



WARRIOR NEWS

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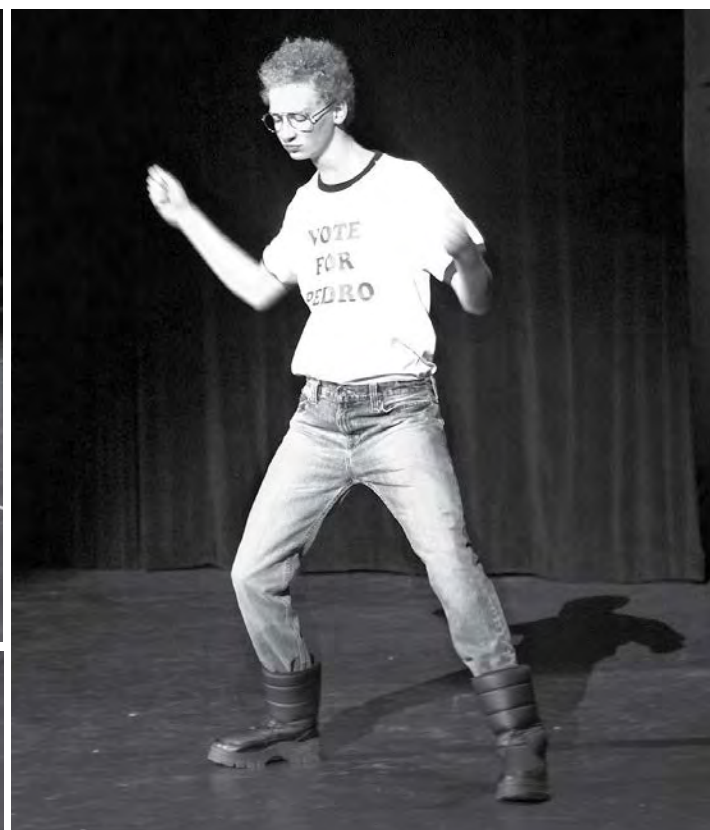
Since 1946



Having fun with Mr. Weber

The annual Mr. Weber assembly brings out the personalities of nominated contestants. Top left, Clockwise: Ben Forsberg and Josh Fawson make a merman procession; Ethan Lund dances as Napoleon Dynamite; Paul Huntsman gives a hill-billy monologue; and Cache Wilder paints faces of Bronte Fronk and Joy Henderson.

Photos by Rylee Thurgood, Baylee Howe and Melissa Harris



School reflects on life of exceptional teacher

By Siera Rose
Assistant to the Chief

On Monday, Feb. 29, Rex Johnson, who taught English and history classes at Weber High, passed away from a heart attack. Mr. Johnson worked in the Weber School District for 18 years, and during his time teaching he made many friendships with staff members and students.

“He was probably one of the nicest men you could ever meet,” Connie Perry, history teacher, says. Mrs. Perry adds in the years she and Mr. Johnson worked together, he never had an unkind word to say about anybody.

Wendy Barney, math teacher, remembers walking into school with an always upbeat Mr. Johnson. “He loved riding his motorcycle to school when the weather was good,” Mrs. Barney says. “In the winter, he hoped for a ‘motorcycle day.’”

Mr. Jimmy Adair, sign language teacher, also remembers Mr. Johnson’s fondness of his motorcycle. “We always talked about how much we enjoyed riding our bikes and how much time we spent on them. It seemed like we had a connection where we understood what kind of freedom we had when riding our motorcycles,” Mr. Adair says. He adds he always enjoyed Mr. Johnson’s smile and willingness to help him when he needed it.

Mr. Johnson had a passion for helping young people, and that led him to teaching. Many of his stu-

dents remember him as an amazing teacher who “cared about whatever his students were up to” and wanted to know how each one of them were doing. “He was really funny; we loved hearing his stories. We would just have a lot of fun in class,” says one student.

His students add Mr. Johnson will be remembered both as a great man and a great teacher who will be missed around the school. “He



Mr. Rex Johnson

didn’t just care about his students as students. He really genuinely cared about us and we’ll miss him,” another student adds.

Rebecca Murphy, resource math teacher, says she noticed his room was always full of students who wanted to be there. “They wanted to hang out in his room, and [Mr. Johnson] welcomed them into his room. I really liked that,” Mrs. Murphy says. She remembers a day

Johnson continues
on page 3

Hands-on experience offered through daycare

By Taylor Galusha
News Editor

Weber has several different class options, letting students try out some of their interests. One of those options gives students an opportunity to work with young children.

Wee Weber is a preschool for children between the ages of three to five. The school helps prepare them for kindergarten. Preschool-

ers aren’t the only students in the class, though. After taking two required classes in Child Development, high school students have the option to work in the preschool. While involved in Wee Weber, students get to plan lessons for the young children and learn how to work with them.

Senior Jenni Law said she found out about the class through Child Development and wanted to learn more. “The class has taught me how to plan things out and how to be patient with children. I get

to help younger kids learn how to work with others and discipline,” she said. Agreeing with Law, senior Shannon Stoddard added, “We teach them discipline, and we also teach them [the preschoolers] how to love and trust.”

Stoddard wanted to be involved with Wee Weber because she enjoys playing with children. “I just asked my counselor how I could get involved, and I am glad I did. I’ve learned a lot since being involved; I learned I want to be a preschool teacher, and I’ve learned how to discipline and care for children in the correct way,” said Stoddard.

Keylee Christensen, junior, also wants to work with young children, which is why she decided to do Wee Weber. “I’ve worked with my mom at a daycare, and it stuck with me because that is what I want to do in life, teach young children,” said Christensen.

“The class has taught me how to talk to kids, give the best responses to them, give them directions and give the information they need; we want the preschoolers to learn how to respect their peers, interact with other children and how to listen,” she added.

Senior Marisa Medina joined the preschool when Mrs. Arthur suggested Wee Weber to her. “I got involved during my junior year. I never thought about being a teacher in Wee Weber, but Mrs. Arthur talked me into joining, so I decided

to try,” says Medina.

According to Medina, Wee Weber helps kids learn basic skills and how to interact with others before entering kindergarten. “The kids learn a lot, and I personally have learned how to interact with the little kids and how to handle hard situations with kids,” says Medina.

