

Partying hard comes with unexpected consequences

By **Natalie Andrus**
News Editor

“I think a lot of parties nowadays, unfortunately, have these illegal substances present,” says Mr. Short, WHS assistant principal. “My advice would be to avoid such parties altogether. If you walk in to a party and that stuff is there, walk right back out.”

“If someone needs drugs or alcohol in order to have fun, they must not have much of a personality,” adds Mr. Wardle, principal. “There are literally thousands of things and ways to have fun without drugs and alcohol.”

Often teens gather to relax, have fun and enjoy their friendships at parties. However, sometimes these social events can become out of control due to substance abuse. Sometimes, these illegal substances also make it to school campuses. Under the heading “Controlled Substances, Illicit Drugs, Alcohol or Tobacco” in the student handbook, it reports, “The possession of or use of tobacco, alcohol, intoxicants, controlled substance(s) or abuse of prescription or over the counter substances of any kind is prohibited in or around school buildings or school property owned by the Board of Education. Use or possession of any of these sub-

stances is also prohibited off the school grounds at any school activity, function or event.”

Short says that if any illegal possession/use of these substances happens off of school grounds, parents/students should contact their local police department. However as far as the campus goes, Wardle says students are usually caught through searches. The school can search the lockers at any given time without having to provide reason because they are school property.

Wardle adds, “Unlike police, we do not have to have probable cause to search a student.” He continues, explaining that administration only has to meet the standard of reasonable suspicion. “This means when we get a tip, we don’t have to have a search warrant. A tip from another student or even an anonymous one is considered reasonable suspicion, and we can search a student.”

“If we receive a tip, we will always act on the information by conducting a search or another method to see if we can verify the tip,” Wardle adds. “We take tips very seriously and do what we can to keep the tip anonymous and make sure no one knows where or how we got the information.”

Wardle also encourages students to “tell someone, a teacher or ad-

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(Photo above) Freshmen from North Ogden, Orion and Snowcrest Junior High Schools attended the Weber Experience on Jan. 28 and had the opportunity to meet future teachers, learn about classes and clubs and explore the high school campus.

(Photo upper right) Bradi Christensen discusses Warriorettes, Weber’s drill team, to future dancers. (Photo bottom right) Mrs. Pearce tells interested students about her class, medical forensics.

Photos by Haily Osmond



Unhindered by disability, Bricker advises students

By **Kierstin Pitcher**
Editor in Chief

Jennifer Bricker is an amazing athlete. As a child she was very active in sports participating in basketball, volleyball, softball and power tumbling. She has competed in the Junior Olympics and has toured with Britney Spears as an acrobat and aerialist performer. Though this list is very impressive, perhaps the most surprising thing about Bricker is that she accomplished all these things without legs.

Bricker was born without her lower limbs, but that has never

“You have far more of an impact on each other than you realize now.”

stopped her from making her dreams reality; dreams that some may deem unachievable, even with the use of all four limbs. Bricker attributes her drive to her adoptive family, “I was never allowed to say can’t,” Bricker said. When she was a baby and her family had first adopted her, doctors told her parents she would never be able to sit up by herself and would be confined to a specialized wheelchair her entire life.

Her parents refused to accept this and decided to raise Bricker just as they were raising her older brother,

ers, with the belief that she could accomplish anything. “They just raised me with this mindset, ‘you can do anything’ but they didn’t just tell me that, they backed up their words,” said Bricker.

This did prove to be a challenge when Bricker first started school. The teachers and the administrators were worried about Bricker and wanted her to have an aid with her 24/7. “It got to the point where they didn’t even want me to go to the bathroom by myself,” she said. Her parents stepped in and said they wanted to raise Bricker like any other child, and they weren’t going to let the absence of her legs become a hindrance, so Bricker did just that.

Bricker shared a story about when she was a child. Going rollerblading at the rink was the coolest thing for the kids to do, and she wanted to go and have fun with her friends. This could have proven difficult without legs, but Bricker decided to strap the rollerblades to her hands and go have some fun. She said that growing up she wasn’t ostracized because of her missing legs. Instead she was treated with love and compassion and made a part of her small community.

Bricker added that participating in sports and all the activities she did wasn’t too difficult because she loved doing it, and she loved the competition. “It’s in my blood,” she said. A truer statement couldn’t be said of Bricker’s gift for athletics.

When she was 16, Bricker found out that her childhood hero Olympian



Adam Olpin, senior, takes a moment to talk with Jen Bricker after the assembly.

Photo by Instagram

pic gymnast Dominique Moceanu was her biological sister. “I thought, ‘This is a movie!’ I mean how many girls get to find out that their idol is their sister?” Bricker said.

Despite her excitement at the time, Bricker has considered how it might have been difficult to find out that her parents didn’t want her because of her differences, but wanted their child Dominique. “I wonder if courage and love hadn’t been poured into me from my community how I would have handled that news.”

Bricker then told Warriors what a difference they could make in the lives of their peers. “You have far more of an impact on each other

Education key for suicide prevention

By **Ashley Vongbandith**
Managing Editor

Talks about suicide are to be taken seriously at all times. Thinking about suicide, planning an attempt and successfully taking one’s own life are tragic events that can be prevented. There are signs of depression that when acknowledged, can help prevent suicides from occurring.

These signs can mean that someone’s life is at risk. Counselors Wes Johnson and Joel Robins say a change in behavior or a recent event that is related to pain, loss or change is when someone may be at risk of a suicide attempt.

“Talking about constant pain or feeling trapped, feeling hopeless or a burden to others, isolation, using more drugs and alcohol are a few signs of someone wanting to or planning to take his/her own life,” says Johnson.

“Isolation, running away, change in behavior and change in sleeping habits, losing someone close or losing a job are also some signs of someone with suicidal thoughts,” adds Robins.

Those with a few of these signs may or may not be considering suicide; however, those who are facing several of these signs may be at risk. The counselors say help may be necessary.

“Someone who may be having suicidal thoughts would ditch school or come late, but we also

need to remember that some people who ditch school aren’t suicidal...they just don’t want to be at school,” says Robins.

Robins adds it applies to more of the already listed signs, saying that even if someone sleeps too much or too little, they may not be suicidal, but that they just have a bad sleeping habit. To make sure someone is alright, questioning them on how they are feeling can help.

“If these signs are shown in a person’s life, don’t just assume they are suicidal. Start out by asking them if they have been unhappy or if they have been having suicidal thoughts,” says Robins.

“I’ll do all I can for the student. I listen to them and make them feel safe,” says Johnson.

Robins also adds there are many resources for those who are looking for help and possibly need it.

“If a student is having suicidal thoughts, I’ll refer to a parent or guardian, let them know what’s going on and give a list of resources to help the person,” says Robins.

Mrs. Champi, English teacher, and Coach Macfarlane, gym teacher, open up about helping a student who’s gone through thoughts of suicide and what they learned from the experience.

“I listened and I made this person realize they are worth it, and they would affect others’ lives and would be missed,” says Champi.

Coach Macfarlane adds it is important

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Team finds positives during difficult season - Page 15

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Bono and Jon Bon Jovi were so in love with their Prom dates, they eventually married them and are still happily married to their high school sweethearts today.

Going to Prom is the second most-significant event in a teenager’s life, after getting a driver’s license.

Prom Odds ‘n’ Ends

Proms were first introduced into high schools in the late 1890s to early 1900s and were modeled after galas and debutante balls.

The average price of a Prom dress is \$213.

Depression: Endorphins from exercise battle oncoming sadness

By Emilee Alder
Staff Reporter

Depression is one of the most common trials people deal with every day. Whether it is major depression or not, it can be hard to overcome.

Counselor Weston Johnson says, “Endorphins are a big part of depression.” He explains endorphins have a lot to do with how someone feels; it triggers positive feelings in the body. “When you’re depressed, those endorphins aren’t released

“Depression makes people not want to do anything. They have no energy, and it makes them more depressed.”

enough,” Johnson says. “Exercise helps with endorphins a lot,” Johnson adds. “It breaks the depression.”

Health teacher Mr. Ortega agrees. “Be active, do something. Of course, it’s easier said than done, but it really does help. If exercising is too big of a step, then go outside, the fresh air will help,” he says.

Ortega also adds, “Interact with someone, socialize.”

“If it’s minor depression,” says Mrs. Phinney, psychology teacher, “I definitely advise them to exercise.” She also adds, “When exercising, though, it doesn’t have to be running five miles, because that’s too intense. Yoga, if you like, will make you feel a lot better. Get an old work out video if that’s what you’re into.”

“Be around people,” Johnson suggests. “Someone who is caring and understanding, someone who

will make you feel better.” He adds, “Don’t put yourself around negative people.”

According to Ortega, there are multiple causes of depression. “Everyone is different,” he says. “There are all sorts of causes: grades, family life, maybe they expect to be doing better than they currently are.”

Phinney believes stress is a major component to depression. “Too much stress causes a lot of people to become depressed.” She also explains becoming overwhelmed can cause depression. “Dealing with school, a job and relationships can become too much for someone,” says Phinney.

Along with daily depression, Phinney also tells about seasonal depression. “During this time of year, it’s very common for people to become depressed.” She says the lack of sunlight could make people feel this way, or it could be something else.

“I think for high school students, some of the main causes for depression could be a death in the family, their grades, maybe they’re fighting with some friends. It could be anything really,” says Johnson.

Johnson also adds that no matter what causes someone to become depressed, it’s always serious. “Don’t tell them it’s silly to be sad, or that they aren’t allowed to feel that way. Don’t tell them to get over it. Sometimes it can’t be helped,” says Johnson.

“If someone comes to talk to you about their depression, don’t put it off,” Ortega says. “It may not be serious to you, but it is serious to them.”

Ortega also says many people dealing with depression have a fear of admitting it or explaining why they feel the way they do. “If someone opens up and admits they want help, brushing them off can make it worse,” he adds.

Depression doesn’t hit a minority of people, either. Phinney says,

signs in students who are having a difficult time and may be facing suicidal thoughts.

“A sign that no one seems to notice is when someone starts giving away things that mean a lot to the person,” says Champi. Champi also adds students who become detached, stop coming to school or are careless about grades may also be showing signs that they may be feeling suicidal.



“About one fourth of students will deal with major depression before they graduate from high school. It may even be more now. So if you

“Overcoming depression really depends on the situation. It could take months, or it could take years.”

feel like you are depressed, talk to someone. Don’t put it off.”

“Depression makes people not

want to do anything,” Johnson says. “They have no energy, and it makes them more depressed.” He also says if someone with depression does pursue help, then to take it seriously.

“Overcoming depression really depends on the situation,” Ortega adds. “It could take months, or it could take years.”

If the depression is caused by some sort of chemical balance, Johnson feels the best way to get help is to go to a doctor. “Everyone is different, so it could take years to overcome depression or even a lifetime,” says Johnson.

stantly judging each other. We need to realize we are all valuable, and we are what makes up Weber.”

Anonymous suicide hotlines have been developed and are now also available in the Weber School District and will be used to help prevent suicides from occurring.

“If a person comes to you and needs to talk to you, drop every single thing you are doing at that moment and listen to them, because there is not anything else in this world more important than that,” says Macfarlane.



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After school snacks cause health concerns

By Megan Henley
Editorial Editor

After a long day out, teens finally walk through the doors of their home. They immediately walk to the cupboard and grab a bag of nacho cheese Doritos. And after just one or two minutes of eating, they have eaten the whole snack bag and are begging for more.

The New York Times *Upfront* magazine published an article in March 2014, called, “Why You Can’t Eat Just One” by Amy Barth. She wrote, “Research shows that people are drawn to bright colors. Snacks like Doritos and Cheetos have artificial red and yellow colors that make them stand out.” She continues, “Also, when you eat your favorite food, the fat is detected by your trigeminal nerve. That nerve sends a happy signal straight to the brain’s pleasure center.”

Becky Westergard, health educator at McKay-Dee Hospital in Ogden, Utah, describes junk food as, “a warm blanket when you are standing in a snow storm. The good feelings are chemicals being released into the body. It makes you feel lazy, and not creative enough to try something new,” she says.

Mr. Giatras, former biology teacher, adds, “I think just the sugars in those foods are addicting. Kids just have that craving and that sweet tooth, and it prevents them from eating healthier.”

In August 2013, *National Geographic* published an article called, “Sugar Love, a Not so Sweet Story,” by Rich Cohen. It reveals a typical 12-ounce soda contains 10 teaspoons of sugar. Sugar comes in many forms, the most common being Sucrose aka granulated cane or beet sugar.

For those who reach for sweets, WebMD.com states there are risks that eating junk food presents to the body. “One problem with junk food is that its low in satiation value--that is people don’t tend to feel as full when they eat them--which leads to overeating,” they report.

“Aside from weight gain, junk food contains high levels of sodium aka salt,” says Barth. She explains, “Salt activates the brain’s pleasure center.”

Healthyeating.com also advises against sodium consumption and presents some big health risks. “A high sodium diet puts the body at risk for high blood pressure, heart disease, fluid retention, stroke, congestive heart failure, and kidney disease,” it reveals.

Along with these risks, overeating also causes the body to work faster to make the energy needed, which ends up forcing the body to make it into fat, and store it away to make more room for more food.

Emotional eating is also a large cause of junk food consumption and weight gain. Depression, breakups and school stress can cause one to turn to their Ben and Jerry’s for solace.

Another problem with junk foods is the amount people eat. According to soyouwannahealth.com, the number of people with diabetes have increased 13.5 percent from 1999 to 2011. WebMD.com reports nearly 30 percent of Americans have high blood pressure, and 10 percent of them got it from eating unhealthily.

Richard Johnson, Nephrologist at University of Colorado Denver, asks, “Why is it that one third of the adults worldwide have high blood pressure, when in 1900 only five percent had high blood pressure?” He continues, “Sugar, we believe, is one of the culprits if not the major culprit.”

Instead of eating unhealthy snacks, MayoClinic.com released, “Regular exercise can increase self-confidence and lower symptoms associated with mild depression and anxiety.”

Along with exercise comes the commitment to stay healthy, and there are many benefits. Healthyeating.com reports, “When you eliminate junk food from your diet, there is more room for nutrient dense foods that supply the vitamins and minerals that you need for good health.”

Many students choose snack foods such as donuts, candy bars and chips. However, there are students at Weber who have healthy favorites. Senior Savana Craven says, “I am addicted to almonds. They are so good, and they make me feel good, too.” Junior Hannah Crowton adds, “I love strawberries! They are so sweet and juicy, and they remind me of summer.”

It’s no secret, sugar is the largest part of that irresistible junky food people crave. Johnson says, “We have a big problem. Our world is flooded with fructose, but our bodies have evolved to get by on very little. It’s great irony: the very thing that saved us could kill us in the end.”



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Assembly
inspires
athletes,
leaders

By Kierstin Pitcher
Editor in Chief

Weber High's auditorium filled with teenagers on Jan. 14, 2015. They came to attend a motivational presentation geared toward the athletes and student leaders of the school.

The speaker was Dustin Smith, a member of the Especially For Athletes (E4A) program, and it didn't take long for him to captivate his audience.

"I thought he knew what he was doing. He came prepared with quotes and things," said junior student body officer, Tanner McKay.

Smith said the reason he chose to target his message toward athletes is because he believes "athletes have a unique opportunity to do a lot of good." Smith also said he decided to help athletes realize this potential when he was dropping off his daughter at school. "My daughter and other kids that were being bullied just re-emphasized to me that people needed to make a change and I thought, 'why not athletes' and I just felt like athletes were in a position to do a lot more good than they were doing."

