malone without John Stockton.”

difficult to defeat on the court.” Teamwork is achieved by taking action as a team, and senior Jaxon Porter supports this. “You can have the best five players in the world on the court, but if there is not one bit of chemistry among them, they are no good at all,” he says. Counterproductive behaviors on the court lead to counterproductive

actions. Ball hogging, turnovers, foul play, and even a bad attitude increases the chances of mistakes made in the game, which may lead to an increase of losses. “[Ball hogging] is where you’re not willing to get better looks at other good shooters,” Weaver explains. “They do not succeed and their team will fail because of their foolish mistakes.” Arrogance is yet another counterproductive attitude brought up among the players. “A perfect NBA team would act smart and dignified both on and off the court,” Porter adds. “They would save their anger for the court to help improve their play style.” Auston Rushton, junior, also adds a good attitude is an important athlete trait. “Cocky players are nothing but a nuisance to a team. They damage their performance and reputation. Humility is needed to an extent for teams to be successful,” he says. Aside from attitude and ball hogging, the perfect NBA team would need to have a good fan base. Both the Utah Jazz and the Oklahoma City Thunder have erupting fans within the stadiums. According to nbahoopsonline.com, both the Jazz and the Thunder hold NBA records for longest home winning streaks by more than 20 points. “The audience can be the spirit of the players,” Weaver says. Great crowds to play in front of can always have a positive impact on the team, but what really and truly determines whether or not the team is perfect is having a specified strategy. An NBA team must have a successful play strategy in order to be successful. One specific example would be the play style the Los Angeles Lakers accumulated in the 2000’s. Kobe Bryant, their star player,

would be their go to man when he would be open. This specific strategy won the Lakers a total of five NBA titles in the last decade. Another successful strategy was the way the Chicago Bulls would dominate the paint in the 90s with the help of superstar Michael Jordan’s talent. With each powerful blow to the basket on each possession, Jordan and the Bulls were able to rally through five NBA titles. A good team also needs plenty of practice time. Wyatt Beckey, senior, explains the importance of practicing as a team to develop successful strategies. “Players have to work together in practice and help find each other’s strengths and



**Dallas Boman**, (senior): “I would make up my own team and train with Usain Bolt because then they would know defeat.”

weaknesses.” “Players have to commit and put forth hard work and effort to find their niche within the team to help increase success and winning,” Porter adds. “A true perfect NBA team is a hard working NBA team. Practice makes perfect.” **Poll compiled by Dominic Emerson**



**Junior class officer Avanlee Jessop works on her flexibility and removes stress by doing yoga during her free time.**  
Photos by Amber Broderick

# Working out allows endorphins in, good for physical, mental health

By **Sequoia Duston**  
*Sports Editor*

According to the Anxiety and Depression Association of America (ADAA), stress is almost impossible to eliminate but possible to manage, and most people usually do. According to recent ADAA polls, 14 percent of people make use of regular exercise to cope with stress. Others claimed that talking to friends and family, sleeping, watching movies or TV, eating and listening to music helped them when it came to managing their stress. Katherine McCoy, from Action.com, wrote, “Stress is something that can be deadly. It contributes to heart disease, high blood pressure, poor habits and lowered immunity. The truth is that making time to ride your bike during stressful and busy times isn’t just important for your physical health, but also your mental health as well.” “Relieving stress is the main reason for working out; it releases endorphins and makes you feel great,” says P.E. teacher Mrs. Macfarlane. “I ride my bike home from school as much as I can and if for some reason I can’t, I will go for a bike ride when I get home. I also use the weight room at the club or at school,” Macfarlane adds. Endorphins are chemicals that are able to cross through gaps between neurons in order to pass along a

message from one to the next. They also react with the receptors in the brain that reduce one’s perception of pain. They can trigger a positive feeling in the body and improve the ability to sleep which in turn reduces stress. “Working out makes you so tired, your body can’t be stressed,” says P.E. teacher Ms. Hansen. “Macfarlane is right, exercise releases endorphins and helps decrease stress. I do yoga to help myself release stress,” says yoga teacher Mr. Corbridge. Yoga is a combination of stretching, aerobic exercise, breathing techniques and energy working. It increases flexibility and strength. “Yoga helps me relieve stress