The two preschool teachers are Sue Haslam and Bonnie Farr. While this is Farr’s first year at Wee Weber, she enjoys the class and the opportunity to give back to the community.

“Wee Weber is an early childhood program that serves the community and gives high schoolers a hands-on experience with children,” said Farr. Haslam agrees, describing the program as “a way to enhance the Weber High’s child development program.”

“The teens get to plan lessons in different areas such as music, science, art and math,” said Haslam. “They have to learn how to plan appropriate lessons and along with that, I hope they learn patience, how to work with small children, appropriate ways for children to solve problems and how to understand children’s emotions. I want the preschoolers to have a love for exploring; I want them to have creativity and for them to feel loved and important.”

Farr added, “When the teens come in, I hope they know they are capable of taking control of ac-



Rachel Scott, junior, assists preschoolers at arts and crafts.

Photo by Destanie Setzer

tivities and feel confident in themselves and their lesson plans. I want the preschoolers to have self-confidence as well; we teach them self-regulation, how to interact socially with other students and we want the young kids to feel loved and cared about.”

Law described the class as “a good learning experience.” Christensen added, “It’s great and it’s fun. The kids are energetic, and the class is relaxing compared to other classes. There is just so much for you to do and learn.”

Stoddard recommends the class to other Warriors. “It is something to try if you enjoy kids. It is a good experience; it has taught me I can make a difference in someone’s life,” she said. Medina added the class is a once-in-a-life time experience. “It’s not every day you get to teach and help three to five year-

olds in preschool. I absolutely love this class and would recommend this class. It’s a great experience and being involved with the little kids is loads of fun,” said Medina.

Farr hopes more Warriors will join the preschool program. “It really is a good learning tool and a good way to serve the community,” Haslam added, “It is a great program with a lot to offer. The children love the high school students.”

For parents interested in enrolling their preschoolers, they can call the office at 801-476-3736. Preschoolers must be at least three years old by Sept. 1. The cost for children between the ages of three and four years is \$65 per month, and the cost for ages between four and five is \$85 per month. All children must be toilet trained. For any other questions, contact Sue Haslam.



Teaching preschool children at Wee Weber is Mrs. Sue Haslam.

Photo by Dominique Kloepfer

70% of Easter candy purchased is chocolate.

76% of Americans think chocolate bunny ears should be eaten first.



Odds
‘n’
Ends

Jellybeans were first made in America by Boston candy maker William Schrafft, who ran advertisements urging people to send jellybeans to soldiers fighting in the Civil War.



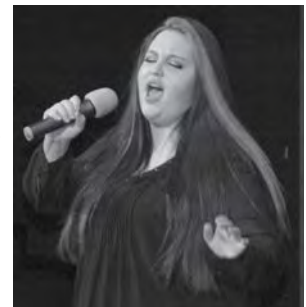
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Boys storm through region and take championship title - Pg. 11



Contest gives Warriors time to show talents and receive honors - Pg. 8



By Taylor Galusha and Jaden Pratt
Staff Editors

Expression is defined as the process of making known one's thoughts or feelings. There are many ways to express one's self and Sarah Calvert, junior, has found her expression in writing.

Calvert has been writing since she learned the alphabet. "I'm pretty sure my mom still has some of the stories I wrote clear back in kindergarten. It's fun to look at them and laugh; I've definitely come a long way. Everyone has their thing, a passion that they indulge in, and for me that passion is writing. It always has been and always will be," says Calvert.

According to Calvert, her favorite part of writing is all the potential



Sarah Calvert

Photo by Rylee Thurgood

power. "When you write, you have all the power in the world. When you have a pen in your hand, you can create anything; your imagination is the only limit. I've heard it said a lot that words have power, and I have found it to be true. Words can inspire people, move people and change their perspective. I love when I am able to do that, to not only write something that people enjoy but also to write something that motivates them, that makes them think," says Calvert.

Calvert has found inspiration for writing by watching people. "I would say people are the biggest factor when it comes to my writing inspiration. I like watching people, not in a creepy way, but because each of them has something unique about them, something important. I'll be waiting in line at the grocery store and wonder about the mother in front of me, juggling her wallet with two crying kids tugging on her



jacket. I'll think, what are her kids crying about? What is she thinking? Is she a single mom or is her husband just working? It's weird, but that's where it all starts," says Calvert.

The core of Calvert's writing comes from reality. "I base my writing off of real life, real people and real experiences. Nobody wants to read something completely made up and fake; you have to add some genuine, human characteristics. The best way to master that is by observing a wide variety of people. Humanity is incredible; everyone is strong and weird and lovely in their own ways. It inspires me just to see everyone getting through their trials," Calvert adds.

Calvert also says even though she has support with her writing talent, there is still room for improvement. "My parents have always told me, 'Sarah, you're such a great writer,' but I kind of thought they were a bit biased. Sometimes I get frustrated with what I'm writing because it's just not good enough. So for me, I think there's always room for improvement, and there are plenty of ways I can get better. I try to keep the mindset of, 'You're doing well, but you have potential to be even greater,' and I just keep practicing. It's always great to get compliments on what I've written-just like anyone else, I like to hear that my hard work pays off and that someone else enjoys it," says Calvert.

Recently Calvert entered a writing contest for the Veterans of Foreign Wars. Calvert won the contest and is advancing to state. Calvert adds, "The VFW Essay contest that I entered recently was a wonderful experience, and I was so grateful and thrilled that I was able to be in competition with so many wonderful writers."

As for her future in writing, Calvert says she would like to do something with this talent. "I would really like to be an author, but it doesn't pay much, unless you write something like *Harry Potter*, so I think writing for me anyway will be more of a side job that I do more for fun," adds Calvert.

Weber High has many talented teens, but one stands out: Anders Johnson. People can see Johnson

hanging out with friends or studying hard in class like most students; however, he is quite unique.

"Biking is my passion. I began riding at a very young age and through hard work and some great mentors, I've been able to get as far as I've gotten," says Johnson. In 2013, Johnson was the Utah State Champion and more recently has won first place in many events such as 2015 Fat Bike National Championships and 2014 Missoula Pro XCT XT.

"I've been able to travel all around the country and all over the world biking, and I am just so grateful to be able to experience everything I have as well as being able to do what I love," said Johnson.