Smith also said many leaders and athletes are placed in what E4A calls the "sport-light." They define the sport-light as "the spotlight placed on athletes by our society." Smith explained this spotlight gives athletes the power to influence great change. "In your community people know who you are and in your little world what you do influences them."

At this point, the presenta-



Motivational speaker Dustin Smith talks with sophomore Mckenna Harris after the assembly.

tion took a bit of a different turn. Smith discussed major issues that teens are constantly dealing with, and some of these hit home, particularly for Warriors. These issues included drug abuse, suicide and bullying. For the students to combat these issues in their community, Smith says it would be difficult, but he also reminded the students, "It's always easier to be good when you have the capability to be great."

Junior Caitlyn Coy, a member of Weber High's drill team, was glad she attended the assembly. "He had a lot of good stuff to say; he talked about helping other people. I agree with that. I think it's good to help people," she said.

Helping others was a focus in Smith's speech. He tried to help the athletes and student leaders realize what an impact they had in their school. "You can create the culture in your school. What is this school? Does it have a culture by default, or

do you have the leaders here who have the courage to say, 'We will not allow bullying?' Be grateful that you're an athlete and accept the responsibility that comes with it," said Smith.

Though Smith recognized dealing with social issues and trying to make differences is challenging, he did not say it would be impossible. He said it can be done, "if we try to understand that everybody's got some pieces in them that are broken." Then he asked the students, "Why not be the glue that tried to fix them?"

This positive, ambitious attitude Smith said was needed not only in social settings but also in teens' everyday lives as they strive to reach their goals and grow to become the best leader or athlete they could be. He encouraged them to "go 16-0 with your day. Go 16 hours without wasting an hour." Smith promised the students if they work for it and

keep a positive attitude, they will find a change in their lives and be able to make a difference in the lives of others. "If your eyes are up, you notice where greatness really comes from."

Coy said that since she attended the assembly, she has started talking to people she hadn't previously known. "It made me want to include people I hadn't noticed before."

McKay added, the assembly left him feeling, "very motivated! Because he [Smith] helped me realize that I'm responsible for whatever happens to me, so if I work hard I can accomplish anything." This new motivation has also helped McKay make some new changes in his life.

"I make better use of my time; when I feel like lounging about, I try and do something useful like playing piano or doing homework; go 16-0," said McKay.

Photo by Haily Osmond

Life after graduation,
Advice given for seniors
starting college classes

By Joseph Pitman
Staff Reporter

The few years of high school have a tendency to cause many students to stress and feel as if nothing matters in the world. It can also cause students to ignore the future. "Students must realize that life after high school is different, and they need to prepare for that change," says Mrs. Paige, a Weber High counselor.

Another issue students face is feeling out of place and uncomfortable as they leave high school. "Many students don't succeed because they don't feel comfortable with what's going on and close in

"It's very important to talk to your college advisor, stay focused on your work and try to adapt to the college atmosphere in order to prevent failure."

on themselves rather than strive out to accomplish their goals," says Paige. According to Forbes Magazine, it is a requirement for people, no matter the age, to put their comfort zone inside of uncomfortable situations in order to succeed in life.

However, Paige adds college courses are one of the biggest things that many students tend to forget about after they arrive at college. "You need to make sure that after high school you get with your college adviser and find out what classes you want and need to take for your first year of college."

While many Warriors do have college plans, some won't make it to their college graduation. "Statistically, 60 percent of students here at Weber go to college, but that's a high percent in comparison to other schools," says Paige. "However, that rate does go down considerably for those who actually complete college."

Dropping out of college is something Paige hopes students should attempt to prevent by carefully preparing and planning. "It's very important to talk to your college adviser, stay focused on your work and try to adapt to the college atmosphere in order to prevent failure," says Paige.

Getting a job on a basic high school diploma can be challenging, and college definitely helps with prospective employment opportu-

nities. "The higher your diploma, the higher chance of getting a better paying job," says Paige. "There are, however, always opportunities out there for those who do not succeed in either high school or college; it just takes some research. Thanks to the internet, the choices are definitely out there and open."

A parent who wished to remain anonymous stressed the importance of a college education. "When I was in high school, I didn't focus very much on actually achieving success but rather just wanted to fit in, which I know now was not a very good choice. After high school, I didn't plan for college and didn't really have the funds to pay for it, nor did I think about scholarships during my time in high school. Luckily, I was able to get a low paying job, and I was able to pay for a community college which has allowed me to succeed somewhat in life. But I do agree and know, somewhat, that if I had prepared more for college and my future life, I may have been able to get a better start earlier in life."

"I plan to go to college in the area of Occupational Therapy," says senior Allora Clark who understands the importance of college preparation. "Senior students should focus on looking for colleges and apply for as many scholarships as they can," Clark adds.

Hannah Nelson, senior, how-

"If I had prepared more for college and my future life, I may have been able to get a better start earlier in life."

ever, is not so sure about her future, but she is working on her future school plans. "Maybe some college but only if I get a scholarship," she says. "But if I do, I plan to be an English teacher and write in my free time." She also adds she plans to do freelance writing in case she cannot get into college. Her advice for underclassmen preparing their plans for the future, "Pass classes, if not it can kick you in the butt."

The pressure for scholarships, passing high school and going to college are concerns of most high school teens. College is the main link for life after high school and may decide how many choices one gets for jobs to pay for life's necessities. "Life after high school can be very difficult if you are not prepared for it," says Paige.

Tips continues from
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ministrator at the school if they think a student has possession of an illegal substance."

"If they are afraid or want to be anonymous [when reporting suspicious activity], students can send a text to Tip Line and it is completely anonymous," adds Wardle.

A new service offered by Weber School District is The Friends Hotline. It's an SMS Text-A-Tip application that allows students to anonymously submit information to participating law enforcement agencies and schools about situations that they feel are a threat to their safety or the safety of others. This secure application allows the

tipster and the investigator to have a two-way dialogue while keeping the tipster's identity anonymous. The program is offered through a partnership with the Ogden Police Department Real Time Crime Center, the Weber County Sheriff's Office and all police departments in Weber County that serve WHS students.

Students may be hesitant to report threatening behavior such as bullying, threats, fights, weapons, alcohol, drugs, sexual misconduct, dating violence or suicidal behaviors for fear of retaliation. This program allows tipsters to make anonymous reports both on and off campus. When a text message is received, it is sent to a computer system located in Canada. All identifiers (student's phone number) on

the text are removed from the message. The message is then forwarded to Weber representatives. The student will not be identified unless they want to be.

"Our goal is to allow students who are not comfortable speaking to our administration or school resource officers the opportunity to share information about their concerns."

To use the system, students will begin their message with the word "friends," enter a space, list their school name and send the message to 274637. The word "friends" must be first and must be followed

by a space or the message will fail. "Friends" is not case sensitive. The student will immediately receive a return text asking them to call 911 if it is an emergency, and it provides the student an identifier code, so that the computer can communicate with them. The counselor, or SRO (school resource officer), can then communicate with the student's alias if the student allows them to do so. If the student does not want to continue with communication, they may text STOP and the texting will end.

"Our goal is to allow students who are not comfortable speaking to our administration or school resource officers the opportunity to share information about their concerns," says Short. "It is important for the students to know that all reports go to a real time crime center and are logged. Prank text messages will be treated seriously."



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Weber's Talented

By Taylor Galusha
Staff Reporter

Weber High is filled with students who have all sorts of talents. These talents demand hard work and dedication when developing them, which is why seniors Amelia Dean and Ryan Mason spend endless hours practicing their musical instruments each day.

Dean belongs to Concert Band and plays the flute, and in Jazz band she plays the piano. "I practice at least 20 minutes on each one a day," says Dean. What got her interested in music was both of her parents played instruments along with her sister who is in junior high. "She [my sister] started playing, so I wanted to play too and that is when I started to play piano. When I got to junior high, I took band and decided to play the flute," says Dean. Dean adds her favorite part of being in band is all of the people she has been able to meet and become friends with.

"I haven't really thought about using my skills in my future career much, but recently I have thought about being a music teacher. I think I am just going to aim for going to a regular university, not a performing arts one, but I would want it to have a good music program," Dean says.

Dean likes spending time with other band members, but some of her favorite times playing is when she and her sister play piano together, and her dad, who is a talented guitarist, joins in with them.



Ryan Mason, senior, enjoys expressing himself with his trumpet.

"Mr. Windsor has really been an inspiration to me, and he has really helped me come out of my shell and be able to perform in front of people. My family has also served as inspiration for me," says Dean.

Dean says she also wants to learn how to play the guitar like her dad. Her favorite thing to play on the piano is a song that she composed, but it does not have a name yet. She also loves writing and poetry.

Mason plays the trumpet, and he started playing in 7th grade after joining the band, because his brother let him play with his trumpet, inspiring Mason's passion to learn an instrument. "My practice varies from about a half of an hour to three hours, and the other day it was four."

Mason says his favorite part of playing is when he can display emotions without using words. He has also found inspiration from listening to Frank Sinatra because the sound of his voice is something that Mason is wanting to replicate

with a trumpet. Another musician he looks up to is Louie Armstrong because "he is an awesome trumpet player." Mr. Windsor also inspired Mason to become a band teacher and use what he has learned to help others grow their talents.

Mason says he does plan to use the talents whether it be playing professionally or becoming a band teacher. He wants to go to a school that has a good music program. "That is the only way I would consider furthering my education there," he adds.

"I really like the sound of 70s and 80s rock music, but Jazz is my favorite. What I really like about Jazz is the soul musicians put into their songs. The musicians are really showing you who they are not only as a musician, but also as a person. Being able to display that kind of emotion without speaking is just something to aim for," Mason says. He also says he enjoys playing music with people in band outside of class

"I would really like to learn how to play the tenor saxophone because of its rich sound, and the flute, just to try it," he says. This year he got a professional trumpet, which he says has improved his sound.

Mason says this year has been his sixth year playing, and he has seen himself improve mainly because he had braces when he started the trumpet and getting them off has helped his talent.

Band teacher Mr. Windsor is proud of these students. He has seen them go from being back of the room kids not wanting to be noticed, to leaders who are willing to go out of their way to help the younger students coming in find their sound.

"They are willing to do what is asked of them without being questioned, and that is a quality that not many people learn to have," says Windsor. He also adds he hopes as they go off to college they will continue to use their talents whether it be teaching or just playing for pleasure, and he also hopes they will come visit him and help future students.

English department talks Scripto, urges students to submit writings

By Elizabeth Josephson
Assistant to the Chief

Scripto is a Weber High School publication which allows students to showcase their writing. The literary magazine contains essays, poetry and short stories.

"*Scripto* is a literary magazine put on by the English department that publishes student work," says English teacher Jadda Call.

"*Scripto* is the school's literary magazine. It has been published at least once a year since at least the 1930's," says Leake, who also teaches English and is in charge of *Scripto*. She says, "I have helped with *Scripto* for several years, but I have taken responsibility for publishing it for the last two years."

Call has helped with the publication all four years she has worked at Weber High.

"I think the most popular myth with *Scripto* is that it is only for poetry, but it is also for short stories and other assorted essays," says Call.

Leake adds, "We want interesting, well written poems, short stories, and essays" to publish in *Scripto*. She also says there are sev-

eral English teachers who regularly help judge entries.

As Call and Leake collect entries, they are impressed with Weber's talented writers. Call says, "I love seeing different and unique things - writing that is a little outside the box."

All students are invited to submit work to the magazine. Leake says, "We really need lots of good writing to produce a great book, and we need students to be brave and put in those submissions." Call says everyone should enter their work, because it gives them a chance to be published.

To enter pieces, students must submit their work and a cover sheet. According to Leake, "Submission cover sheets will be available in mid-February, and all submissions must be in before spring break to be published in the 2014-2015 *Scripto*."

Students can do more than just write for *Scripto*. Leake says, "If you are interested in being a part of the magazine production, please come to the Writing Club meetings every A-day Tuesday after school in room 213."

Students who want a little help can also rely on the Writing Club. "Writing Club members would also

be happy to help review potential submissions and offer reader critique," adds Leake.

"Being published in a school literary magazine is always a good thing to be able to put on your college resume," says Call.

Students whose work is chosen not only have their work published, but they may also get to attend a *Scripto* event. "Students who are published, as well as photographers who have their work chosen for the publication, are invited to an evening reading event where we recognize them and have them read from the current publication," says Leake. "This night also includes a small dessert, which is always a bonus," adds Call.

Scripto has a long history at Weber High. Leake says it has been going at least 75 years and adds "I'm not sure when it was first published, but I have copies that date back to the 1930's." Call jokes that *Scripto* has been going "thousands of years" but adds "just kidding. I really don't know... it has been going on for quite a while."

Copies of *Scripto* will also be available for purchase. Leake says, "We charge a minimal cost to cover production expenses, usually around \$3."

Counselors encourage students, finish year without senioritis

By Rebecca Ross
Staff Reporter

It's that time again. Seniors are graduating and heading off into the world. All year they have been preparing for this moment in their life. Graduating is a huge step for senior students. They have now gone through 12 years of school and are going into the world to find their own path.

Students prepare for college. Some go on missions. There are students who haven't figured out their life yet and are taking a year or two off to figure it out. Whatever the case may be, high school is over and it's time to grow up.

For seniors who aren't quite sure how to prepare themselves for graduation and college, Mrs. Butler, WHS counselor, advises, "Make sure that you are staying in your core classes, and that you're aware of deadlines."

"Mostly the stuff you have to be aware of your junior year and the beginning of your senior year is that you're checking your email, make sure you're looking at the scholarship bulletin and just staying on track for graduation and not getting senioritis," Butler says.

Senioritis is a term used when students are in their last year of

school and they believe they don't have to do anymore work or even show up to class. They believe they are done. Butler adds this is a misconception and senior year can be critical when considering scholarships and educational advancements.

Financially, it can be hard to save for college. Now a days if people don't have a scholarship, the cost of going to college is expensive. Butler says, "Apply for every scholar-

ship you are qualified for. This is helpful when it comes to saving up enough money for college."

"It's all about research when you're in college. Knowing what options are available to you is what's going to make life easier," Jen Paige, WHS counselor says.

Everybody has a career choice for her/his future. However, things might not always turn out the way they were planned, and sometimes they do. "I planned on going to Utah State, and I went to Utah State. I knew I wanted to go into psychology. I didn't think that

what she had originally planned on doing when she was in high school, she says she is still quite happy with where she has ended up.

Graduating isn't just about going to college or working a job. Butler says it's also a chance for seniors to prove themselves mature enough to go out and live on their own, to make their own choices and see where it takes them. "Be an advocate for yourself. Your parents aren't there when you're in college," Butler says.

Graduation is just around the corner. Who's ready?



"Musical talent runs in the family," says senior Amelia Dean.

Photos by Jackie Olberding



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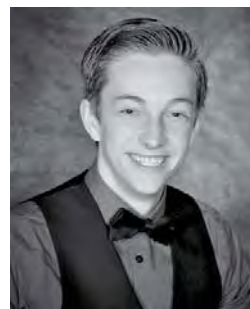
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Visual Arts



Cooper Karras
Skilled Technical Science



Jasmine Tilley
Family Consumer Science



Kaden Dearing
Speech/Theater Arts/
Forensics



Anna Cheal
Dance



Stephanie Laubacher
English



Nathan Robbins
Computer Technology

Sterling Scholar: Teachers explain process; students improve portfolios

By Abby Wight
Feature Editor

One of the most exclusive titles to hold in Utah's high schools is Sterling Scholar. Many of Weber's students apply to become Sterling Scholars, but only a few of them are selected. The students who are chosen are seen as the most elite in their particular subjects.