and gets my mind off of the school day and helps me think of what I need to do,” says senior Cole Kendall. P.E. teacher Coach Hammer adds, “Working out is definitely a great stress reliever. I always try and do something with a barbell and tie that into crossfit and conditioning.” Even though professionals recommend exercise to overcome stress, Fitwatch.com says weight training should not be done every day and cardio can be done three to five times a week. Exercising too hard or too often can cause injuries. And if people over do it, the soreness they feel may cause them to no longer exercise.



**Sophomores Alani La Monica and Madelyn Hadley stay in shape by working out.**

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# Cross country team races for finish line at Foot Locker Championships

By Elizabeth Josephson  
Assistant to the Chief

Even though the cross country season has ended, the athletes are still running and competing. The Foot Locker Cross Country Championships is an annual cross country race, and the Warriors joined the contest event on Dec. 6 in Walnut, California, at Mt. San Antonio College.

Coach Ortega is the WHS cross country coach. He says, "There are four races: West, Midwest, South and Northeast. The Western regional race is ours." There is a qualifying regional tournament for each region and the top 10 racers from each region travels to nationals. Coach Ortega adds, "Weber had 27 athletes go to Foot Locker this year, and they did great."

"Our top performance was (sophomore) Talon Hull. He took 16<sup>th</sup> place in the seeded race, that's the fast one, so he was six places and 10 seconds away from making it to nationals."

"It's a really competitive race, but it's really fun," adds Hull.

Junior Kyler Hall took seventh in the junior race, and freshman McKenna Lee took second place in the freshman race.

Hull says he had a strict training program to prepare for the race. "The Foot Locker training is a lot harder than regular cross country training. We have a schedule that we have to run everyday, and the workouts are a just a lot harder. We train for hills because the course in California is really hilly. There are a lot of hill workouts and speed training."

Junior Nathan Christensen also participated in Foot Locker. He says, "It's one of the hardest races that cross country runners can run; it has three hills. It's painful when you run it but amazing when you finish."

"I run because it's challenging, and it's fun; runners are good people, and it's a good environment," says Hull.

"It was amazing," Christensen adds about his experience. Although he didn't set a personal record at the race, he was pleased with his time. "I didn't get my fastest time, but I am happy with what I was able to do," he says.

In the seeded race, the fastest time was 15:25 by Elijah Armstrong from Pocatello, Idaho.

The Western Regional race also serves Alaska, Arizona, California, Hawaii, Idaho, Montana, New Mexico, Oregon, Washington and Wyoming.

Weber High chartered a bus to transport the athletes to the Western Regional meet. Coach Ortega says it was an 11 hour bus ride.

"The initial ride to California was exhausting and boring, but then after you are done with the races, it's really fun," Hall says. He continued by listing activities the athletes did to pass the time on the bus. "We sat and slept and watched movies and played games on our phones and played Trivia Crack. There was a lot of that."

Christensen adds, "The bus was actually really quiet."

The team visited Las Vegas on their way home from the race. "We were in California for about two days but only stayed for one night, and we stayed a night in Las Vegas on the way back," says Christensen.

"We went to Las Vegas afterwards and we partied," says Hall. He adds, "We kind of just explored the strip, but I went on the Stratosphere and rode some crazy rides."

"They had tons of fun," says Coach Ortega.

According to footlockercc.com, the Foot Locker Cross Country Championships was formerly known as the Kinney Cross Country Championships. It changed names in 1993. The championships have been going for over 30 years.

# Team begins promising season

By Kaitlin Lawler  
Assistant to the Chief

The swoosh of the net and the buzzing of the scoreboard resonate in the audiences ears as the student body of Weber High gathers to cheer friends on the basketball team. The team has been having a successful season so far and is eagerly anticipating what the rest of the season will bring.