One of his favorite experiences with biking is the chance to travel. "I was able to travel through Europe and Pandora which was really amazing to see the different countries." He also spoke kindly of his racing team saying, "Traveling with my team and raving is all around pretty fun." He added, "It is so cool to see a different perspective on the world."

Working hard is just part of his process to success. Johnson says his coach in California sends him workouts to complete everyday where he tracks his heart rate and power. Keeping his "diet in check" is also a part of his training. Johnson added he tries to "do the best I can in each workout."

Winning awards and races can be a great part of any experience, but sometimes people have to be a contender instead of a winner. Johnson spoke of the difficulty of the sport saying, "It's a lot of training. I've been training for like the last five months and haven't had a race. It's just a lot of training, a lot of hard work that goes into it and sometimes when that work doesn't pay off, it's really frustrating. But I just have to work harder."

As far as his biking inspiration, Johnson said his brother helped develop his racing passion. He also compared his first time biking to a dog's instincts. "Like when a dog tastes blood, it wants to kill again, so I just became addicted and now I love it [cycling]." Johnson used to watch his brother bike and because he was too young, he couldn't join

his brother's team. That didn't stop him, though. Johnson biked on his own and competed in races saying, "It was really fun. Whenever I ride, it makes me happy. It's a really fun time, and you can connect with some really cool people while riding. And the places it [biking] has allowed me to see and the experiences its given me is really cool."

However, all work and no play can bring a person down. That's why in his free time, Johnson enjoys hanging out with friends, playing hockey and snowboarding. "I am really thankful and so lucky to be able to travel and ride bikes. I am especially lucky about how supportive my friends and family are because without them, I wouldn't be able to do what I do," he said.



Anders Johnson

Photo by Karloz Moran

Along with the extensive training and school work, Johnson has maintained honor roll status throughout high school. Johnson spoke highly of education and his other pursuits for the future. "I'm definitely planning on school. It's most important. I'm gonna pursue that and try to continue cycling as I go to school and race competitively. But we'll see what happens," he said.

For those people who are interested in biking, Johnson advises them to be "persistent, you can't give up! You just got to keep going for it when you don't do as well as you want. Get out and bike!"

Additional reporting by Brock Christopherson

Smoking trends cause harm, increase possible addiction

By Jaden Pratt
News Editor

Vaping. Some people may think of the caterpillar in *Alice in Wonderland* who puffs smoke letters asking, "Who R U?" Others probably think to e-cigarettes, vape pens, hookah and other forms of inhalants. What is vaping and should it be labeled dangerous like any other form of drug? Or is vaping helping people out?

"Cigarette smoke contains over 4,000 chemicals, including 43 known cancer-causing compounds and over 400 other toxins," reports quitsmoking.com. Tobacco smoke has been around for hundreds of years. It has a long history and detailed studies have revealed smoking's harmful effects. However, people wonder about the differences between an e-cig and a cigarette.

Ms. Hansen, health and PE teacher, says, "[Kids think] it's vapor, it will disintegrate." She adds this is not true by saying as she cleans her bathroom, there are still vapors around afterward, so the same can happen in the lungs with vaping. "They [e-cigs] are not regulated. They have no long term studies," she adds.

Herr Anderson, Weber health teacher, expressed similar concerns as Ms. Hansen. He said, "People don't know what they are getting, they aren't regulated. People start smoking after using e-cigs. Vapor going through breathing is just as bad as smoke; it puts water into the lungs."

Publichealthengland.com tells in a health report that smoking e-cigs are 95 percent less harmful than normal cigarettes. Ms. Hansen adds, "There are less carcinogens." Hansen also says cigarettes are more harmful but some people who have quit smoking have turned to the e-cig, but they still carry nicotine and carcinogens.

"They are less convenient and more expensive [e-cigs]. That's why kids go to cigarettes and become addicted," says Ms. Hansen.

Hookah, an inhalant which includes water, nicotine and other carcinogens, has "1.7 times the nicotine, 6.5 times the carbon monoxide and 46.4 times the tar of a single cigarette," reports the National Institutes of Health. In an article by Lizzie Johnson, Dallas Morning News, she states, "Your lungs were meant for air." Utah's Indoor Clean Air Act bans the use of Hookah, tobacco and cigars in public businesses. The use of e-cigs have also been banned in many places including school property.

Mr. Ballif, WHS administrator, says vaping is "becoming addicted to a controlled substance like any other drug. For people of legal age, it's a little cleaner than smoking."


"If you aren't a cigarette smoker because you know cigarettes are dangerous and lethal, then there is absolutely no reason to be smoking a water pipe and every reason to avoid it for the same reason. Water pipe smoking will kill you also," says Virginia Commonwealth University professor Dr. Thomas Eissenberg.

E-cigs are not the same as vape pens which are more costly (around \$100) and the flavors of the vapor can vary. In an article by gizmodo.com, a man who sells and makes vapor says he knows exactly what he is putting into the "e-liquid." He says there are four ingredients: vegetable glycerin, flavorings, pharmaceutical-grade nicotine and propylene glycol. He puts emphasis on this final ingredient stating that alarmists mistaken this as a "main ingredient in antifreeze." He adds, "This is incorrect, as they're willfully confusing it with diethylene glycol, which has actually been found in mass market e-cig products."

Averia Bunner, junior says that a plus side to e-cigs and vape pens is, "People don't have to smell the smoke, just some fruity flavor. But the rest of it is just bad." Ms. Hansen, added, "State law says people cannot do it [vape/e-cig] in a public facility. I don't enjoy it; I don't want to feel it [vapor and smoke]."

While tobacco has been around for hundreds of years, 30 years ago it was socially acceptable to smoke in public restaurants and airplanes. As more research comes for e-cigs and vape pens, people will become more educated on the effects these inhalants play out. Ms. Hansen says regarding new research on vaping, "10, 20 years from now how will it be like? Hopefully we'll all be pleasantly surprised."

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Debate class offers opportunities that help students excel with future

By Rylee Roby
Staff Reporter

There are many sports at Weber, and it includes the academic challenge of debate.

Elle Gossner, the team president says, “There are so many learning experiences [in debate]. I have learned analyzing skills and I love to meet new people.”