This year, there are 14 senior students selected to represent Weber: Nathan Robbins - Computer Technology; Kaden Dearing - Speech/Theater Arts/Forensics; Stephanie Laubacher - English; Noelle Roskelley - Visual Arts; Jasmine Tilley - Family Consumer Science; Sophie Gustaveson - World Language; Nina Jo Sandstrom - Vocal Performance; Cooper Karras - Skilled Technical Science; Garret Bingham - Math; Alyssa Snyder - Business Marketing; Anna Cheal - Dance; Anika Songer - Instrumental; Caid Lunt - Science; and Wesley Johnson - Social Science.

After competing on the region level, Weber has five Warriors who will attend the state finals: Roskelley, Johnson, Snyder, Bingham and Karras.

Counselor Joel Robbins is over the Sterling Scholar program; he organizes it and also chooses the Sterling Scholar in the Dance category. Robbins feels in order to become a Sterling Scholar, students need to do a lot of work, and he thinks that where much is expected, much is required.

The teachers in charge of choosing Sterling Scholars in their subjects feel many of Weber's students are excelling in certain subjects far beyond what is expected of them, and they are proud of what each

applicant has done. These teachers are looking for the best students in their individual departments, and many students are excellent in their subjects. Teachers have set qualifications and have high expectations in mind for their future Sterling Scholars.

"We're looking for students who



Nina Jo Sandstrom
Vocal Performance

have excelled in a particular subject," says Robbins. "The categories are the standard CORE classes: Math, English, and Science. Then we've got Computer Science, Skilled and Technical Science, Business, Visual Arts, Instrumental, and Dance," he adds. The other categories include Social Science, World Languages, Family Consumer Sciences, and Theatre Arts and Vocal Performance.

Mrs. Cale is in charge of the Social Science Department's scholars, and she feels the students who apply to be Sterling Scholars need to be engrossed in the subject they're pursuing. She says, "They need to have shown a passion and interest for Social Studies or whichever subject that they're applying for,

and they need to be an example of the best kind of student in that area."

Cale says being the best student they can be would require scholars to have good grades and test scores, along with taking advanced classes and being successful in those advanced classes. She also encour-



Wesley Johnson
Social Science

ages students interested in becoming Sterling Scholars to participate in activities outside of school that would contribute to the subject they are applying for.

"For example, if someone was applying for Social Studies Sterling Scholar, they could be involved with a political campaign or something along those lines," says Cale.

Working with the English scholars are Mrs. Nichols and Mrs. Nielson. "We look for their quality in writing as well as a variety of writing samples," says Mrs. Nielson. She adds, "We also look closely at the statement on why they would make a fine English Sterling Scholar because, we want the scholar to be dedicated to English as a passion."

Mr. Wilding is over the Visual Arts Sterling Scholars and says there is a process which students have to go through in order to apply to become a Sterling Scholar in his subject. "First, they have to turn in an application and then a resume, and then they have to submit a portfolio. I'd like to see paintings, I'd like to see drawings, I'd like to see live drawings...just the best work they have that shows they know a lot of different concepts when it comes to art."

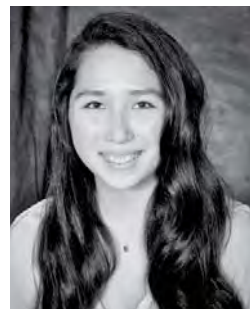
Along with these things, students also have to do an interview regarding their portfolio and their plans after high school. Wilding says, "Hopefully, our Sterling Scholar is planning on going into college and being an artist and taking art there." He adds he wants to know what inspires student artists, what their favorite pieces are and what they've learned.

Wilding says the process of choosing a Scholar is intense but everyone who applied in his subject did a great job. "I think everybody who applies is deserving to be a Sterling Scholar," he adds.

For those who want the opportunity of being a Sterling Scholar, Cale says, "Start early, start early, start early! The most successful candidates have had community service experience, have been doing activities outside of school, have been maintaining a good GPA, and taking harder-level classes in whatever their field is. It's not something you could just decide to do your senior year and be successful."

Wilding's advice is to take as many classes as students can in their desired subject. "If they're really dedicated students that do a lot of work, they can do it."

Photos by LifeTouch Photography



Sophie Gustaveson
World Language



Caid Lunt
Science



Alyssa Snyder
Business Marketing

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Time Out

By Abby Wight
Feature Editor

There are so many moments in our lives—both good and bad—that define who we are. How we react to these moments ultimately decides the people we will become. Many people think the teenage years are the hardest in a person's life. Life as a teen can be really rough. There are lots of challenges in our high school experiences that can either make or break us. We lose friends and make friends; we can either get really good grades or really bad grades; we're popular or we're not...it's a huge, never-ending cycle of ups and downs.

For many teenagers, this rollercoaster of the highest highs and lowest lows that are a huge part of this time of life takes a huge toll. Many find it hard to keep their heads above water, but some are very good at things that can be tough to do; staying positive, even in the middle of a mess.

Attitude affects so many parts of our lives. As teenagers, when something goes wrong we often think it's best if we just give up. But that's not what we should do. We should see the good in our lives and focus more on the positives.

Positivity is a trait I hope more people can develop. It makes such a huge difference to always have a positive attitude, especially during hard times.

Being happy has benefits. Studies from the Mayo Clinic have shown positive people live longer and are less likely to develop cardiovascular problems. Also, positivity increases one's immunity to some sicknesses, such as the flu. In another Mayo Clinic study, doctors found that brain areas activated with negative emotions led to a weak response to the flu vaccine. For those who have positive thoughts, they can even avoid getting sick.

Along with these things, one of the best things that happen to positive thinkers is that when they're happy, their lives are just better. Things go their way because their thoughts are in the right place. There are so many benefits from being happy; who could afford not to?

Sometimes, it's hard to stay positive during tough times. It's not impossible, though. In fact, it can be easy. One thing to do is surround yourself with people who make you happy. Another thing is to try to find at least one good thing about every situation. Yes, I know sometimes that's really hard to do. But if you look super hard, I promise you'll find something.

We all know the story of Bethany Hamilton. Born and raised in Hawaii, she became a surfer when she was very young. She turned into a skilled surfer and surfing became her passion. One day while riding the waves, Hamilton was attacked by a shark. In this attack, she lost

her left arm and at the hospital she was told her chances of surfing again were very slim. But despite her new disability, she was determined to stay positive.

She made a goal that she would not only surf again, but she would become better than ever before... and she did just that. Even though it was extremely hard for her, she was able to strengthen herself to a point that she could surf and compete again, and after that she won many surfing championships as well. Because of her passion for the sport and her positivity during her trial, Hamilton was able to show the world that if you keep a good attitude no matter what comes your way, things always work out.

We are the ones who are in charge of the way our lives turn out. We are the ones who determine how we feel. We are the ones who can choose to be happy and positive all the time, no matter what. I think attitude is a deciding factor of the way our lives play out. If every bad thing we face makes us give up, we won't accomplish anything. But if we allow our challenges to make us stronger and we stay optimistic about even the hardest situations, we will become better people than ever before.

Yes, life gets hard, and it's okay to be sad for a while, but it's not okay to give up. We will hit rock bottom sometimes, but we can't afford to stay there. We need to stay positive and happy and help others to do the same.

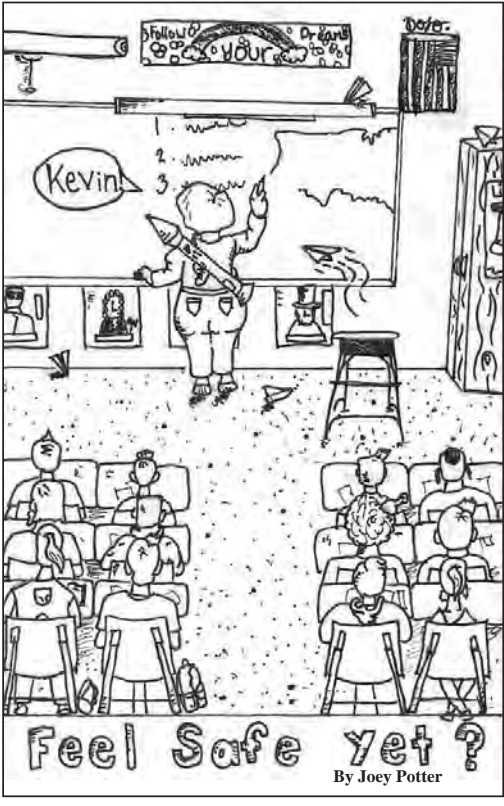
Concealed weapons cause worries

"In Utah, guns are a commonplace in public. The state has issued more than half a million firearm carry permits. Residents with a permit can legally carry guns almost anywhere, from elementary schools to local restaurants." This quote is from a NBC news article, "F is for firearm: more teachers authorized to carry weapons in the classroom."

So it's clear that carrying a weapon in public is a pretty common thing. This raises the question of whether teachers and administrators should be allowed to carry a weapon. Personally, I feel a teacher or other faculty members who are legally registered to carry a firearm should be allowed to do so in a school. It seems that other people in the community agree after the security issue at Fremont High School in December 2014. Many, including myself, find that having armed adults on campus would be a good idea to protect students.

In the mentioned article, Kasey Hansen, special needs teacher in Utah, says, "I want to protect my students...I want another option to defend us." Hansen carries her handgun with her to the schools she teaches at every day.

"I don't think schools are safe when they are gun-free zones, and criminals are the only people who carry guns. Then the others are sitting ducks and can't defend themselves," says Colorado State Senator Ted Harvey in an interview with FOX News. "We have armed security protecting banks and other valuables."



Alan Gottlieb, President of the Second Amendment Foundation, also told FOX News, "Aren't our kids more valuable?" Harvey added, "Having somebody as armed as the assailant is the only way to ensure that our kids are protected."

As long as a person has a concealed carry permit, it is legal in Utah to carry a gun almost anywhere, though some districts make policies against weapons being carried in their schools. However, according to an article by USA Today staff, "In states where it is legal, parents may have no idea their child's teachers carries a gun into

the classroom every day. School administrators can gather the information, but they don't have to disclose it to anyone."

Regardless of a person's stance on whether or not it should be allowed, I think we can all agree that if guns are in school, parents have a right to know. Parents need to know what they are sending their kids into. That way, if a parent or student doesn't feel comfortable with a teacher carrying a weapon, measures can be taken.

By Natalie Andrus
WHS Sophomore

Climate change sparks debate

The climate is warming whether people agree or not. This is not a political issue, it's a human issue and it needs to be addressed.

The evidence is staggering; extreme weather is predicted to worsen if we don't reduce carbon emissions by 30 percent by the year 2020. With existing coal plants and America's number one greenhouse producer under the draft rule, the EPA would allow states to change from coal to natural gas and renewable energy.

In senate races during the general election, energy and environment is the third most talked about topic in American politics. According to Pew Research Center, Republicans use the same fake arguments to denounce climate change and prevent any carbon regulation legislation going through.

Kentucky Senator Mitch McConnell's argument is, "I'm not a scientist, so I can't debate the science." This is the mentality the Republican Party has when it comes to issues that need to be addressed, such as climate. This is why I find the Republicans only care for their own interest and not the common interest of the people. We have lobbyists who are working for corporations that block and manipulate the reduction of carbon emission. It boggles my mind that the American public can be so ignorant when it comes to climate and can't see that companies like Koch Industries care only for their own wealth and interest. We find them putting propaganda out claiming climate change is a hoax. As it turns out, there's a pledge in Republican politics to prevent law makers from discussing climate change.

The New Yorker's Jane Mayer reports on the "No Climate Tax Pledge" pushed by Charles and David Koch. She says, "Starting in 2008, a year after the Supreme Court ruled that the environmental Protection Agency could regulate greenhouse gasses as a form of pollution and accelerating possible Congressional action on climate change, the Koch-funded nonprofit group, Americans for Prosperity, devised the No Climate Tax pledge. It has been, according to the study, a component of a remarkably successful campaign to prevent law-makers from addressing climate

change. Two successive efforts to control greenhouse-gas emissions by implementing cap-and-trade energy bills died in the Senate, the latter of which was specifically targeted by A.F.P.'s pledge."

And what do tax cuts have to do with climate crisis? In conservative states, Republicans are attacking Democrats for supporting President Obama's environmental regulations. And in coal-mining states, each side is running ads showing its candidates embracing both the fuel and the workers.

In more liberal states, Democrats are attacking Republicans for denying the science of climate change



tify wars? Absolutely not. Or what about the tobacco famers? We finally realized that tobacco was killing us before legislation was created, but Republicans claim they don't know the science when it comes down to the climate?"

In congress and the senate these congressmen and senators do have time to read bills and policy before they make laws, that's a key component in legislating process. They are sent home with reading material with details pertaining to policy.

Another argument made is that in the 1970s there was a "global cooling" which has been disproven and has no basis in what we know about science. I don't know why the Republicans are so anti-science. Instead of debating about climate policy effecting jobs, start talking about the sciences. There is an overwhelming consensus of scientists who know the evidence to back climate change is occurring.

We have 40 years of scientific research to back up that the climate is changing drastically, and we are responsible. This is why we need policy based on scientific fact and rational thought. The only reason Republicans continue to debate is because they are frivolous and irrational. The last argument they had was China would never agree to reduce their own carbon emissions; Mitch McConnell and Republicans are now eating their own words.

There are many possible solutions including improvements to energy efficiency and vehicle fuel economy (so less energy has to be produced), and increasing wind and solar power, hydrogen produced from renewable sources, biofuels (produced from crops), natural gas, and nuclear power.

In addition to reducing the gases, Netgo says we emit to the atmosphere, we can also increase the amount of gases we take out of the atmosphere. Plants and trees absorb CO2 as they grow, creating carbon naturally. Increasing forest lands and making changes to the way we farm could increase the amount of carbon we're storing, but this also needs the help of our government when trying to block progress for our future.

School parking lot causes anxiety for teen drivers

Every driver knows the hectic feeling when trying to exit a busy parking lot, and every Weber High student knows how hard it is to exit the school parking lot.

To help avoid problems in the WHS parking lot, there are tips to keep everyone safe. The most important, yet obvious tip, is first knowing how to drive. The next tip especially applies to Weber's parking lot: don't drive too fast. The usual speed limit in a parking lot is five miles per hour, and it's posted for a reason. Though there might be an important appointment that's right after school, or the idea of going home and doing nothing sounds amazing, going fast will not help. The risk of hitting someone or someone's car is too high. Be patient and wait.

Going along with driving fast, another idea is don't race. Even though it's tempting to see who can make it to the exit first, try to think smart. Again, there is a risk of some sort of accident. Plus, there will be a lot of angry drivers.

Another piece of advice I have is don't sit on top of someone's car. Whether moving or not, blocking a driver's view can be a distraction.

I think every student knows what happened in the student parking lot on Nov. 2, 2014. It started out as a little game, but jumping on the hood of someone's car got out of hand, and people were hurt. Thankfully, no one was seriously injured.

Getting distracted is an easy thing to do, especially when waiting in a slow moving line. Don't pay attention to whoever is in the passenger seat. No matter how important the conversation is, make sure driving is the first priority.

A big tip to driving successfully is not texting and driving. I know everyone talks about this one, but that's because of how important it is. People are tempted now and then to check their phone while waiting in the long line of cars or even driving. My advice, don't. This is one of the biggest reasons for car crashes, so don't give in to temptations. If someone else is in the car, have them read out the message or just wait to read it later.