"I think the season has been going really good," says senior captain Nick Austin. "We've got six or seven really solid players, and I think we have a bright season ahead of us."

"I think we're taking it one game at a time, and we really have potential to do damage in region; we have the potential to win," says senior captain Carson Bischoff. "We've really evolved into different players since last year. We've learned our roles."

The season has been going smoothly, with only two losses, one against Logan and the other against Brighton. During the intense game with Brighton on Dec. 19, the Warriors fell short to the Bengals, 71-67. The Warriors fought a tough game with four players scoring in the double digits.

Coming off this game, Weber was ready to get back to their winning schedule as they faced Ogden High on Dec. 30. The Warriors outscored the Tigers 65-45.

Weber has also won against Box Elder, Bonneville, Mountain Crest, Stansbury and Roy, with one of their best wins being against Box Elder with a score of 74-49. The team is on their way to their goal of getting to region playoffs and state.

"Our goal is to take it one game at a time. Of course, the ultimate goal is to take state. I know for a fact that we have that team, the team to do



Grant Ellison, junior, goes for a shot against the Sky View Bobcats.

Photo by Jackie Olberding

that," says Austin.

"We obviously want to be fighting for the top three as far as region standings go and make it to the tournament. Then we want to win all our home games and make sure our kids have a blast this season while trying to be competitive," adds Coach Mark Larsen.

Many team members have different reasons why they love being on the team. For some it's playing the game they love, for others it's getting to spend time with their best friends and bond with their team. "I just like being able to go out and play and progress," says Denney.

"My favorite thing about being on the team is just playing with the guys," says Austin. "I like to play tournaments with them and just

getting to play in front of the whole school, it's awesome."

As far as what the team needs to improve on, "I think we always have something to improve on, but overall we're doing pretty well," says senior and captain Adam Olpin. "We're working a lot on rebounding right now, and we're really improving on that."

Larsen thinks the team could also improve on their communication. "I mean there's always things you can improve on, as far as on the floor. Defensively, we definitely have work to go as far as rebounding the basketball; offensively just sharing the ball a little bit better but other than that, I'm not going to complain. I mean they're doing everything I'm asking them to do, and they're trying every day, so I'm proud of them for that," says Larsen.

Along with building this season, the team is also preparing for their next season. "It's going to be hard without the seniors. I mean they give us great leadership, but it's

**"We've really evolved into different players since last year. We've learned our roles."**

# Corbridge prepares for humanitarian service trip to Dominican Republic

By Kierstin Pitcher  
Editor in Chief

Located in the Caribbean Sea between Haiti and Puerto Rico lies the Dominican Republic, a small third world country full of struggling, impoverished citizens. When such poverty is discovered, many individuals feel the need to offer their service.

Those who wish to ease the struggles of the Dominican people may

do anything from organizing food and clothing drives to creating fundraisers. Still, some desire to make an even greater effort and actually travel to the Dominican Republic to offer what help they can. One such person is Weber High's own Physical Education teacher, Coach Corbridge.

Corbridge will be serving in the Dominican Republic with about 50 other volunteers from Jan. 26 to Feb. 3. "A guy from Lifetouch took faculty pictures and talked about it, so I picked up a flyer and went online and put in my information and that was it," Corbridge says explaining how he got involved with the Lifetouch Memory Mission humanitarian trip. He adds the reason he has decided to go is because "it's a great opportunity to serve and help other people."

The Lifetouch Memory Mission was founded in 2000, and since then Lifetouch employees and other volunteers from AASA (American Association of School Administrators), NAESP (National Association of Elementary School Principals), NASSP (National Association of Secondary School Principals), the National PTA, and educators from school in Canada and the U.S. have been traveling to places across the world offering their service to those who desperately need it.

Previous Lifetouch missions have helped to rebuild communities damaged by natural disasters or war and 12 schools have been built across Hatti's and the Dominican Republic. "We're not only building a school, we're building hope for the children and families of the

Dominican Republic," said Ortha Thorton, president of the national PTA. "I'd like everyone to take this experience back to our homes and communities and do the same thing for kids who have more material things but have lost hope."