However, she adds, debate does have its ups and downs. “Tournaments tend to be 12 hours and can be very exhausting,” she says. There is also a dress code for debate. “Suits for guys and either solid ties or pattern ties. Girls wear skirts, suits and/or blazers.”

Many people talk about debate but never join. “Really, debate is a melting pot; anyone can access it who is willing to practice and it’s for those interested in social science and history,” said Gossner. She adds there are 12 competitions and Gossner has placed in all except one.

“Amon Pierson, Michaela Du-

“The sass I have is more ridiculous than Donald Trump’s hair,” said Petersen. “Debate also allows you to be more confident in yourself and gives you a big amount of sass.”

ran, Amber Healy and Steven Cummings have been doing very well.” said Gossner.

There are also different areas students can compete in such as speech events, debate events and student congress which is the meeting place between the two.

“It’s sort of like track and field, you can capitalize on your talents,” said Gossner concerning all of the event choices.

“There are also many ways that debate can help people become a better student, such as helping with writing, gathering, information and



Learning how to articulate their opinions are senior Elle Gossner and sophomore Amon Pierson.

giving a speech or PowerPoint in a class. It helps you a lot; it also helps in expanding vocabulary and building organization skills,” she adds.

Jordan Petersen, the team vice president, also feels debate is a great learning experience. “What I enjoy about debate is that I can be rude to people without getting in trouble,” says Petersen. “Tournaments are enjoyable but waking up at 6:30 a.m. on a Saturday is not as enjoyable.”

The debate team also has many people with different personalities which Petersen says adds to the interest of the class. “The sass I have is more ridiculous than Donald Trump’s hair,” said Petersen. “Debate also allows you to be more confident in yourself and gives you a big amount of sass.”

As for learning their debating abilities, the team feels they’d be lost without their leader, Mr. Webster. “The debate team takes on any student who uses critical thinking, and does well in English and history; students who are dramatic and students who try to perform or who can perform in front of large crowds,” Webster says.

He adds, “Debate coaching doesn’t come easy. Mixing a class with a team, and not being able to

cut people is hard. I have to motivate them and help them succeed in what they want to pursue. Also, I get one class and there are 15 debate sections,” says Webster.

Webster also tells debate is a helpful learning experience, not only for school, but for life. “Debate makes you a better writer, and it can improve chances for college scholarships. It can teach you bravery and how to be self-confident in front a large crowd,” says Webster.

“There has been many competitions, 12 to be exact. A lot of the competitions we did very well.” We took first at Weber and second place at Skyview and Ogden. There are many students who constantly place such as Elle Gossner, Jordan Petersen, Michaela Duran and Steven Cummings.”

While debate is a class, it is also considered a sport which confuses people. “Even though you aren’t running and tackling each other on a field, it doesn’t mean that debate isn’t a sport,” says Petersen “Competitions is where the students work the hardest; the difference is that they aren’t running,” says Webster. “Debate is like track and field where there are different areas but we all enjoy the same thing,” adds Gossner.

Counselor gives tips for paying tuition

By Siera Rose
Assistant to the Chief

According to topuniversities.com, the HSBC (a multinational banking and financial company based in London) lists the average cost of attending college in the United States for one year as \$36,564 – that includes living expenses and tuition fees. This means it costs about \$146,256 to earn a bachelor’s degree in four years. For a lot of students, that number seems almost terrifying and only causes worry about how they could possibly pay to go to college.

A big help suggested to most is student loans, but those come with an almost guaranteed debt and paying for college out of pocket is a practically unheard of idea in the minds of many teenagers. Thankfully, there is another option that is a little less scary and maybe even a bit more helpful: scholarships.

Scholarships are money given to a student by an organization based on academic or other achievements, and WHS counselors are willing to give some extra support to students looking for more help while paying for college.

The first step in getting a scholarship is actually applying for a scholarship. WHS counselor Jen Paige says students should always be looking for scholarships to apply for. “The best time to apply for scholarships is all year long, sophomore year to senior year.” Paige refers to applying as a part-time job of sorts. “The more [scholarships] you have, the more money you have for college. That money can be used for books, room and board, food and lots of other things.” She adds scholarships will make life in college easier.

Counselor Jim Hales tells students to just keep track of the emails sent to them throughout



Counselor Wes Johnson provides information about college fees to Nancy Gonzales, senior.

their time at Weber and sign up for the ones they are eligible for. Hales adds there is a bit of a different process if students are looking for college-specific scholarships. “You have to apply to the college and be admitted to a college before you can apply for any departmental scholarships for things like math, science or even performing ones,” says Hales.

Hales also reminds students of the “scholarships in disguise” – concurrent enrollment and AP classes. “They are virtually free, and you can take them right here at Weber High. If you complete all of the requirements, you get college credit. That means you have less credits to earn when you actually start college.”

As most students have noticed, the counselors try their best to give students all of the tools they need to pay for college. “All of the private scholarships that come through our office are on the bulletins Becky Butler emails to all of the students, but no specific scholarship really comes to my mind,” Paige says.

However, Paige does remember most, if not all, of the scholarships on the bulletin ask for some sort of community service or an essay on the application. Some students have issues finding forms of community service, but Paige says there are plenty of opportunities.

“City youth councils are a really good way to get some community service in. There are also a lot of clubs at Weber that only meet about once a quarter for community service; those look really good on ap-

Photo by Rylee Thurgood

lications, too,” Paige says.

Paige and Hales also offer other useful tips for applying for scholarships like showing depth in the essays. “Don’t just write ‘this experience was fun, and I learned a lot.’ Tell about how that experience changed you as a person and helped the community,” Paige says. She adds to always have someone review essays before turning in an application because “spelling and grammar mistakes can mess things up for you.”

Hales adds just be thorough and creative in the essays turned in with applications. “Start your essay with something that will catch the attention of whoever is reading it and make sure you don’t leave anything out of it. They’ll just throw it out if it’s not finished,” says Hales.

Aside from various links on the counselors’ blog, there are other resources for finding scholarships. “Parents’ employers are always a good place to look for scholarships. There is also a website called fastweb.com that lets you input your interests and goals, and then they look for scholarships for you to sign up for,” Paige says.