Like mentioned before, paying attention to what one is doing in a parking lot and driving is important, so make sure to use signals and, of course, pay attention to other people's signals. This should

also be pretty obvious, though, it's easy to forget. Using signals should be an automatic reflex and if it's not, make it.

Everyone likes to listen to music in the car, though, if it's up too loud, it may be a problem. Don't turn the music up too loud. Go ahead and listen to music, because it's boring without it. Just don't get caught up in jamming out to the radio.

Another wise idea, especially if a person needs to leave quickly, is to park close to the exit. There won't be much wait. Of course, there may not always be an open spot next to the exit, but there's nothing wrong with trying.

My last piece of advice I have is wait at school for a few minutes, so the parking lot isn't so crowded. Most kids rush to get home, making the parking lot a mess. Staying 15 or 20 minutes after will let the parking lot clear, making it much easier to just drive right out.

All these tips will help keep our parking lot safe and make Warriors better drivers. Just remember to be patient, be responsible and be safe.

By Emilee Alder
WHS Junior

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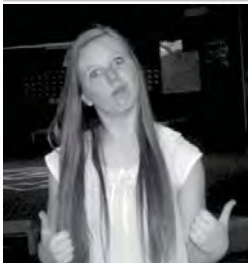
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By Jack Powell
WHS Senior



Megan Harris (10): “I would go back to the 17th century so I could see Louis XIV in his snazzy pants and high heels.”



Sam Heaton (12): “I’d go back to kindergarten because Mrs. Ferrario was awesome and told cool stories about her cat.”



Aly Anderson (11): “I’d go back to the 1970s and be a hippie because I love their clothes, especially the bird shirts.”



Logan LaRose (12): “I’d like to go back to the 1950s so I could invent the cell phone.”

Photos by Amber Broderick



By Savannah Day
Feature Editor

alright. Got to give me something to get me through the nothing, one more night,” Lambert sings in her bittersweet lyrics.

Wanting someone who is actually miles away to be next to you again and feeling like half of you is missing is her message in “So Far Away.” It’s a truly bittersweet song but very raw and honest with comforting vocals; that’s why I love it.

Before I mention the last song I loved from this album, some honorable mentions go to Lambert’s dark ballad cover of the 80s classic, “Jessie’s Girl.” She takes the perspective of having a same sex crush. Another would be the song “When You Sleep” which is about the ups and downs and not so perfect part of a lasting relationship. “Sum of Our Parts” is a song



about loving yourself. “*We are more than our scars. We are more than sum of our parts.*”

The song that stuck out on the track was, of course, the one that album was named after, “Heart on My Sleeve.” This song is a mix of encouraging lyrics, catchy chorus and a beat that makes you feel like you can take on the world. She chose this song to be the title of the album, because it was the inspiration for the songs. “I’ve always lived my life completely open, both to getting hurt, but also to love,” Lambert says.

With this final song, the album is one to listen to on not so bright days. Lambert is both relatable and deep in a corky way. “Having an actual platform made me think about my motivations and what I want to put out into the world,” says Lambert. I like her going against the grain of typical pop culture and pushing a more encouraging and uplifting way in music.

Paddling upstream in windy river of time

Traveling to past decades, Warriors describe what their life would be like

By Kierstin Pitcher
Editor in Chief

Time travel: it’s something that man has fantasized about for almost as long as time has been comprehended. When it comes to traveling into the future, mankind can only hypothesize about what the future, near or distant, will look like. However, for those who possess a history education, imagining what time they would travel back to is quite easy.

Junior Jason Godfrey says if he could pick a time period to visit he’d go to the 50s and 60s. “Life was so simple back then. Now we just get caught up in silly things. Life was focused on family back then, and plus I love orange carpet,” says Godfrey. “The family was more structured and there were more values back in that time period and I feel like they were more hard working. People put more effort into things.”

As for a career choices in the 50s-60s, Godfrey continues, “I would be an astronaut because that was the whole space age. Back then there was a lot more excitement then with the U.S. competing with other countries to see who could get to the moon first; we wanted to see what we could achieve.”

For Tasha Urban, senior, her ideal time vacation would be to eighteenth century England. “The dresses were really pretty. There seemed to be more rich men back then, and they [people of the eighteenth century] actually knew how to dance. They had the cutest houses ever!” Urban says listing reasons for this time period. If she had to pick a favorite thing about the eighteenth century, she would be torn between the fashionable clothes and the fashionable men.

“The dresses were absolutely beautiful, and I like the courtesy men showed women.” Urban adds, “It makes a girl feel valued when a man respects her and respects her boundaries. Besides, it’s classy. Good manners are always classy.”

When asked what she would do during her tour of the past, Urban says, “Well, I’d be sure to take pain killers and a toothbrush with me because they didn’t really have those back then, but to me those are necessities of life. Once I was there, I would learn how to dance and go to balls, and dance all night with attractive men because it’s so romantic and we don’t do that anymore.”

If given the chance to take a trip in a time machine, senior Mitchel Aardema says, “I would go to the prohibition era, when nobody was

killing anyone, and I’d like to wear a suit.” Aardema says this time period sounds appealing to him because “everybody respected each other and there was a lot more common propriety back then. I really like how in the olden days people had common respect for people.”

Aardema also shares what he would do during the prohibition era. “I would be a detective, I’d try to break up all the gangs in the speak easies and stuff; be a guy that solves crime but still makes it on time to his dinner party.”

Junior Tatiana Pryor says, “I would go back to Ancient Rome because they had such a strong empire and they could do whatever they wanted with their land.” Pryor says this time period is so interesting because of all the mythology that was a part of the Roman culture.

“Roman mythology just seems really cool to me because they had a god for almost anything and if something went wrong, you could just blame it on the gods and everyone was cool with it,” she adds.

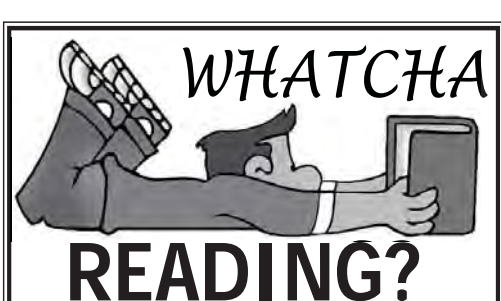
“I would pretend I was a dude because women couldn’t do anything because men limited their abilities, and I’d become a Roman warrior and rise to the top, just to prove it to myself that I had the strength,” Pryor says.

the story unfolds was planted.

Aurora, a main character whom I could not help but sympathize with (an infrequent occurrence for me), gains a sixth sense of sorts after a near death experience that allows her to see ghosts. This creates another chilling but admittedly odd dynamic that the author masterfully crafts right into the thick of the unfolding events. I don’t want to spoil anything, as I would highly recommend this read to anyone, but the hodgepodge of ideas that make up this story from beginning to end would not have worked without such a concisely planned storyline that makes each quirk something of vital importance.

With a title like *The Name of the Star*, I never would have expected a kick-butt “paranormal mystery thrill-rom” novel, but that is exactly what I found, and I could not set it down for fear of missing a single detail.

Water for Elephants is a compelling novel with a very fast-paced



plotline that has some very deep undertones. I enjoyed the insight that the main character’s journey gave to Prohibition-era circus life.

Ms. Gruen gives details on the nitty-gritty, from bunking with the animals to the dangers of having a bad show night. The circus hierarchy is explored and tested, as a high-stakes forbidden romance fuels the main character’s story and purpose on the show. The book, while being a blur of events, all occurs within the confines of a geriatric man’s memory. This is one

of my least favorite aspects of the story. The amount of time spent by the man on his later years takes so much space that could go toward filling in some circus memories.

Conversely, though, the experiences the man has as compared to his younger self supply an overall thematic purpose of cherishing the past and living the present as best you can. I would recommend this book to anyone who enjoys historically-based, realistic fiction and can handle some mature themes and brief mature situations.

By Tatijana Stewart
Contributing Writer

The Name of the Star is far from what it may seem at first. I found it to be a truly refreshing and compelling read. It begins with the framework for a classic boarding school love story, where the girl goes far from her family to an unfamiliar place and feels unwelcome at first, but soon finds love and everything else falls into place.

However, this story soon takes a twist when, right after first encounters with soon to be friends and even some “frenemies,” our heroine, Aurora, is whisked away to an unusual first date at the crime scene of a Jack the Ripper copycat killing. This new thread in the plotline darkens the mood of an already gloomy English setting. It is an unusual mix, this teen romance meets thriller idea; however, I absolutely loved it, and even more so when the third and final seed around which

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St. Patrick’s Day celebrations; teens share favorite memories

By **Stephanie Laubacher**
News Editor

St. Patrick is the patron saint of Ireland, but he was not Irish. He was born in Britain in the fifth century and named Maewyn. He was kidnapped and sold into slavery in Ireland, and he later escaped to France. While in France, he converted to Christianity and returned to Ireland as a missionary. St. Patrick is recognized for removing pagans (or “snakes,” as they are sometimes called) and their rituals from Ireland, and after his death on March 17, 461, he was named the patron saint of Ireland.

Today, many Americans of Irish descent or otherwise celebrate St. Patrick’s Day with everything from wearing green to dyeing entire rivers green. However, not many people know St. Patrick’s history.

In fact, according to YourIrish.com, St. Patrick’s Day is little more than a religious feast day. The holiday has been greatly Americanized, and few traditions reflect Ireland in any way. YourIrish.com says, “Most Christians in Ireland will attend church as they would every Sunday and treat it as a day of rest to spend with the family. Family members would attend church wearing their shamrocks and afterwards head home for a large roast, similar to a typical Sunday roast.” The celebration of St. Patrick with green and pinching was not part of the Irish tradition.

However, for senior Colten McCormick, the most that St. Patrick’s Day means to him is pinching people who aren’t wearing green. McCormick’s favorite memory of St. Patrick’s Day has to do with this tradition.

“My buddy wasn’t wearing green, so I pinched him as is tradition. Except it wasn’t my buddy,” McCormick remembers.

McCormick celebrates St. Patrick’s Day by wearing “anything but green,” which often gets him pinched.

Although McCormick does not know much else about the holiday besides Irish stereotypes, he admits St. Patrick is his hero because “he



made a holiday.”

Overall, McCormick believes the most important thing about St. Patrick’s Day is that “everyone can suddenly claim to be descended from the Irish.”

In fact, according to Georgia Public Broadcasting, St. Patrick’s Day celebrations are majorly for Irish pride. “The celebrations became a way for the Irish to connect to their roots after they moved to

“When I was in elementary school, we made paper bowls for the leprechauns to leave us candy. I would always peep in the classroom windows to see if the leprechauns were delivering.”

America,” reports Georgia Public Broadcasting. Irish celebrations were muted before people began to arrive in the United States. They soon grew into the much louder and more exciting traditions known today.

Rebekah Mikhail, senior, doesn’t normally celebrate St. Patrick’s Day. That is, until she gets pinched. Green is the first thing Mikhail

thinks of on St. Patrick’s Day, but she does not always remember to wear it. Mikhail says she usually gets pinched because although she doesn’t go out of her way to celebrate the holiday, other people do, and they are all too happy to remind her.

Although Mikhail thinks the pain of being pinched is the biggest way the holiday affects people today, she also states that the pinching is the most fun part of St. Patrick’s Day. She also believes it “it gives us a reason to celebrate.”

Mikhail knows the origins of St. Patrick’s Day as being “from Ireland,” and she recalls that St. Patrick is known for being “the guy who fought off the snakes.”

More often than thoughts of St. Patrick himself, people tend to think of leprechauns and pots of gold. Mikhail is no exception.

“When I was in elementary school, we made paper bowls for the leprechauns to leave us candy,” she remembers. “I would always peep in the classroom windows to see if the leprechauns were delivering.”

Besides pinching people, wearing green and leprechauns with pots of gold, there are many traditions associated with this holiday. Better Homes and Gardens recommends several, including watching a St. Patrick’s Day parade, watching the Chicago River turn green (as is done each year on the Saturday before the holiday) and seeing some Irish step dancing.

According to National Geographic, some of the biggest American St. Patrick’s Day celebrations are found in places with high concentrations of Irish-Americans like Chicago, Boston, Philadelphia and New York. However, the holiday is commonly celebrated throughout the United States.

So whether it’s pinching a friend, catching a magical leprechaun, attending a parade or just seeing green in general, celebrating St. Patrick’s Day is a key part for any Irish-loving person during the month of March.



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By **Hannah Nelson**
Managing Editor

Finally, the school day is over and Warriors are headed home, backpacks full of homework and textbooks. However, before beginning on the many hours of homework, some like to sit back and relax in front of the TV and turn on their favorite shows.

After a poll of 100 Warriors, they chose the top five television programs. These are the results.

#5: Once Upon a Time

Reaching the fifth highest program on Warrior’s list is the ABC original TV show, *Once Upon a Time*. With a growing fan base, *Once Upon a Time* is certainly one show that belongs on this list. Taking place in the town of Storybrooke, the story involves many of the original Grimm Fairy Tales (as well as others), with a little twist in their story. The main protagonist is Emma Swan, a woman who is one day found by the son she gave up for adoption many years ago. He begs her to come back to his town, where he suspects all of the people there are fairy tale characters under a spell and only she is able to help.

Already on its fourth season,



this show has taken many amazing turns and included several memorable characters. So far they have ventured to Neverland, Wonderland and have met the characters from Disney’s *Frozen*! With many emotional episodes, mixed in with some humor, we’re not surprised that this show has fans glued to the TV screens on Sunday nights.

#4: Supernatural

Coming next is the CW series, *Supernatural*. Taking on its tenth season, this show is known as one with a love/hate relationship with fans. Though I’ve only heard good things about the show, many fans say they are driven crazy by the characters and arcs. Viewers also will stick with tooth and claw to the characters that they claim are all family.

Following a couple of rather at-



tractive brothers, this show started out with them going to chase demons while on the search for their absent father who was on the hunt for the demon that killed the boys’ mother 22 years ago. As they go, they must fight things that go bump in the night like vampires, Bloody Mary and the Wendigo.

Many plots have occurred since the start of the show in 2005, but the original story concept will stay the same. One Warrior says that through it all, the fans and the cast of the show must stick together like family, because that is what they are, and then wrote the hashtag #familydon’tendwithblood and #SPNfamily.

#3: Pretty Little Liars

Another program that appeared regularly in the poll was ABC family’s *Pretty Little Liars*. The show starts off in 2010 with four best friends who lost the queen of their group, Allison, when she disappeared. Gradually, the girls drifted apart. When they all converge together again, they discover there is someone, someone secret, who threatens to expose all of their current and past secrets. They believe this person, who calls herself “A,” is their friend Allison. Even after putting the found body of their friend Allison to rest, the girls continue to receive texts from “A.”

Through a thrilling storyline and in-depth characters, the show has gone on for four long seasons and has no doubt many more to come. When asked why this was one student’s favorite show, an anonymous rumor said, “Try it and you’ll see why.”

#2: Friends

Ever since this 90’s show was put onto Netflix, fans have never been happier. Being the oldest show on our list, the NBC’s comedy tells of six friends in Manhattan, struggling to find their way in life. With a slice of life humor, it starts off with the characters all meeting (some reuniting) after not seeing each other since high school and deciding that they should help each other out through life’s challenges. And that’s exactly what they do. Over the next 10 years, relation-

ships are made, some are ruined (and then rekindled) and families are started. It’s an amazing adventure in an ordinary world.