Jake Barker, senior president at Lifetouch, shares a similar opinion and said there is more to the missions than just elaborate construction projects. "More than anything else, it is our mission to bring hope to the families we serve."

Corbridge added while in the Dominican Republic, "I get to build a school for underprivileged kids, that's pretty cool, and meeting the people around there and provide any type of service that they ask us to do."

Barbara-Jane Paris President of the NASSP also tells about the positive effect a previously built school has had on the children it serviced. "The school has created hope for these children. Now, they can reinvent themselves, recreating themselves to be the best contributors they can be," she said.

Even though he said he's not nervous about the trip, Corbridge does admit the preparation required for the trip can be a little stressful. "Getting all the stuff ready is nerve racking like all the paper work and trying to get my passport on time," he said.

This trip will not only affect Coach Corbridge, but he is also leaving his family for a week.

"They're way excited. My wife is jealous that she can't go." He also added he is most excited "to meet the people of the Dominican and meet the kid's families."



Corbridge is looking forward to building schools for those in need.

Photo by Dominic Emerson



Senior, Adam Olpin scores two points with a lay-up. The Warriors fought a tough battle against Syracuse and took a win of 69-59.

Photo by Jackie Olberding

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## Creative ways to stay entertained during cold winter

By **Amy Halliday**  
Staff Reporter

The frosty air blows outside the window, and the cold almost seems like it's seeping in through the glass. Snow is falling from the dark grey sky. The crisp smell of winter hangs frozen in the air. It's cold and the world is frozen; it almost seems lifeless. What is someone to do on days like these? Winter can be a dark and depressing time for lots of people but with a creative mind and a few layers of clothes, there are plenty of winter activities people can do to keep the wintertime blues from taking over.

When it comes to winter, the first thing that pops into people's heads is snow. That's what winter is all about, usually. "You can build snowmen, have snowball fights, roll down hills in nice water proof jackets, make millions of snow angels, go snow shoeing, ski, and snowboard. I mean, the list goes on and on," says Bryson Fielding, sophomore. The more creative the person, the more things there are to do in the snow.

Last year Clara Stokes, senior, tried to break the world record for tallest snowman ever built. The record is an amazing 122 feet and 1 inch tall and was built by residents in Bethel, Maine. "My snowman was about 12 feet tall. It took me like four hours just to get that, and my dad and brother had to help put the head on. So it wasn't even close to the world record, but my snowman was a lot cuter," says Stokes.

Camping is also still an option when everyone is well bundled, has a really good sleeping bag and someone knows how to dig a warm snow cave. Korinna Tallon, senior,



**Hailey Osmond enjoys the freshly fallen snow by making snow angels.**

has experienced this first hand. "Other than freezing most of the night and getting frost bite on my nose, it was pretty fun," says Tallon. "It was me, my brother and my sister that slept in it. We spent all day helping my dad build it, and I have to say it was impressive. It fit all four of us comfortably. It was more of a den than like a full on cave or igloo, but it kept the wind out and was warmer than I thought it was going to be."

Tallon and her siblings slept out in the cave all night. She says they stayed up most the night having snowball fights and telling scary stories. So don't think just because

***"That's my favorite place to take girls on dates because it's always a good time."***

the ground is covered in snow, camping is off limits.

Not only is there snow in winter-time, there is also ice. Ice skating is the most popular winter activity among teens. Weber County has great ice skating rinks that aren't too pricey. There is the ice sheet at Weber State University that was built as a curling venue for the 2002 Winter Olympics. It is a big rink and is great for dates, group activities or just going with some friends. The price for a single per-

Photo by Dominic Emerson

son is \$3.50 plus tax if you are 17 years old or younger, and \$4 if you are 18 to 54 years old. Group pricing is \$2.75 for a group that is 3 to 17 years old, and \$3.25 for a group that is 18-54 years old. If you want something a little more laid back and small, head over to Huntsville Park up in the Ogden Valley. They have a smaller ice sheet and skate rentals for \$2.