There is also a link on the counselors’ blog for the top five scholarship apps available for download. Some of them are free and some of them cost money, but Paige says, “It doesn’t hurt to check and see what there is.” She also reminds students it is important to check the websites of the schools they want to attend for any college-specific scholarships for some extra help in paying for college.

teaching.

As Mrs. Brown, computer lab manager, was preparing for the student testing, she appreciated how nice and patient Johnson was to her during her stressful times. Mr. Rawlins also noted Johnson’s

“One of my students had missed the memo about the delay, and apparently Rex did, too. Mr. Johnson let my student sit in his room and play on the computer for two hours.”

kindness. “He was quiet, but he was kind to everyone.”

Mr. Johnson’s love for the outdoors created an instant friendship between him and Vice Principal

Bryce Ballif. “His screen saver was a fishing picture, and that’s how it all got started,” Mr. Ballif says. Mr. Ballif adds in the short time he’s been at Weber High, he shared a lot of fun fish stories with Mr. Johnson and says Mr. Johnson was “[his] kind of guy.”

Mr. Johnson also had a profound love for his family, who remember him as an “awesome” father, grandfather, teacher and friend. “We would always cut up, and I’d tease him about being single and how close he was to his ex-wife. But she was his best friend. He cared about her and his kids more than anything,” Mrs. Perry says. She adds, “Up until the day he passed on, he was always helping his family.” Mrs. Murphy also remembers him always talking about his family. “He loved to talk about his kids and his grandkids. He really did love them,” Mrs. Murphy says.

Johnson continues from page 1

a few years ago when school was delayed due to the weather.

“One of my students had missed the memo about the delay, and apparently Rex did, too. Mr. Johnson let my student sit in his room and play on the computer for two hours.” Mrs. Murphy says she thought that was amazing because Mr. Johnson didn’t have to do that. “He was just really welcoming of everybody; whether it was his student or not,” Mrs. Murphy says.

Some of the things that were also noticed about Mr. Johnson were his quiet kindness and his love for the outdoors. “He never griped about administration or policy, even when the rest of us were,” Mrs. Perry says. Mr. Adair adds Mr. Johnson was always ready to answer any questions he may have had about

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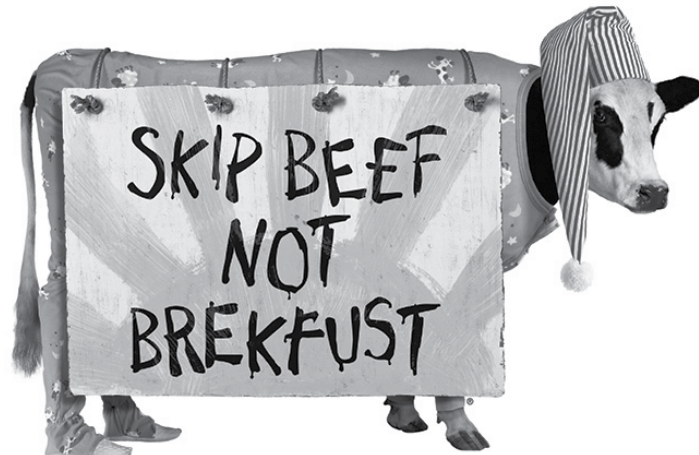
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Best of the best: Sterling Scholars chosen

By Jason Godfrey
Editor in Chief

(Part 2 of the Sterling Scholar story)

Receiving the award of Sterling Scholar is an honor for high school seniors. These students are striving to use their power beyond measure.

When Sam Good was awarded with the Sterling Scholar award, he felt “honored to follow behind so many groups of successful students.” He also said, “All the Sterling Scholars in the past have been some of my greatest role models, and I feel really lucky to share that title with them.”

As the Sterling Scholar for business marketing, Good chose to apply because he felt he was the “most qualified” for the award. He said, “My involvement in DECA and FBLA since my sophomore year really sparked my interest in business leadership and helped me realize that not only is this something I enjoy, but it’s something I’m pretty good at!”

Being involved in FBLA proved to play a pivotal role in Good’s accomplishments. He has gained a lot of support from computer teacher Mr. Rawlins, who “helped me whenever I had a question or concern.” Good continued, “I’ve also had a ton of support from my entire FBLA State Officer Team.” Good serves as the public relations director for Utah.

Aside from DECA and FBLA, Good was prepared for this title from his involvement in other organizations. He said, “I think I gained most of my qualifications from working with a number of international non-profit organizations.” He continued, “In essence, these groups are ran just like real businesses, and to take an active role in that process really helped me develop some great skills in leadership and organization.”

Business is important to Good because he sees it as “the main sector where big decisions are made that can really affect our society.” He added, “I hope to combine my passions of science and business to hopefully work with large compa-

nies that create technologies helpful to the environment.”

Good’s path toward the business field has just begun. He said, “I plan on pursuing an undergraduate degree in Environmental Systems Engineering at Stanford University before obtaining an MBA from a business school.” He also added, “I think this award shows that while I’m dedicated to science and technology, I’m also prepared to become a business leader.”

As the Speech/Theater Arts/Forensics Sterling Scholar, Elle Gossner is proud of her accomplishments. She said, “It makes me feel like I’ve reached my goals and accomplished a lot.”

Gossner chose to apply because “debate is great and I love political discourse.” She also said, “I also love the people because they all have something to say. Debate and Theater have made me more well-spoken, poised, confident and ultimately happier. Everyone in debate is an inspiration.”

Through the process, Gossner has had a lot of guidance. “Mr. Webster and Mr. Daniels have both been instrumental in getting me to this point. Their classes, along with AP history classes, have helped me a lot in getting a sense of political climates and knowing what’s happening now,” she said.

Speech/Theatre are important to Gossner because “I want to study political science and communications, and this opportunity has really helped me with my career path,” she said.

Gossner hopes to continue to debate and has “loved to be a part of Weber’s program.” For competition, she said she is “going to do a killer portfolio and showcase [her] speaking skills.”

Becoming the Sterling Scholar for vocal performance was a lifelong dream for Tatiana Pryor. “I have always said that I love theater and if I could get Sterling Scholar, it would prove that I’m good at what I do,” she said. She added, “I’ve accomplished something important to me.”

Pryor had the help of many people in her life including past winners. She said, “Mr. Daniels is a very inspiring teacher and has always pushed me to do my best.”