With the wonderful characters, their problems and storylines, this is a show that should be remembered for a long time. Like the rest of the shows on this list, this program has gone through many transitions over its 10 years on TV. All of the stars have now moved on to follow movie careers. The students agreed this was their favorite television show because it’s funny.



#1: How I Met Your Mother

A show that just recently finished its long run on the CBS is *How I Met Your Mother*. It starts off in 2030 with a man named Ted Mosby telling his daughter and son the story of how he met their mother. It then goes back to the year 2005 and through a series of flashbacks, as well as telling them the journey of the four best friends, he tells how he found their mother.

The show is known for the characters and humor portrayed in it, but it is also known for the unique structure. It gradually built a following of fanatics throughout the running years, and though many fans despaired over the finale of the show in 2014, this is a show that is not soon to be forgotten. It was legen-wait for it- dary!

Many other shows were suggested and many of those shows did not make it on this list; however, they too are enjoyed by Warriors seeking a break from school. I’m sure there are hundreds more shows out there that also belong on a list like this, but the majority has spoken. These are the top five TV shows for Warriors.

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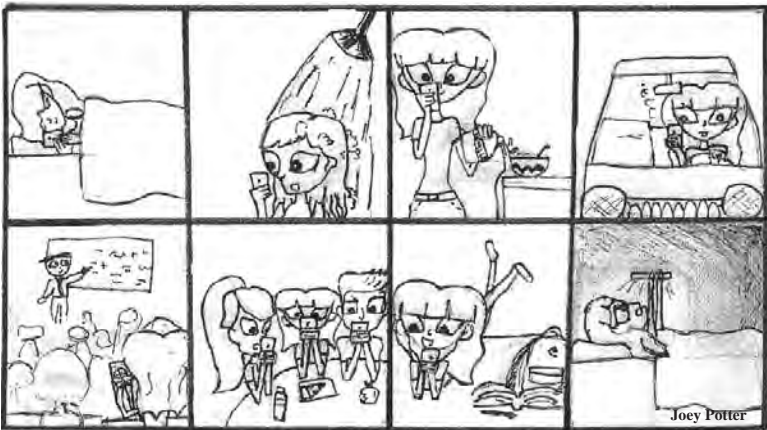
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Addicting websites: social media helps people connect with friends

By Elizabeth Josephson
Assistant to the Chief

Instagram, Snapchat, Pinterest and Facebook are now part of everyday language. In fact, the Oxford Dictionary added words like smart phone, lock screen, hashtag, selfie and tweetable to the dictionary in recent years. Selfie was even named Oxford Dictionary's Word of the Year 2013.

The rise in technology vocabulary mirrors the rise in popularity of technology itself.

Although social media is sometimes seen as mainly for teenagers, comscore.com says 24-34 year olds are the heaviest mobile app users in the US.

Comscore.com says they are a "leading internet technology company that provides analytics for a digital world."

Apps are becoming more and more popular; 57 percent of smartphone users accessed apps every single day in a month, and 79 percent of smartphone users accessed apps at least 26 days a month, according to comscore. The site also reports over a third of smartphone users in the U.S. download one or more apps per month.

It was also revealed that the top mobile app in 2014, according to the number of unique visitors, was Facebook. The rest of the top eight websites were YouTube, Google Play, Google Search, Pandora Radio, Google Maps, Gmail and Instagram. Many of these apps are also popular websites.

Junior Rachel Arner enjoys some of the visual social media sites that are available. She says, "I like Instagram or Snapchat." Her favorite thing about social media is how it helps her connect. She says, "I can keep up with what my friends are doing! It's a party."

Junior Lizzy Knowles says her favorite app is Instagram because "I like seeing pictures people have taken." She also enjoys using Pinterest.

Although Arner enjoys using apps, she adds, "I try not to spend too much time on it so I can focus on my studies and other things."

Knowles says she spends about the average amount of time for a teenager on apps and websites. She estimates that she spends "10 minutes a day on Instagram, my favorite app, and about 45 minutes a day on Pinterest."

Comscore also reports, "Our recent U.S. Mobile App Report shows that a staggering 42 percent

of all app time spend on smartphones occurs on the individual's single most used app." The article also says almost three out of four minutes of app use is on an individuals top four apps.

"I think they [apps and websites] are good to a certain extent, but they can be addicting" says Knowles.

Knowles adds Snapchat is the most addicting app for teenagers "because they can talk to their friends on it." She is not obsessed with the app herself, however. She says, "I sometimes use it but not very often."

Another app Knowles does not use is Twitter. She says "I just never downloaded it, and I wasn't that interested in it."

Knowles thinks social media sites are popular "because people like to know what their friends are doing." With so many apps and websites available for use, it can be hard to find apps to enjoy. Arner finds out about new apps through her friends and says "usually people just get the apps and then I somehow hear about it."

Knowles agrees that friends are a good way to find new apps and websites. "I hear about them from friends or I just look on the App Store," she adds.

Thrift stores great for teens, offers cheap clothes, fun dating options

By Kaitlyn Borgschatz
Managing Editor

When you only have \$20 in your pocket, thrift stores can be your best friend. Shopping at thrift stores can be very handy for when one is looking for cheap clothes, unique gifts and even date ideas.

"Thrift stores are made for high school students, because we're poor and hate spending a lot of money" says Elias Skinner, sophomore. Thrift stores offer lots of discounts and big bargains.

In Ogden there are a variety of thrift stores. The Deseret Industries (DI), located at 435 N. Wall Avenue in Harrisville, is a favorite among WHS students. "It's so easy to shop there and to find what you're looking for because it is organized in different sections and there is such a big variety of items to buy," says Sherri Miller, senior.

The DI is not just a great place to shop, but it is also a great place to take a person on a date. Juniors David Richardson and Becca Fowers had their Homecoming day date at the DI. "The DI is a great place for a date because it's super fun and cheap. It was especially great for our Homecoming group, because it was so big," says Richardson.

For the date, the group picked out each other's date outfits, and they had to wear this crazy and outrageous costume for the whole day out in public. "This was so fun you can just find everything crazy at the DI and it's just nonsense everywhere," says Fowers. "It was such a great date, it was unique and everybody had a great time" she adds.

Another bonus to the DI is teens can always get a great deal. "I found this really sick chair once; I bought it," says Miller. Besides chairs, Miller likes to look for cool sweaters, mugs and dishware, and glass jars. "I love buying dishware so when I move out I'll have all these awesome plates to eat off of," she says.

One of the major winter fashion



Sophomore Karmyn Crompton shops for sports equipment at a local thrift store.

Photo by Haily Osmond

trends was big and comfy sweaters. The DI or other thrift stores like Savers at 3833 Washington Blvd. Ogden, and Runway Fashion Exchange at 4005 Riverdale Road can be the place to shop for winter clothes. These stores can also be helpful when looking for ugly Christmas sweaters.

"Savers is the best place to find ugly Christmas sweaters," says Skinner. Skinner adds every year one of his friends throws an ugly sweater Christmas party. "Last year I found this funny sweater with a cat riding a reindeer at Savers, and I wore it to the party," he says. Skinner plans on going to Savers again this winter season for more creative sweaters.

Most teens feel it doesn't matter where you find clothes as long as

they feel confident in them. "I love shopping at the DI because I can always find cute, unique outfits that I know nobody else will have," says Miller. She adds, "It's great when I get a compliment on these outfits; it make me feel cute and special."

Fowers agrees with Miller. She likes looking fashionable and not having to pay a lot of money for clothes. "Runway Fashion Exchange is one of my favorite stores, because even though they are second hand clothes, they're still really nice quality and cute," says Fowers. "One time I got a pair of nice Vans there for only \$3," she says proudly of her awesome deal.

Whether it is an ugly sweater contest or saving money on fashionable clothes, Warriors enjoy thrift store shopping.

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After week of competitions, Mr. Weber is crowned

By **Kiersten Pitcher**
Editor-In-Chief

Normally when people think of pageants, they picture girls clad in swimsuits or long formal dresses, demonstrating their unique talents for a panel of judges. The Mr. Weber Pageant is a little different; for starters, it's a contest for the best man.

This year's Mr. Weber contestants included seniors Brock Gonzalez, Kolby Nye, Gunner Kempke, Logan Parke, Brigham McKay, Wyatt Beckey, Kyler Weaver and Brandon Healey. These boys started the Mr. Weber Week with a push-up contest on Monday, continuing with karaoke on Tuesday, tattoo sleeves on Wednesday and cake decorating with the Best Buddies Club on Thursday. "I think it's really fun just doing the activities and stuff," said Kempke. McKay added, "It was a blast! I had a great time because there were great people, fun events and the staff and students made it enjoyable."

"I thought it was very disorganized but it was still a fun experience," says Calvo.

The week ended with an assembly where each of the contestants presented themselves in three different areas: talent, swimwear and evening wear. During the talent

portion of the assembly, each contestant demonstrated a unique skill in front of the student body and a panel of judges consisting of officers from Fremont and Bonneville High.

Healy sang a song acapella and says he felt the experience was, "hard and I was humbled by the experience." He chose to sing acapella because it added to the comedic aspect of the song.

Parke played a song on the guitar, Beckey demonstrated his weight lifting skills and Gonzales played the drums. Nye showed off his strength and ability to break things. After breaking a couple of wood blocks, Nye balanced a cinder block on his stomach while his brother, Levi Nye, entered from backstage dressed as an executioner and smashed the cinder block while it was on Kolby's stomach. Much to the audience's surprise, Nye was unharmed.

Kempke performed a scene from Disney's, *Alice in Wonderland* using an array of character voices. Kempke said he chose to do character voices as his talent "because that's something a lot of people don't really know about me."

McKay showed that he was a "man of several talents" by doing a couple sport stunts and some magic tricks, and he demonstrated his expertise with a cow whip as well as showing off his vocal abil-



Brigham McKay waves to the student body after he is crowned Mr. Weber.



Paul Calvo winces in pain as a tattoo is sharpened on his arm.



Executioner Levi Nye breaks a cinder block on his brother Kolby Nye's chest.



While flying, Paul Calvo sings "Defying Gravity" from *Wicked*.

ity by singing a short excerpt from a song. As for Weaver, he danced and impersonated Miley Cyrus. Calvo sang a song from the musical *Wicked* as he flew in the air with the help of a harness.

The next section of the assembly was swimwear. Calvo came out wearing an old fashioned swimsuit and holding a blow up dolphin. Becky wore swim trunks and a T-shirt, Weaver wore the same outfit for a moment before he made a show of literally ripping his shirt off. Kempke wore blue and white swimming shorts with a matching shirt and socks. Parke wore swim shorts accessorized with a hat. Gonzolas wore swim shorts, a robe and sunglasses.

Being a little more creative, McKay wore swim shorts, a cowboy hat, chaps and a whip. He modeled this cowboy look while riding backwards on a horse. "Originally, I was going to be in a mermaid tail then that evolved into me riding a horse with a mermaid tail holding a trident. Then I was talking to my 24 year-old brother, and they were just saying that a mermaid tale was a dumb idea and that the sexy cowboy route was a better idea, so I wore the chaps and the hat and I thought, why not ride backwards?"

Nye sported a pair of swim trunks and rather than accessorizing, he decided to keep things simple.

The last section of the assem-

ibly was evening wear and all the contestants wore suits, except for Healey who wore Cookie Monster pajamas. Calvo and McKay were also a little different in their clothing choice. Calvo chose a top hat and cane and McKay wore a kilt instead of slacks.

Once the boys had finished modeling their evening wear, the winners were announced. Paul Calvo was awarded third place, Kyler Weaver second place and Brigham McKay was awarded first.

"I felt extremely ecstatic, because it was unexpected, and I put in a lot of thought and time. It felt like it really paid off. I'm on cloud eighteen because cloud nine wasn't high enough," says McKay.

As for his favorite event during the week, McKay says it was the assembly, "It was really fun to see what each contestant came up with and there was the adrenaline rush of performing as yourself and not a character."

Though he thought the assembly was fun and winning was an amazing experience for McKay, he says being crowned Mr. Weber wasn't his favorite aspect of being a contestant. Instead, he adds, "Getting to know some of the best men in Weber High, because I didn't really know all of them that well but they really are great. I can see why each one was nominated; they all deserved it."



Picture left - Brandon Healy struts in his Cookie Monster suit for the evening wear contest. Picture right - Gunner Kempke reveals a classic swimsuit choice.



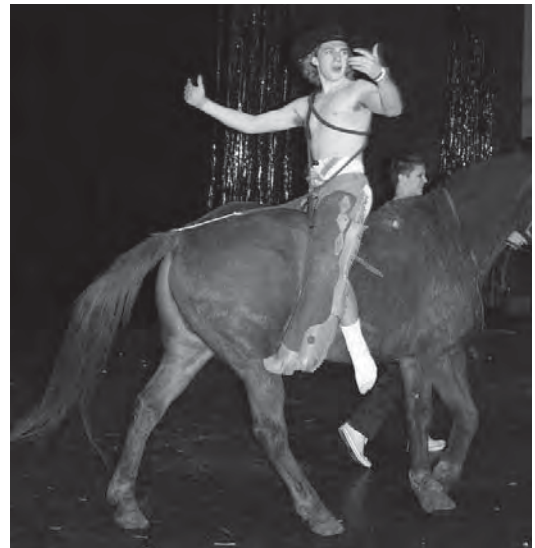
Logan Parke (left) and Brock Gonzalez (right) sing their hearts out during one of the competitions earlier in the week.



Sierra Bruggink joyfully draws a tattoo on her victim, Brandon Healey.



Picture left - Paul Calvo shows his swim wear style. Picture right - Kyler Weaver pretends to be Miley Cyrus.



Brigham McKay shows his cowboy side in the swimwear contest by riding a horse, backwards.



Wyatt Beckey decorates cakes with Best Buddy, Hunter Bell.

Photos By Amber Broderick, Ashton Bindrup, Amy Halliday, and Natalie Wilding

It's All About Us

Teachers rock their past Prom styles



Prom has been called one of the most memorable events teens participate in during their high school years. They are not the only ones who looked forward to Prom. Many WHS teachers share photos from their high school Prom. (Photo top left) Ashley Blaise-dell, Adult Roles and Financial Lit; (photo top right) Alan Rawlings, computer science; (photo bottom right) Kathy Nichols, English.



Photos by Teachers

Teachers reflect on Prom memories, show changes with dance activities

By Ashley Vongbandith
Managing Editor

Yes, teachers have been to their own Proms back in high school. They know what it's like to try to find the perfect outfit, planning dates, the nervous feeling of asking somebody to the dance and going all out on the dance floor. Some teachers took memory lane and remembered all that happened during their high school Prom. Some had to go back 10 years, some even had to go back to more than 50 years.

"My favorite memory from Prom was how it was at the state's Capitol building and how beautiful it was," says Mrs. Nichols, English teacher.

"I went with someone that was just a friend which made it less pressured. I remember having to sit on his lap while driving down to this restaurant after the dance, because seat belts weren't made back then. We went to this great Japanese restaurant," adds Nichols.

"I remember my dance's theme was 'I've Had the Time of My Life' from the 80s *Dirty Dancing* film. It was my favorite part of the dance and it was my favorite song played there," says Mrs. Grover, English teacher.

However, some memories weren't as charming and near close to perfect as other ones, though.

"My date and I arrived really late and she was a part of the whole Prom royalty thing, so she had to leave for a while to do all of that," says Mr. Fronk. Mr. Fronk adds he only danced with his date once, but still had a fun night.