"One year on New Year's Eve, me, Sidney, Ryan and Kade all went up to the Huntsville Ice Sheet and just skated around and watched the fireworks go off over the lake. It was so fun," says senior Monica Casey. Brenen Halliday, junior adds, "That's my favorite place to take girls on dates because it's always a good time and its right next to Huntsville Barbeque. Ice skating is a fun thing to do, food close by and a cute girl to hang out with; it's perfect."

As you can tell, winter seems to be one of the best times to be outside. However, if the cold and snow do not appeal to someone, then there is always the option of snuggling up in a nice fluffy blanket and drinking a big cup of hot chocolate or eggnog. "Watching a movie and drinking hot chocolate is my number one activity in winter," says senior Kade Stephens.

So whether its building snowmen, ice skating, camping in snow caves or just enjoying a favorite movie and some hot cocoa, winter can be one of the best seasons.

## Winter brings competition over slopes; skiing vs. snowboarding

By **Kaitlin Lawler**  
Assistant to the Chief

The first snow has fallen, and everyone is ready to hit the slopes. Skiers and snowboarders alike converge at the major resorts to battle it out on the fresh snow.

There's been an age long debate on whether skiing or snowboarding is better, and there's plenty of supporters to back each side. "I like skiing better because I can do cooler tricks," says sophomore Robert Prescaro. Senior Bailey Arrington agrees saying, "Skiing is better, I'm just not that good at snowboarding."

However, senior Zeke Greer disagrees with the side of skiing. "Snowboarding looks cooler, and it's like a combination of surfing and skating."

It also seems many people stick to the sport they've done since they were kids. "I like to ski more than snowboarding because I've always done it," says senior Matt Newton. Sophomore Jesse Western likes to ski and snowboard from his childhood experience. "I've skied since I was two, then I started snowboarding when I was eight. I began skiing again about four years ago, so I'm really equally skilled at both."

Another side of the debate to consider is how dangerous each sport can be. Prescaro says, "Skiing is more dangerous, I think, because you can twist your knees really easily." Newton agrees, saying, "Probably skiing is a little more dangerous because it is easier to twist."

However, biology teacher Mrs. Swenson disagrees. "I think either one can be dangerous, it really just depends on the person and if they know what they're doing, I think," she says.

So skiers and snowboarders both have opinions about their sport, but what do they think of each other? "I think if everyone knows what

they're doing, then there's not really a problem with having skiers and snowboarders on the slopes at the same time. Everyone just kind of respects each other; it's cool," says Western.

However, not everybody agrees that the snow should be shared. "Snowboarders just always get in

***"I think if everyone knows what they're doing, then there's not really a problem."***

the way," jokes Newton. Swenson says, "I've noticed a lot of senior citizens having a problem with snowboarders when they ski. They won't want to share the lift because they're worried you'll take them out getting off."

What's a good athlete without a pro playing field? There are many different options for skiing and snowboarding in Utah, and many have different opinions on which place to perform their sport at is the

best. "I like Snowbasin; some of the lifts are indoor, and the lodges are really nice," says Prescaro. Swenson agrees, "Snowbasin is my favorite because the lifts go all the way to the top of the top and you stay warm so it's nice."

Western says he likes Powder Mountain because he grew up going there. "Yeah, I grew up at Powder. I work there and I know everyone up there so I really like it; it's mellow." Arrington agrees, "I really like going to Powder because they have a lot of runs to choose from, so that's nice."

Another resort close to Weber is Nordic Valley, formerly Wolf Mountain. Weber's Seniors Greer and senior Jake Lewis both agree that their favorite place is Nordic Valley. "They have the steepest hills and the highest jumps," says Greer. Lewis adds, "They have really diverse terrain to ski and they have really good fries."

So can anyone really say whether one is better than the other? It's all a matter of opinion, and it's easy to tell that there are plenty of supporters to back up either side with their own set of facts.



**Nordic Valley is favored by skiers and snowboarders during the winter season.**

Photo by Amy Halliday

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