She is also thankful to “Jake Heywood and Ninajo Sandstrom for sharing their tips.”

Preparing for this award started long before this year for Pryor. She said, “I’ve grown up singing and this has been a goal of mine. I’m so happy I’ve achieved this.” She added, “All of my classes have helped me learn and being a member of Productions has been my favorite. I have also enjoyed choir and would recommend it to anyone.”

Perhaps the most important thing Pryor has learned through this experience is to “believe in yourself.” She continued, “That brought me to get this award and I still believe in myself I’m not any better than



Aspen Wayment

anyone, but being good enough to get this award means a lot. It’s okay to recognize you’re good at something.”

As far as her future goals go, she said, “I’ll be singing for the rest of my life, but you can’t set your future in stone while in high school.”

As the Visual Arts Sterling Scholar, Robyn Shupe applied for this subject simply because “art is fun.” She is glad she applied because she has “achieved something with [her] talent. If I hadn’t applied, I would have always wondered if I could have made it,” said Shupe.

Shupe has taken many art classes through her high school career including pottery, painting, Art I and AP Art. She also says she has learned a lot from Mr. Wilding and hopes to “become an art teacher just like him.” Art is important to Shupe because “it is a good way to express yourself and what you’re feeling.”

The process of becoming a Ster-

ling Scholar has allowed Shupe to learn a lot of things. She said, “Even if you don’t think you’ll make something, you always have a chance.”

Aspen Wayment feels “completely thrilled to represent Weber High” as the Dance Sterling Scholar. She added, “Sterling Scholar encompasses two things that I’m the most passionate about: I love dance and I love academics. I love dance because it gives you the freedom to express yourself anyway you want. I also love pursuing academics and the things it prepares you for.”

Through years of both school and dance, Wayment is grateful to her mom for “being my biggest fan.” She added, “My mom is my inspiration. She is always behind me one hundred percent in everything I do. She is the reason that I’ve set my goals so high because she’s always there telling me I can do anything, and helping me through it all.”

Upon earning this award, Wayment has learned that self-confidence is key. She said, “Believing you can accomplish the goals that you set for yourself is something I’ve learned through this experience.” She also added, “All the years of dance that I have participated in have given me the most preparation for this as well.”

As Wayment has found her passion for academics and dance, she has realized how important those two aspects are in her life. “I feel that academics and dance go hand in hand, and I am equally passionate for both!” she said.

The step of becoming a Sterling Scholar is the first of many for Wayment’s successful future. She said, “One of the most memorable moments in dance was when I traveled to Los Angeles and was selected to sign with a talent agency.” As far as after high school, Wayment plans on “attending BYU and auditioning for one of the various dance companies based in Salt Lake.”

The next round of Sterling Scholar is something that Wayment feels is going to be tough. She said, “There are some really talented girls out there that are very driven academically and in dance. I look forward to the challenge and hope to do my very best representing Weber High.”

Easy ways to stay healthy with simple diets, exercise

By Emilee Alder
Editorial Editor

When told to stay healthy, people roll their eyes, and think about hard work and dieting. While staying healthy does involve being active and eating right, it doesn’t have to be as intense as people see it. Most people aim for a completely different lifestyle, though it’s the small differences that matter.

Health teacher Mr. Ortega says, “Staying active usually makes people think of hard workouts, but you can really just do anything.” He adds people, especially students, need to go outside more. “Just being outside can make you feel happy,” he says.

Coach Macfarlane says everyone should be exercising “about five days a week, for at least 30 minutes,” she adds. She also says at least maintaining one’s body weight still requires exercising for at least three days a week.

It’s always hard to be motivated to eat healthy and to exercise, so Ortega says, “Getting someone to exercise with you will help. Get your mom, a sibling, anyone to support you.” He also says in order to get use to exercising, “Try exercising once a week and then when that gets easy, start exercising twice a week.”

MacFarland says if someone wants to start being active, “just do it.” That also goes for eating healthy. “You have to want to be healthy, and want to change, to really make a difference,” she says.

Senior McCall Johnson understands the importance of physical fitness. “It’s hard for me to be active,” she says. She thinks about exercising, but she adds it’s easy to push away. Johnson says doing yoga is what she prefers to do when being active.

“Yoga is the only thing I don’t mind doing, even though it can be hard sometimes. I definitely see a

difference when I work out,” she says. “I think everyone should try different types of workouts and see what they like best.”

Eating right is also an important factor in staying healthy. Macfarlane says to keep a healthy diet students should start cutting out carbohydrates, fats and proteins. She says, “Carbohydrates are for energy, and fats and protein provide strength.” She reminds people that yes, these food groups are important, but only eat what is necessary. “Also, staying hydrated is very important. Drink more water,” she says.

Macfarlane also mentions having a good sleep schedule plays a big role in staying healthy. “Teenagers should get around eight to ten hours of sleep a day,” she says, but also adds, “Almost all teenagers get around four or five hours of sleep, maybe a little bit more.” MacFarland says when students don’t get enough sleep, they “risk falling asleep in class and are usually groggy all day.”

Ortega says he knows it’s hard for teenagers to get to bed on time. “From what I’ve learned, most teenagers are built to go to sleep late and wake up late.” He says in order to get better at getting to bed on time, students should put their phone away. “Sleep is very important; it can affect your entire day.”

Johnson adds, “I don’t get enough sleep every day, I’ll be honest. The nights I do choose to put my phone away, though, I can tell a difference the next day.” She adds going to bed earlier is a lot better than sleeping in and being late to class. “You’re always going to be tired in the morning; you can decide how tired you’re going to be though,” she says.

Motivation also plays a big factor in staying healthy. Macfarlane says, “You have one body. There’s no backup plan if you wreck it, so treat it right.” Macfarlane adds the way students treat their bodies now will affect them forever.



Senior Zeke Grillo picks a healthy snack from the vending machines.
Photo by Kaitlyn Henderson

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Social media can affect perception, posts do not show complete reality

Social media has a large influence on young people. With technology at our fingertips, it's hard not to be affected. Whether we see a cute photo of a baby animal or a model (fashion or car models), we're all affected.