"It was in 1961 and my favorite memory was my beautiful date," says Mr. Thorpe, physics teacher.

"But my car wasn't running very well when we were going to dance, so I had to start it by compression where I had to get out of the car and push it until it fired up," says Mr. Thorpe.

Proms from 15 years and beyond are different compared to the Proms of today. Ticket prices, clothing and music were all different and have all evolved.

"I remember my date having a powder blue suit with ruffles underneath, which may sound awful, and I don't think any-

"Just think more of how you treat your date throughout the night. That's how they'll remember you... they won't remember if your outfit or hair was perfect."

one here wears that anymore," says Mrs. Barney, math teacher.

"It's only been 15 years. Prom is still expensive, and people still go somewhere to have Prom. I think the lack of clothing is the only thing that changed," says Mr. Fronk.

Day dates, something many of today's Prom dates look forward to, didn't exist 30 years ago. There weren't fun and creative ways to ask out a girl to Prom. Dates would just invite each by phone and have dinner and the dance.

"No one had fancy ways to ask a girl to Prom; it was just over the

phone. There were no day dates. It was strictly just the dance and dinner after," says Mrs. Nichols. Mrs. Barney agrees. "We never had day dates or even dates after. We went to dinner then prom and we were just asked by calling from a home phone," she says

However, some teachers have actually been through the same Prom experiences as this generation.

"My first Prom was just 10 years ago in 2005, and it hasn't changed much since then," says Mr. Pace, AG science teacher. "You guys still go on dates and take pictures. It's still pretty close to what you guys do."

Along with memories of their Prom dates, teachers also give out advice to help students with their Prom adventures.

"Go with a fun group and go with someone you like spending time with. Don't always ask the girl that's really pretty and never talks to you. Go with someone who you know you'll have fun with," says Mr. Pace.

"I would say just try to relax and not worry about how you look," adds Mrs. Nichols. "Just think more of how you treat your date throughout the night. That's how they'll remember you... they won't remember if your outfit or hair was perfect," she says.

Both Mrs. Grover and Mr. Thorpe think the date should be fun and not do anything they will regret.

"Don't drink, don't smoke and don't embarrass yourself... but have fun," says Mr. Thorpe.

"Just have fun, make it a night you won't forget. Be smart and just don't do anything you'll regret," says Grover.

Popular dance offers memorable experience

By Stephanie Laubacher
News Editor

"[Prom] is the most memorable experience most people remember after they've grown up and are thinking back onto their high school experience," says senior Meredith Kenney.

Kenney believes Prom is an important experience to have in high school, and she's not alone. When many people think about high school, it isn't unusual for school dances to come to mind. Prom is one of the most advertised dances

"It's like the dream dance that every girl wants to experience, but that can't happen without the boys asking."

of the school year, but it has not been immune to changes over the years.

"Everyone makes a bigger deal out of [Prom] because it's the only one you aren't actually at the school for. It's at some fancy place, and that makes it special. Because seriously, even if the school is decorated for a dance, it's still the school. What typical high school student wants to spend extra time at school when they don't have to, even if it is for a fun dance?" Kenney says.

Another reason Kenney thinks people love Prom so much is because it gives everyone a chance to dress up. "Being able to put on

big dresses and go on a fun fancy date is sort of like a fairytale which makes everyone love it," she explains.

Kenney says the biggest issue with Prom is that not all the boys decide to ask the girls. "It's like the dream dance that every girl wants to experience, but that can't happen without the boys asking!" Kenney insists.

Senior Tyler Martin agrees that the asking and answering doesn't get enough attention around Prom; however, he believes some parts of Prom get a little too much attention. Martin thinks Prom dresses get far too much attention.

"They [the girls] all look beautiful in anything. You don't need a dress to look amazing; you do it all on your own," Martin says.

Martin says the best thing about Prom is "everything." He adds the asking and answering is particularly exciting, but he also loves the day date and the dance itself. Martin remembers having a lot of fun at last year's Prom because his "date was a wonderful, cheerful and beautiful girl who made it great," and their day activity riding bikes, picnicking and spending time at the park was also a fun part of his Prom experience.

In Martin's opinion, Prom is popular "because it is widely publicized on television as the dance that everyone attends." Martin also thinks Prom is an important event because "it is an experience that you can only have in high school."

Many teens believe that asking and answering someone to Prom is one of the most fun and important part of the occasion.

"Be creative about it [asking]; there are a lot of ways to ask without spending money!" says Ashlynd Greenwood, sophomore. Kara

Esplin, sophomore, says asking doesn't have to be expensive or huge; a subtle thoughtful dance request works just as efficiently.

Kids like to be creative with how they ask/answer one another. Alex is Webster, junior, says to "choose something they like and build on it. Then answer in a way that corresponds with how he/she asked you. Then it kind of has a theme." Heidi Barker, junior, adds being creative can make it more personal and fun.

Greenwood, says teens like to be creative because there is more of a chance of a yes answer when there's been an obvious effort put into asking someone.

Answering and asking can be fun for both people. Barker adds, "Make how you ask someone big enough that they know you care, but not so big it embarrasses them or scares them away."

To ask someone to Prom, Kenney suggests trailing 20 bottles of Hawaiian Fruit Punch from their doorstep, and at the end place some plastic shot glasses and a poster that reads, "Now that you've gotten to the end of the 'punch line' I thought I'd give it a 'shot' and ask you to Prom! P.S. drink up!" Then have your name written on one of the bottles of punch.

Kaitlyn Henderson, junior, had Hershey's kisses spell out a dance

request, and then a note that read, "Now that I've kissed the ground you walk on, will you go to the dance with me?"

Vanessa Wight, sophomore, answered her date with crime tape all over his room and said, "It would be a crime to not go to the dance with you."

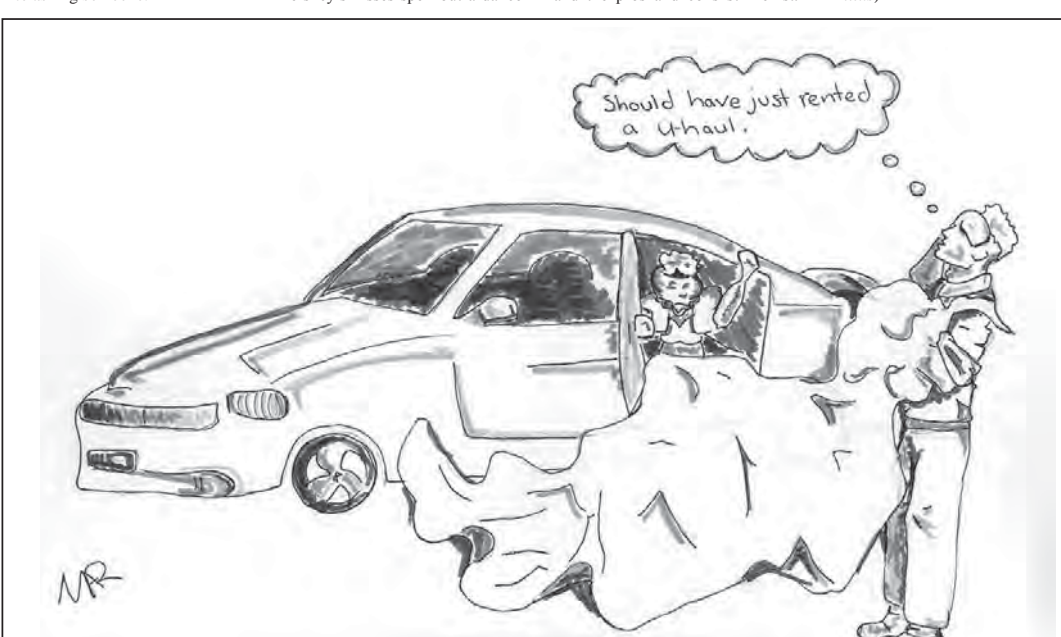
Martin says the best way he's been answered to Prom was with a fake glass slipper and a card announcing that his "Cinderella said yes to Prince Charming."

Prom has changed slightly over the last few decades, but not by much. Many of Prom's traditions remain the same despite the times, and the pros and cons still exist.

The cost of Prom is still the most common issue and finding a date and a dress follow suit. Dresses have been one of the most obvious changes in Prom: styles of today are more extravagant than in the past and contain far more glitter. Fewer girls today make their own dresses than girls a few years ago, and dress styles are more complex.

Although Prom may not have changed much over the last few years, the small year-by-year changes create fun and excitement for Prom-goers everywhere and make it the most widely known high school dance of the year.

(additional reporting by Emma Millus)



Do's, Dont's: avoiding awkward dates

By Amy Halliday
Staff Reporter

"There are unspoken rules that you should know about dating. Like you don't order the most expensive thing on the menu if your not paying or you never text on a date, and please don't burp ever," senior Korinna Tallon says.

Let's face it, dating can sometimes be tricky and very awkward if you are not aware of dating etiquette. Knowing some of the key dating do's and don'ts before a first date can help lessen some of the nervousness people might feel.

A very important part of dating is talking and actually getting to know the date. Junior officer Casey Bond says, "You have to talk on a date, obviously. Talk a lot and ask questions. It's so awkward when you and your date are just sitting in the car or at dinner or where ever and no one is talking."

Dating was invented so teens could get to know someone and hopefully like him or her. However, some people are shy and find it hard to keep conversations going. For those people it is a good idea to "start with short dates like an hour or hour and a half and work your way up to long dates. You don't want to start out with a 14 hour first date," says Trevin Schmanski, senior. "And also make sure you plan your date. Be the man with the plan."



Senior Tanner Hone, politely opens the car door for senior Jency Terrell.

Photos by Amber Broderick

"Planning a date can be stressful, but it's much better to be stressed out before the date than to be on the date and not know what to do," adds Schmanski.

"It was Prom my sophomore year, and it was my first dance date. My date picked me up and took me to a guy in our group's house. I think we were supposed to have a Nerf gun war, but the house was small and we only had like five guns to share between the four couples. So we shot at each other for about five minutes, and then we got bored. After that, the boys thought it would be fun to go watch another guy in our group rope his sheep. We basically just did nothing for a few hours before he had to drive me back to my house to get ready.



Showing chivalry, Hone adjusts Terrell's chair at dinner.

It was not a well planned date at all," senior Clara Stokes says.

Planning a fun, unique date is one of the crucial elements in successful dating and will most likely increase chances of a second date. Brandon Healey, senior, adds, "Lots of dates have been said and done before. It's your job to try to come up with a date that she will never forget."

Some other tips include not being focused on past dates or people, and don't text unless it is an emergency. Even though it is important to talk, be careful what one talks about. Surprising as it is, guys don't like to hear about girl's past boyfriends and girls don't like to hear about guy's past girlfriends, even if the conversation is struggling.

"I hate it when a girl starts talking about her old boyfriend. It makes the whole thing awkward, like what am I supposed to say, 'sorry he dumped you, get over it?'" says Dylan Harper, junior. He adds talking about past relationships is not the best idea for any date. Texting on a phone is also a big no.

"When a girl pulls out her phone, I just think 'wow, sorry I'm so boring to you.' It's rude when I'm here spending all this money trying to make this date fun and, she is just sitting on her phone," says Kade Stephens, senior. So if asked on a date, it's best to just turn the phone off or put it on silent, so it doesn't even have to interrupt.

Even through all the uncomfortable situations, dating can be lots of fun. Some of these do's and don'ts and can help make a date fun and could lead to future dates.

Prom - without breaking the bank

By Stephanie Laubacher
News Editor

When many teens think about Prom, they think of the hype, the music, the dress and the fun. It isn't until after the dance that people start to notice the empty feeling in their wallet. However, some Warriors are able to avoid that feeling while still getting the most out of their Prom experience.

Senior Dominic Emerson says he usually spends more on Prom than other dances. He says Prom usually costs him \$300, and a "tux rental is about two-thirds of that." Emerson adds, "The date and pictures are necessary [costs]," but he also thinks buying or renting a tux should not be required. Emerson says he would rather go to Prom in just a nice suit rather than go to all the trouble of renting a tuxedo.

"A tux has more layers and is tailor made," Emerson admits, but he still prefers the simplicity and cost-

"Prom is a big deal to teenagers, but it's one night out of their entire lives. It shouldn't cost a fortune, especially when paying for college is looming on the horizon."

effectiveness of a suit. "A suit is a jacket, pants and a church shirt," he says.

Emerson feels some costs should be expected for Prom, and suggests "don't go or don't get a tux" to anyone hoping to save money for the event. In an effort to save money, he also suggests "find an inexpensive place to eat."

Emerson also saves money on Prom when his parents are willing to cover some of the costs. "They paid for most of it my sophomore year," he says. However, any and all remaining expenses must be covered by Emerson himself. Overall, he says Prom is expensive, but



Timbermine Restaurant is a popular Prom dining experience.

Photo by Jackie Olberding

the cost isn't usually a big problem for him.

Kael Harrison, senior, says, "[Prom] wasn't all that expensive. I probably spent \$80 or so on everything." He believes spending more than necessary is avoidable by going easy on day dates and keeping a carefully controlled budget. He does think Prom costs considerably more than most other dances, but says the best ways to avoid spending too much money are "renting a tux instead of buying one and not going crazy on what you do for the day date."

Harrison agrees that a tuxedo is the most expensive part of Prom, but also says he would spend much more if he had less impulse control. He says he saves money mainly "by restraining [himself] from spending money on random things." The best advice he has to give someone for Prom on a budget is "you don't have to do a big extravagant date as long as it's fun. You don't have to spend a ton of money."

Harrison also gets a little help from his parents when it comes to paying for Prom. He says his parents usually chip in about \$30 or \$40. According to moneycrashers.com, Prom dresses are usually the most expensive aspect of Prom from the female perspective. Moneycrashers says, "Prom dresses can

be had at bargain prices during the off season or consider buying a used dress at a discount." The site also recommends that boys go to "as many menswear stores as possible," so they can get a good idea of tuxedo prices and make the best decision for their budget. "Prom is a big deal to teenagers, but it's one night out of their entire lives. It shouldn't cost a fortune- especially when paying for college is looming on the horizon," reports Moneycrashers.

Blog.lulus.com also warns that procrastination is the worst enemy of any Prom-goer. "Plan everything well in advance," advises the blog. "If you wait until the last minute, you're more likely to feel desperate and buy something too expensive."

In addition to tuxedos and dresses, blog.lulus.com believes many teens overspend at dinner. "If you choose to eat at a restaurant, don't go in blind. Look at menus beforehand, so you'll know which eatery has the food you want at the price you can afford."

Although Prom is a favorite dance of many teens, no one likes to deal with an empty wallet when the date is and done. Luckily, many Warriors and a myriad of websites are willing to share their best advice to help Prom-goers get all the fun without a devastating cost.

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Not going to Prom? No problem! Teens offer tips for exciting night

By Kaitlyn Borgschatz
Managing Editor

Whether it's not being old enough, can't afford it, didn't find a date or just didn't want to go, one should not spend Prom night at home sitting around being bored. There are many fun activities to do instead of going to Prom.

Most Warriors feel it's the end of the world if they decide not to go Prom. "It's okay not going to Prom, because some people have their reasons like they can't afford the dance or they are too young," says senior Jasmine Maldonado. She also says for students who want to take a date to Prom, but don't have enough money, just take that person on another date. "You can make them a candle light dinner and you can dance around the kitchen. It's just as romantic as taking them to Prom."

People can enjoy Prom night even though they don't attend the dance. Maldonado says, "You can do so many other fun things other than going to a dance, the possibilities are endless." She lists off some fun activities such as "you could have a movie night, go snowboarding, girl's night with manicures and pedicures or even throw your own Prom and have a party with your friends."

"Your own Prom would be a blast if you don't plan on going to the real one," adds Maldonado. "Have all your friends who also

aren't going, dress up in dresses and invite them over and play *Just Dance*, laugh and have fun."

"You can go toilet paper someone's house who is going to Prom," jokes Tyson Walker, senior. "No, don't do that! There are lots of fun things to do if you're not going to Prom." Walker says some alternatives are screaming Adele songs at a cat, eating ice cream and having

"If you don't plan on going to Prom, you should at least consider it, even if it's not this year."

a marathon watching *House Wives*. "I plan on just cuddling my Xbox if I don't ask anyone," Walker says. "It's definitely okay if you don't go to Prom," Walker says. "If someone tells you you're lame for not going, they're lame because they don't know your story."

Along with Walker, senior McCord McIntyre, agrees that it's okay to not go to Prom. "There are plenty of things to do other than going to Prom. Maybe you don't like dancing, that's okay," he says. "You can have lots of fun just hanging out with your friends like going to Walmart and messing around." McIntyre says he and his friend spend a lot of time at Walmart play-

ing games.

McIntyre has come up with a few games to play in Walmart. There's Walmart bingo and hide-and-go-seek, but he says their favorite game is "we all get grocery carts and go around (by yourself or as teams) and gather 10 random items. You have 15 minutes to collect the items, and then you and your friend meet back together at a meeting spot." After that, McIntyre says, "You switch carts with the other players, and they have to put back all the items back into the correct spot." The player who puts all the items back and gets back first to the meeting spot wins.

"If you don't plan on going to Prom, you should at least consider it, even if it's not this year," says Shannon Critchlow, senior. "It's a once-in-a-life time experience, and you get three chances to go, so you should at least go once when you're in high school," she adds.

Critchlow also says if not going to the dance, "People are different, and it's understandable if they don't go. Just do something fun like have a karaoke party, make homemade pizza and watch movies or play True American (with soda)." She adds, "I would feel bad if someone wasn't having fun on Prom night, there are so many fun things to do".

For many Warriors, Prom night is supposed to be the best night of their lives; however, for those who don't go, "No matter what you do, have fun, because it's only one night and you can do anything you imagine," adds Critchlow.

2015 brings new style trends

By Sarah Calvert
Sports Editor

Prom is just around the corner, the night that almost every girl dreams of. It's a night to look and feel like a princess. The only problem, there are no fairy godmothers in real life; no one to just whisk their wand with a simple bibbity bobbity boo and *poof!* The perfect dress simply appears. The boys feel pressured to slip out of their comfortable jeans and put on a suit and tie. Finding a dress or a tux that suits your style might be difficult at times, but there is plenty of advice to make sure you find something comfortable and presentable.

Camille La Vie, a popular store for wedding and Prom dresses, recently released their input on 2015 dress styles. "Lace dresses are versatile, but if you want to stand out, opt for ones with a touch of pretty



Displaying a beautiful ball gown is Clara Stokes, senior.

color, such as soft pinks, limes, sea foams or aquas," the site advises.

PromDressShop.com follows the same style that many others seem to be adopting: long dresses. Most of their selection includes long elegant skirts and long sleeves with accents of lace. The colors vary from softer pastels to bright red and blues, there is a wide variety of styles.

Megan Healy, senior, shares her insight on Prom dress styles. "When I think of Prom, I think of long and poofy, crystal, and shiny dresses," she says. "Pink is the popular color this year," she adds.

LifeScrip.com has several tips on picking out a Prom dress. The first is to set a budget. It's more important to have fun than to try and be the prettiest girl in the room. "If you can afford it, there is certainly nothing wrong with a designer Prom dress. However, you should not feel obligated to purchase a Prom dress that rivals a wedding gown in cost," the website says.

Their next tip is to not limit shopping to Prom dress shops. "Consider vintage and second-hand shops. Bridal stores are another possible source of Prom dresses, often under the label of bridesmaid dresses. Consider all of your options before making a purchase," they advise. The final tip: accessorize. "Find a

pair of shoes that is comfortable and able to stand up to heavy use, while complementing your Prom dress perfectly."

Daisy Thistlewayte, head designer at MyTuxedo.co.uk, gives her advice on what boys should choose to wear. "You want to stand out for all the right reasons and looking like a clown in a white suit and a pink bow tie is not one of them." She adds, "Stick to classic colors and styles. Dark shades will make you look slim and sophisticated... avoid colors and creams."

Patch.com also has tips for choosing a tuxedo. Their first tip is to make sure that the boy's tux matches the style of his date's dress.

"If your date has a full Cinderella-style Prom gown, you can't go looking like a gangster," the site says. The site also advises if it is desired for the tux to be personalized and perfectly fit, the best option is to buy instead of rent, although that is more expensive. It is also encouraged to not be afraid to wear neutral colors.

"If your date's dress is neon, iridescent or some crazy pattern, the chances of you finding something to match are slim to none. Do yourself a favor and don't waste your time shopping all over," the site advises.



Sidney Stenquist, senior, models her beautiful mermaid gown.

Photos by Amy Halliday

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Promenade: Dance history adds to making Prom experience memorable

By **Taylor Galusha**
Staff Reporter

It's that one time a year when fairy tales become reality; when dresses and tuxes become a big deal. It's the only thing people are thinking about for weeks.

Prom comes from the root word promenade, which means a stroll or walk, especially in a public place, as for pleasure or display. Proms started as co-ed banquets held for the graduating class in college during the 19th century. The first notable mention of Prom was in

"It really is a magical moment because it is a once in your high school experience event."

a journal from 1894. It was mentioned by an Amherst College student. Proms served as the first step into the "adult" world with a social gathering.

Today, Prom has become a social norm and is accepted among most high schools. Senior Amanda Twitchell says, "Prom is a big event because it's a school function and those are more often than not considered safe compared to just a regular school party. Plus, it is the dance of the year, because it's like an end of the year celebration. You get to dress up, spend time with your friends, and for seniors it's one of your last memories you have in high school, and you just want to make it last. You want something to hold onto, a great memory to tell your kids."

Twitchell also says her personal favorite part of Prom was getting her picture taken with her date and her friends because they were making all sorts of jokes and her dress

was so fluffy she couldn't fit into her chair.

Camille Owen, junior, says schools have Proms because they have been a tradition for so long, and the dance is accepted among society. Owen also adds she thinks it is the dance of the year because it has been displayed in the media for so long, and it is talked about all the time when describing the high school experience.

"I mean if you watch any television show that is about high school or has characters in high school, then there is automatically a Prom episode, even though those Proms are way more than an actual high school Prom would be, or for most people anyway," says Owen.

In Weber High's 1972 yearbook, it summarizes what Prom is about: "Getting asked to Prom is every girl's dream. Each has a chance to get their favorite dress and be treated like a princess for a night, and the guys get to go out with the girl of their dreams."

Prom is also known as one of the most expensive dances of high school. The girl has to get her dress and accessories as well as a boutonniere and the guy has to go rent a tux, buy flowers, pick somewhere nice to eat, arrange a day date and possibly even get a limousine. Then it's time to go to the dance and get pictures taken, maybe even a group picture and finally dance to a few songs. Often teen curfews are extended and even though the evening may not turn out exactly the way you had planned, it is still a lasting high school memory.

Senior Jamilee Hubbard says, "Prom makes this lasting impression because it's towards the end of the school year. Teens leave school with memories of the event."

Math teacher Mrs. Smith still remembers her excitement when she went to Prom. "It's fun to get dressed up; and come on, every girl wants to feel like Cinderella," she



Mrs. Reyna and her date, Bob Holmes, have a wonderful time at their Senior Prom.

Photo from Mrs. Reyna

says. She also adds Prom hasn't changed much from when she went, and it is still fun to get pampered.

"We still did all the same things: rented limos, got our nails done. I think the only difference is we dressed more conservatively," Smith also says she went to Prom with her future husband, and her favorite memory was dancing with him. She thinks Prom is such a big deal because she gets to annoy her kids with telling them stories of her and their dad which is one of the best parts of being a mom," she adds.

"I don't think Prom has changed that much from when I went, just the music really," says Mr. Anderson, German teacher. He goes on to say the event is still a best dress or formal event, and it really is just a crazy time.

Anderson also says Proms are special because so much time is spent in planning it. He says "It really is a magical moment because it is a once in your high school experience event." Anderson adds his own Prom was nice because the night was planned between him and his date.

Prom is many things to many people, but for all it's just a school function to have fun at. Many consider it to be the most important dance of their lives in high school, and it will always be a lifetime memory.

Tips make Prom better; style ideas for 2015

By **Lily Davis**
Staff Reporter

Birds are chirping, flowers are blooming and bees are buzzing. Spring is here and the stress of the star studded event, also known as Prom, has blossomed. Many teens believe Prom has to be the best night of their lives, which can build up unrealistic expectations and pressure. Stop pulling out your hair and take a deep breath. The truth about Prom is that it is just one of the many memorable moments in a teen's life. Don't feel that you have to go to Prom or you will be missing out on some life-changing moment. Prom is only as fun as you make it out to be, and if staying at home is less stressful, then go for it! You know what makes you happy more than anyone else does. However, for those who decide to go or are considering going, here are some tips to help enjoy the night.

The first stress about Prom is the invite. If you want to ask someone to be a date then do not fall prey to fear and just go for it! People will be much happier with their newfound confidence and if the person to be asked happens to say no, then don't worry about it. All that matters was you asked and don't spend the night wondering "what if?" Boys, you can go big and beyond by flying out of a confetti cannon, covered in glitter, with the word "PROM?" painted across your chest, or you can keep it sweet and simple by getting them their favorite flowers. It's all about the romantic gestures. Also, girls, let this be a reminder that you don't need a deliciously charming boy at your side to have fun at Prom. Be independent and rule the night with a best friend.

For girls, finding the perfect Prom dress has been the ultimate teen dream since childhood. There's a romantic feeling in the air this season and the trends for spring 2015 that were last seen on the runway includes feminine flowing dresses with lots of embellishments, pastels and aquatic blues. Why settle for gowns when girls can simply piece together a crop top and a ladylike skirt as seen in Oscar De La Renta's and Michael Kors Summer/Spring 2015 collection. Pastels are the ultimate go-to look for spring. Try the flirty feminine-chic look inspired by Burberry's spring 14 collection. It's full of ice-cream colored pastels, lace detail and floral appliques. As for accessories, bejeweled statement necklaces and embellished belts are in. This is high school, not the Upper East Side; don't worry about snagging the designer dresses off the shelves at high end boutiques, and remember you can always do the look for less. I always say, having designer clothes means nothing if you don't have your own personal style.

As for boys' formal wear, all you need to know is color coordination is so important as well as suede and leather.

Limos aren't the only mode of transportation to Prom. There is no harm in driving to the dance, getting a ride with friends or simply being dropped off. Instead of jumping into someone else's group at Prom, plan your own group together quickly but don't restrict yourself from talking to other people at Prom.

There also are must-have essentials for girls to carry in their small clutch purses: Band-Aids are a must if you're going to be wearing heels. Mints, makeup wipes, lip stick and money are also needed.

Lastly, your Prom experience will only be as good as one makes it, so let go of the stress and allow yourself to have the best night of your life.



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Showing off her skill in pole racing is senior Bailey Gehrlein.

American sport draws Warrior fans to arenas

By Kaitlin Lawler
Assistant to the Chief

When people think about what symbolizes the United States of America, a few key things come to mind. Some people think of the American flag or the bald eagle, but others think of an icon of sport in America's history: The rodeo. The rodeo is a time honored American tradition that thousands of people flock to each year. Going to the rodeo can make anyone want to tap their feet to country music and wear a cowboy hat; it really captures the American spirit.

There are many different events to compete in when doing the ro-

"My favorite thing about rodeo is all the friends you make all over the state. I could really go anywhere and know somebody."

deo such as barrel racing, bull riding, calf roping, goat tying and steer roping. "My favorite event is barrel racing," says senior Bailey Gehrlein. "It's a timed event and there are three barrels set up in an arena that you race around the barrels as fast as you can. You can run in a left or a right pattern, and the fastest time wins the event. In high school rodeo I compete in barrels, poles and goat tying."

Senior Sarah Thompson agrees with Gehrlein saying barrel racing is also her favorite event. She's been doing it for as long as she can remember. "I started it young, and it's just my favorite, because I've been doing it for so long."

Senior Mason Mileski's event of choice is tie-down roping. "It's basically just roping a calf and tying the legs. It's really the only event

I do," says Mileski. "I got into it because I've had horses for a while and I thought it would be fun."

Training to compete in rodeo events takes a lot of hard work and year round dedication. "I train all year long, but I have an indoor arena that's pretty convenient in the winter to keep my horses going," says Gehrlein. There are the basics of training like staying fit and active, but there's also special training to do with each event.

"There's a lot you can do to kind of practice for this event," says Mileski. "You have to exercise your horse, you can practice tying from posts, there's breakaway roping and then just generally staying athletic and fit."

"Barrel racing is hard, because you're trying to win and have a clean fast pattern, and if you knock over a barrel it's a five second penalty added onto your time," says Gehrlein. Thompson adds, "Competing in the rodeo is hard because you have to be willing to be dedicated to your horse in any weather, even in the winter."

Each event also has its own challenges. Mileski says, "What's hard about my event is just the amount of time it takes up, and how much you have to practice to be good at it."

"My favorite thing about rodeo is all the friends you make all over the state," says Gehrlein. "I have friends from Logan all the way to Hurricane, so I could really go anywhere and know somebody." Thompson agrees saying, "It's nice to make friends, and there's a chance at winning money sometimes."

Mileski has his own reason why rodeo is his sport. "It's traditional, not a lot of people are into it and I just think it's a cool sport to do."

Rodeo is a sport that has been around for a long time in America and will continue to be a tradition because of the many people, including Warriors, who say they love and actively participate in it.

Teamwork lessons learned Girls unite during season, building stronger team

By Meg Henley and Savannah Day
Staff Reporters

Wintertime: a time to ski, enjoy the snow and...basketball? Yes, the girls' basketball team have been spending endless hours in the gym competing against tough region teams. Coaches Hansen, Nish and Straight have been preparing the girls to do their best. "We are really strong as a team this year," said Coach Hansen. "We play well and work hard together" he adds.

"We try to compete each day in practice and make the practices harder than the games, so the girls can become better," says Coach Hansen. Also leading the Warriors are seniors Bailee Willden and Abby O'Neil, and Hannah Johnson, junior.

"Practices are hard but fun," says sophomore Jasmine Nye. "We go over plays and work hard to become better and stronger as a team." Willden adds, "We try to work towards games, one at a time, and make each practice harder than the games."

Johnson also says practice has helped them prepare for games. "We warm up and go through offensive and defensive plays, and then we scrimmage," she says.

The pre-season record for Weber High girls' basketball team is 4 wins - 6 losses. Pre-season victory over Viewmont (64- 53) was a highlight for the upcoming season.

Though the regular season hasn't been full of wins, the team continues to focus on unity and teamwork. The senior players, along with the coaches, are working hard

to make the next year's girls push harder to win without letting teamwork fall short.

During the Roy vs Weber game Weber fought a good close game that ended in a Weber victory. O'Neil made 19 baskets, two assists and eight rebounds. Johnson made 12 baskets, three assists and one three point shot to take victory over Roy. Roy fought hard with Josie Williams making 14 points, nine rebounds and Rylee Thompson making 10 points and two threes, but overall Weber pushed through and won by two.