Jennifer Lawrence is a big star in the movie industry. She has been quoted saying she is considered "obese" in the Hollywood scene, being called a "fat actress." Lawrence is a beautiful actress, and she has been awarded many times for her talent. One of my favorite quotes of hers is, "I'm never going to starve myself for a part. I'm invincible. I don't want little girls to be like 'Oh, I want to be like Katniss, so I'm going to skip dinner.'" I think teens and adults are affected by media. Many photos of people online are photoshopped. Both men and women can have their self esteem damaged by what society says is acceptable in their appearance, family, social life and much more.

Social media isn't all bad, though. A friend of mine was looking on Pinterest and was searching for a new hairstyle. Social media can give people new ideas and can inspire them. People also look on Facebook and Instagram to see what their friends are up to or to post about what is going on in their

life.

The true problem with social media, however, is how much time it consumes in people's daily lives. People can spend hours scrolling and accomplishing little for their personal growth and wellbeing. This is not the only problem. People's minds can be consumed with the ideas and images of how their lives should be. In a study conducted by the University of Salford in the UK, they found that "50 percent of 298 participants said their self esteem suffers when they compare their own accomplishments to those of their online friends."

The self esteem of a person is a very sensitive thing. We could call social media a bully in the way it affects people emotionally. But one of the biggest bullies people can face in life is themselves. Social media is fun and good but once it starts making people wish they could change something about themselves, to make them feel like they must conform to society, that is when it is bad.

Depression and anxiety can also come from too much time spent on social media sites. Sundial.com reported, "Researches find that the more time people spend on social media, the more depressed they become when comparing their lives to others." They also stated. "By

constantly referencing the pictorial perfection that is portrayed through social media accounts, it makes people feel bad about their own lives for not seeming as exciting and perfect."

When most posts only allow 140 characters/letters, many don't receive the whole story. People's lives can seem so lovely, but people don't honestly see the entire picture. The fancy car or house those people have, they had to work hard for it. The party those teenagers are at? The cops were called because kids were causing trouble. A picture is worth a thousand words, but they are limited when people try to decipher its meaning.

Is social media affecting self esteem? Absolutely! Good and bad, people need to remember that their life is what they make of it. Letting self-worth be based off of likes and favorites will not make a person's life any better. If people live life to the fullest and seize the most of every opportunity brought their way, their self-worth will be worth so much more than the pretty pictures that one posts. Einstein once said, "Live as if everything is a miracle." Take what is given and make it one's own miracle.

By **Jaden Pratt**
WHS Sophomore

Importance of female friendships, sisterhood promotes self-esteem

With the culture we have been raised in today, it's understandable as to why girls hate on each other. We don't see enough girls supporting each other on television; instead we get an abundance of mean girls tearing each other apart. We read magazines that promote jealousy and use objectionable, cruel language towards girls. But we need to be more aware of when we've internalized a societal problem and what we can do to destroy this mentality. People not liking themselves seems to be where the

cial to love oneself and to love the sisters around you!

A lot of this hate stems from similarities. You might think this girl you're hating on is the better version of yourself, when as a matter of fact, there is nobody in the universe that can be a better version of yourself than you. To remember this, there is an important quote by the editor-in-chief and founder of *Rookie Magazine*, Tavi Gevinson, "Girl hate is not hating someone who happens to be a girl; it's hating someone because we're told that,

you want to form a sisterhood with someone you have a ton in common with? Think of how awesome it would be to have a sister who truly understands your love for something because she loves that thing too! Think of the glamorous slumber parties to be had, the endless good times and laughter, the encouragement and support you will receive! But don't forget that friendship isn't a one way street, and you also need to be able to provide these things to your pal too.

Sometimes there will be boys who wrongly believe it's an insult for a girl to be better at something than them. They think the best way to avoid feeling humiliated and emasculated is to start comparing girls to other girls, thus taking the focus off of them. Now we get into the concept of girls hating on other girls strictly for male attention. Here's the truth, a girl's main purpose on earth is not to please boys or do things for their approval, especially when it comes to things like being mean to one's own gender for no real reason.

At the end of the day, I'm not saying all girls should be best friends with each other no matter what, because everyone gets along with certain people and sometimes we meet people who just can't fulfill a basic friend's needs, regardless of gender.

We do, however, need to treat other girls and women with the respect we all deserve. With all of the countless forms of sexism, misogyny and inequality going on in the world today, it's so important that we look out for each other and stick together.

By **Lily Davis**
WHS Junior

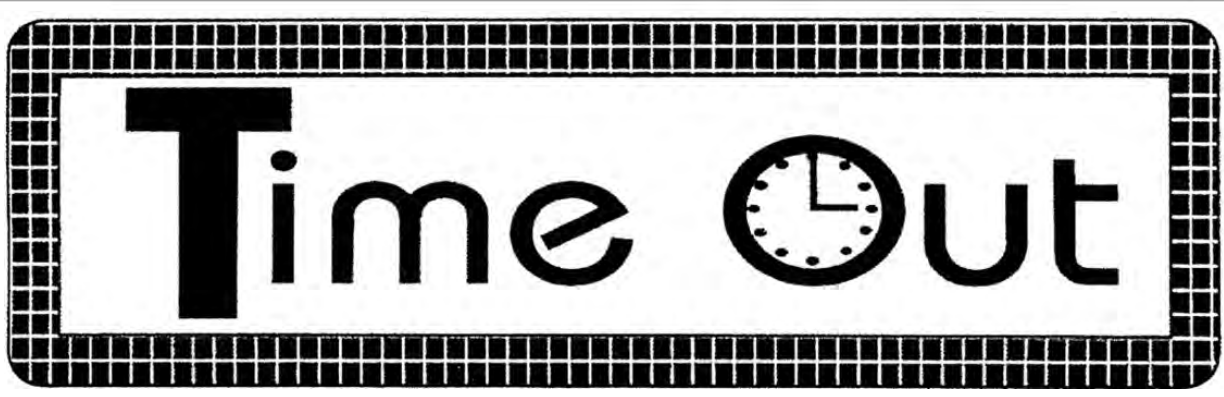


Sophomores Madison Carver and Tess Musgrave show sisterhood.