"The word that best describes our season is effort. We have made a concerted effort to play hard and get better at skill development. The losses have been tough, no question, but I know that we will always play with tremendous effort," says Hansen about the 1- 10 season.

As Coach Hansen leads his team and prepares for next year, he says, "I want to help the youth achieve their goals. It's my goal to help them become better, and learn."

The girls also made goals for the season. O'Neil says, "I want to become better. I'm kind of a perfectionist, so the more skill I can gain the better." Willden adds she wants to help her team become better. "I play for my team," she says. "We all work together to accomplish the goal of being a good team."

Most Warrior players have participated in their sport for several years. Nye has been playing basketball for eight years. "My brothers played, so I wanted to compete with them," O'Neil also started playing because of her brothers and neighborhood boys who enjoyed playing.

"I wanted to be like the boys and



Guarding opposing Viewmont player are seniors Abby O'Neil and Hailee Neilson.

Photo by Amber Broderick

compete with them, and so I did," she says. "I've been playing in a league since fifth grade."

Johnson adds, "My whole family played, and I wanted to be like them. I've been playing for as long as I can remember. I started in a league in first grade. My mom

"The word that best describes our season is effort. We have made a concerted effort to play hard and get better at skill development. I know that we will always play with tremendous effort."

played in college, and she's always been there for me when I had questions about my game. She always knows how to help me."

Coach Hansen has also participated in basketball for several years. "My dad was a coach, and I've always looked up to him. It's what made me want to coach," he

says. Each girl loves the game they play for a reason. Johnson says, "I just love the feeling, the adrenaline rush of the game." O'Neil adds, "I love the energy on the court, and how intense basketball is. I just love the game and playing with the girls."

Hansen likes the game, because he gets to watch the girls use their skills to play better. "I love getting to work with the youth, helping them to achieve their best. I'm really lucky to be able to see that take place."

Nye is inspired by a girl on the team, Hailee Neilson. "She's so serious about her individual skill and the skill of her team. She looks out for everyone." She says.

As the girls united on the court, they also became closer as friends. Nye says, "I love hanging out with the girls after practice and games. Working hard together makes us a good team and good friends, too," said Nye. "I love playing basketball!"

Athletes suffer from sports injuries Teens find lifelong consequences often occur after traumatic injury

By Dustin Kingsbury
Sports Editor

Have you ever had a painful injury from a sports related activity? It is quite relatable with some Warriors. On top of school work, games and other stresses in a student's life, an injury is just another brick to be added to the pile of life, waiting to topple over. After suffering from an athletic injury also comes the difficult time of healing.

Senior Tanner Smith can relate. "I have had injuries in both my ankles and with my arms," he says. "Both of the ankle injuries were from intense basketball games."

According to a report conducted by the University of Denver, Colorado, results are showing that not only just student athletes, but also professional athletes have at least one sports related injury in their life. Less than 20 percent of the in-

juries have caused traumatic results and have needed rehabilitation or surgery.

"I ran into the defender full-force, tripping over his foot," Smith continues. "My ankle was in pretty sore shape. I was removed from playing time for almost the rest of the season. I came back when we made the playoffs but didn't get as much playing time as before."

Former basketball and football coach Carl Watson describes the impact of injuries on the team's mental morale. "An injured player is the worst thing that can happen to a team," he says. "When one player goes down, the entire team goes down. A team is much like a family, and that family needs one another. Very rarely, a team will come out of a slump and be successful after an injury occurs."

Smith's team did not fit this criteria. "Our team was able to keep positive and still win games," he says. "I would show up to every

practice and every game to support my brothers, even when I couldn't play."

Cassie Shupe, senior, is another Warrior who suffered a sports-related injury. "I had an extremely severe ankle when I was born. The doctor told me to stop playing soccer for the rest of my life to help protect it from traumatic injury," she says. "To this day, I still wish I would have listened."

"I was in the sixth grade," Shupe says. "I rolled my ankle, and we thought it was just a sprain, so we didn't do anything about it. It turns out I had cut the blood supply off in one of the bones in my ankle, causing the bones to merge into one giant one over the course of many years. Because we thought it was just a sprain, I continued to play which was a bad decision."

"We didn't take action for three more years," Shupe adds. "By then, it was too late. I had to be pulled out of sports completely and am only allowed to play for a limited

amount of activity. I now only have 50 percent mobility of my left ankle because of the bones fusing together."

Shupe adds there is also the possibility of surgery. "An option offered to me was a major surgery in my ankle to put it back to normal," she says. "The operation would put me off my foot for two months. The only disadvantage to this was the high risk of me losing full mobility of my foot for the rest of my life. Because of the consequences at stake, I chose to not go through with it."

After facing injuries, these Warriors realized how difficult it is to participate in their sports. "Getting injured has definitely changed my view of the game. I have begun to realize that my body is more important than some game," says Shupe.

Shupe also adds, "The injury has made me miss soccer. It prevents me from not only playing the game, but other sports as well. I miss playing competitive sports."

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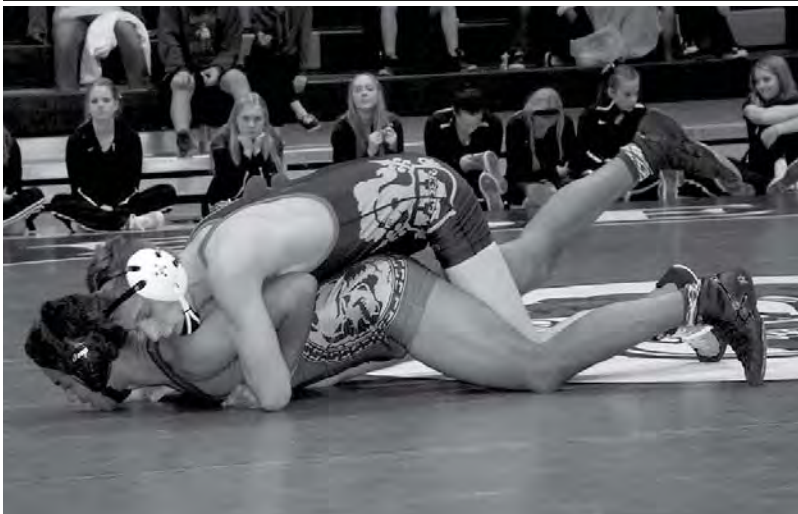
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Junior Tyson Treasure takes his Layton opponent to the mat as he attempts a pin.

Wrestlers play for true victory, new coaches help along the way

By **Dustin Kingsbury**
Sports Editor

Weber's boys' wrestling has had another amazing season underneath the hands of some excellent and experienced wrestlers who have learned how to play the way that matters most: giving it your best and never giving up. Their efforts have shown an extraordinary outcome as their 2014-2015 season nears its final matches. With an excellent run in both the regional and invitational meets, the boys share some of their greatest achievements along with explaining how they were able to achieve success.

"This year I think we, as a team, have been giving it our all, despite all of the hardships and struggles the long season has to inflict us with," says senior wrestler Stanton Wiser. "We have been winning some very hard, up-close and personal matches, which is a very good thing. I believe we wouldn't be able to come close to what we have achieved if we weren't as close of a group as we are."

The Warriors have had some incredible experiences this year. With triumphs over region rivals such as Fremont, Viewmont and

Syracuse, the team plowed through the region play and even beat some tough opponents outside of Division 1.

During the 5-A qualifier at Jordan High, Weber's determination was shown as Heston Woolsey, senior, moved to 37-0 in his season with four wins in the 120-pound division. Other Warriors who excelled were Garrett Hoyt (36-6) and Cole Kendall (20-9).

5-A Divisional team scores had Weber at 230.04 behind Pleasant Grove (507.02) and Herriman (306.53).

Through the grueling four month season, it may be hard to keep focus. Senior Heston Woolsey explains this. "I think there were points where we struggled, but there were also some points where we peaked and we had some really good moments where we overcame some hard adversity," he says.

Overcoming adversity requires hard work and committed development. The wrestlers describe their mentality towards perfecting their game.

"I've been going to practice every single day, working harder and harder each and every minute. I have never wanted and tried for something more than for wrestling," Wiser says. "When I'm with

the team at practice, I go and do the best I possibly can to help our team improve and do the best that we can do."

Woosley agrees with this. "I love to work hard and push myself when it comes to practice. Coach always makes us run and work so hard. I really love it when I get to go one-on-one, though. There is no way to describe how amazing the feeling is when you win and know that you're the better wrestler."

The true work of the craftsman come from the craftsman's guild. With Weber's new head coach, Coach Caleb Hardy, the wrestlers have obtained a sufficient strategy to succeed and progress throughout the season, all under his hands. "A lot of things we are doing to prepare for state is we alternate the types of tournaments we go to; some tournaments are set up like the state tournament and then some of them are to get as many matches in as possible."

Along with the success and strategy, however, the wrestlers explain their true and personal goals that they wish to achieve throughout the season. Junior Grayden Guthrie shares a quick summary of what his real purpose of wrestling is.

"Our goals for this season as a team were to work hard, do our very best, keep moving forward and respect each other; even the opposing coaches and players," says Guthrie.

"As well as pushing our technique and conditioning, a lot of things we did this year was a big group effort to really come together united as one," says Hardy. "That is what team sports are really all about," he adds.

Drug tests pressure athletes

By **Kaitlin Lawler and Sarah Calvert**
Staff Editors

One of the things every high school athlete comes across eventually is taking a drug test. Random drug testing is required in high school for most extracurricular activities. For most students this isn't a problem, but it could be a source of stress for others. Athletes, coaches and administrators alike have different views on the drug testing policies.

Weber School District's policy states the three purposes and objectives of their drug testing are the health and safety of the individual and others, prevention (students will have added incentive to stay away from drugs) and intervention (identifies students with drug related problems and helps to stop it early on).

"I haven't personally experienced a drug test, but I think that they should do random drug testing, so that people who have a fear of getting caught are less likely to do them," says sophomore Robert Prescaro, member of the golf team.

Melanie Harris, head volleyball coach, adds, "I think the prospect of being tested keeps [the athletes] on their toes. They make better decisions when they know it is a possibility."

The procedure for the testing is simple. Random drug testing is usually conducted during the season on a weekly basis unless the school chooses to perform additional testing. If the participant has already been initially tested as a result of his/her participation in a prior activity, they will continue to have the student's name in drawings along with the other students participating in programs at the time of the drawings.

Students are then selected for testing by a lottery drawing. Each person is given a number at the start of the extracurricular activity season. These numbers are confidential and known only by the school's designee or person in charge of testing.

On the day the student numbers are drawn for drug testing, those students selected will be notified and will report to produce a urine sample. The samples are collected at a school site on the same day the student is selected for testing. If the student is absent, the testing will take place on the next day. If a student is unable to produce a sample, he or she will remain under supervision until a sample can be provided.

"The [athletes] have to give a urine sample," says Harris. "They go in the back of the office and

they're given a cup. They put the sample in the cup and then bring it back to the gentleman at the door," adds Wardle.

"We do our testing once a week. We have rosters of the fall winter and spring sports, and five names are randomly selected either by the tester or from a system in the computer," says vice principal Terry Spiers. "It's a business we pay for, and they come in and test for the 15 main drugs."

"If they test positive, the parents are notified as well as the coach, and it is considered a level two infraction, which means they will miss a certain amount of games, depending on the sport," Harris says.

Some athletes have medications they need to take, and this may cause problems with the drug testing process. "Sometimes what happens is that they test positive for a certain drug. When we talk to the parents, they say, 'My son or daughter is on this prescription.' The man who does the testing will then know that the prescription they are on will cause a positive for that," says Wardle.

There are athletes who suspect this test is not random; however, the policy states that people are chosen randomly. "Selection for testing will be by lottery drawing. Reasonable steps will be taken to assure the integrity, confidentiality and random nature of the selection



Random drug testing affects most athletes. Girls' basketball is no exception.

Photo by Amy Halliday

When students don't pass, serious repercussions can follow. "If you fail the drug test the first time, you'll miss two competitions or games. Parents will obviously be contacted, and you'll have to participate in a sort of drug and alcohol counseling session. The second time, you're going to be done with your sport for the season, and if you fail it a third time then you're just done for good," adds Spiers.

Offenses will also be charged if a student refuses to take the test. Although testing positive does affect the extracurricular activities of the student, it will not hurt their academic achievements. "No student shall be penalized academically for testing positive for use of illegal drugs or alcohol, nor shall any student be denied the right to participate in or otherwise be denied any benefits, services, or programs of the school, other than participation in the activity," reports the policy.

The policy also reveal students and parents can contest the results of the random test and also receive a second testing.

process," it reports. Mr. Wardle adds, "We have every athlete who's in season, and they are assigned a number. Then we have a program that is just a number generator, and we will put it in the program. It will spend out five numbers, and we look who is associated with that number, and that is who we pull in."

Though some students may see drug testing as a hindrance or something they fear, most think it's a good way to keep students on the right track. "I think it's important because we need to keep that stuff away from our teams. It makes us look bad, and I think that it makes people think twice about doing it," says senior swim team member Korinna Talon.

"It really is a good tool," says Spiers. If kids are in a situation where they might be offered drugs or might be considering doing them, knowing that they're part of a random drug testing system can help them to make decision to say no. It's necessary because drugs are a very real thing.



Layton wrestler faces senior Tyler Schenk as he prepares to overpower his opponent.

Photos by Amber Broderick

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SECOND PLACE:
Cole Kendall-120
Garrett Hoyt-160

THIRD PLACE
Stanton Wiser-126

FOURTH PLACE:
Karloz Moran-106
Taylor Treasure-138
Brennin Erickson-170

FIFTH PLACE:
Hunter Larsen-195

SEVENTH PLACE:
Tyson Treasure-152

EIGHTH PLACE:
Trevin Schmanski-138
Jake Kendall-152

NINTH PLACE:
Quinn Longhurst-126



Heston Woolsey



Austin Halbert

State Tournament
2015 Placers

Overall Team: Sixth place

SECOND PLACE:
Garrett Hoyt

THIRD PLACE:
Heston Woolsey
Tyson Treasure

FIFTH PLACE:
Cole Kendall

SIXTH PLACE:
Stanton Wiser
Brennin Erickson

STATE QUALIFIERS
Overall Team: Fourth Place
Karloz Moran
Trevin Schmanski
Taylor Treasure
Jake Kendall
Hunter Larsen

WEBER WRESTLING STATS 2014-2015

Most Wins

Heston Woolsey- 45
Garrett Hoyt- 40
Quinn Longhurst- 39
Stanton Wiser- 31
Cole Kendall- 30
Tyson Treasure- 30

Most Near Fall

Tyson Treasure- 34
Heston Woolsey- 33
Jake Kendall- 22
Garrett Hoyt-19
Quinn Longhurst- 16

Most Takedowns

Heston Woolsey- 96
Garrett Hoyt- 50
Cole Kendall- 46
Quinn Longhurst- 44
Stanton Wiser- 41

Most Pins

Heston Woolsey- 22
Garrett Hoyt- 19
Jake Kndall- 15
Cole Kendall-13
Tyosn Treasure-13
Brennin Erickson- 13
Quinn Longhurst- 13

Most Escapes

Stanton Wiser-32
Hunter Larsen- 30
Cole Kendall- 27
James O'Driscol- 24
Brennin Erickson- 21



Most Technical Falls

Heston Woolsey- 4
Tyson Treasure- 3
Quinn Longhurst- 2

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