Photo by Melissa Harris

hating other people begins. Picking out the flaws of someone else might make you temporarily feel good about yourself, but in the long run it's just hurting yourself, and this will eventually make you pick out your own flaws. This kind of negativity is stressful, tiring and just not worth it. It is so much more benefi-

as girls, we should hate other girls who are as awesome or more awesome than ourselves. That there can ever only be ONE cool girl, ONE funny girl, ONE smart girl, etc., in a circle of people." We shouldn't see similarities as a threat, we should see it as the beginning of a beautiful friendship. Why wouldn't



By **Gavin Doughty**
Feature Editor

Our planet is not an absolute reality. It's dynamic, well balanced, but not unalterable. By itself, earth does its own work in changing, either to the benefit or the detriment of certain species. In fact, if it weren't for this planetary cycle of change, life itself would have remained a mere potentiality. The earth's dynamism enables the actuality of many wonderful things, most especially that of living organisms.

According to NASA, our planet has undergone regular climate cycles for the last 650 thousand years, meaning the greenhouse effect is always in effect. Fluctuations in CO₂ levels have been due to minor variations in earth's orbit every several thousand years; roughly seven thousand years ago our planet entered into its modern climate era, the one we belong to now.

Climate change is a natural phenomenon; we should expect it and cooperate with it. The real concern arises when something drastic creates anomalies in the pattern. Though shameful to admit, our human ambition is largely, if not entirely, responsible for the damage done to our ideal home in the last few centuries. Since the dawn of the Industrial Revolution, we've been intent on building up our quality of life but neglecting the well-being of our biological cousins, whether it be the trees, the orangutans, the polar bears, etc. Their perpetuation and ours is quite literally in our world-changing hands.

But how has earth really changed for the worse? What have we observed, and why does it matter? Even though many fields of science, like geology or evolutionary biology, are used to dealing with change in terms of millions and billions of years, climate change is far more urgent. Substantial changes don't occur over thousands of years, but over mere 10 of years; the effects, however, last for far longer and are difficult to counteract. The damage we do now carries into subsequent generations.

Commonly, one hears that, compared to our grandparents and their parents and so on, our world has taken up the initiative to form a greener tomorrow. After all, we have recycling bins in homes, we're more aware than in the past, but it's caused little, real change. In fact, things have gotten worse. For example, across the whole twentieth century, sea levels rose by 17 cm; in the last decade alone they've risen by more than double that. In

addition, glaciers are retreating, the ice caps are melting at astonishing rates, especially in Greenland and Antarctica, and the global surface temperature has been on the rise since 1880: the 10 warmest years have been in the last 12 years. And, of course, there's the infamous accumulation of greenhouse gases: our constant emissions of CO₂ have contributed to our oceans an excess of two billion tons per year, a 30 percent increase since before the Industrial Revolution. All this to say, big changes are taking place.

Are we responsible? It'd be strange not to think so. Still, the term "climate change" leaves a bad taste on many people's tongues, especially in the United States. A consensus about the reality of climate change was reached some years ago by the Intergovernmental Panel on Climate Change organized by the U.N. Researchers from around



the globe worked independently to concede finally that there's a 90 percent probability humans are the reason for the seasons—and not temperate seasons, but extreme ones. Now, the sun lends us a hand through cyclic radiation variability, but it's a small hand. If the sun were the culprit, we'd expect to see uniform temperature increases throughout the earth's atmosphere, but we only find it in the lower layers.

The reason for Earth Day is to raise awareness about these issues. An encouragement to plant a tree or build a garden with compost is a way simply to make people aware, not only of the planet's future but of our relationship to it: the world came first, while humans didn't start making their mark until the last fifth of a half of a half percent of earth's long and fruitful history. Let's not spoil the luxury of living that our planet has already graciously granted us.

The Earth Day Network's primary mission since 1970 has been to work with local officials and or-

ganizers from every nation in order to mobilize communities, and it starts with waking them up. This year, the Network is focusing heavily on the Indian government and encouraging leaders there to promote the welfare of their individual communities. As well, trees have been the rallying call of Earth Day since day one; 56 acres of forest are being lost every minute, according to the Earth Day's official website. Planting the right trees can spark a sustainable local economy.

There are many facets to the climate issue, and many things are changing. The recent UN Climate Change Conference last December included consensus to reduce global warming and greenhouse gas emissions across at least 55 industrialized countries.

As little ol' people in a little ol' town, the best we can do is to accept our shortcomings, plant a tree

or two and be willing to cooperate with our government's efforts to "save the world." There's recycling, composting, solar panels, Tesla cars and the like; these are noble actions, but the most important decision we can make is not to deny the reality of our potential to effect change, whether for better or for worse. That's what Earth Day is all about; being socially accountable is what ultimately will lead to lasting developments in the health of our planet. Now, this does not mean we slap the climate-change deniers in the face; and this is not merely a political issue (the polar bear would throw stones at Democrats and Republicans alike). Instead, we ought to encourage a sincere look at the evidence and then use our progressive minds to create and innovate. With the same hands that build a respectable industrial world, we can harness the power of the human will to right our wrongs and respect the lives of our future children and grandchildren.

In conclusion: don't litter and drive less to reduce CO₂ emissions.

End of school approaches fast, finding motivation can be difficult

Staying motivated during the final quarter might be tough, but there are many ways to help students survive. For one, they could think about what they have left of school instead of how long the year has been. Staying focused on school can help the months fly by. There is much more to do with so little time left. Focus more on what's important for your education, and the end of the year will be here before you even know it.

Always try to have a positive attitude. It's really easy for students to give up on their school work during second semester because summer vacation is almost here. However, it's not vacation yet, and there is still so much more to do. It will cause a lot more stress on students to give up than to try hard and keep their grades up. Having negative feelings will only make people feel worse about coming to school the next day. Try to look at everything with a more positive perspective.

Adding something fun to a person's day can also help the year go by much faster. This will give students a break from their school work and help them be more posi-

tive.

Students who aren't enjoying school will regret it when school is over. High school is the time when people make some of their biggest decisions and have memories.

Something fun people could do to help stay motivated is something that helps me become more excited for the end of the year. It is a countdown calendar. This is a creative suggestion to make school enjoyable, and you can keep up with your assignment.

Remembering the importance of education can also help the year go by quicker. People's education is not all about having "A" grades. It's also about what people learn and what they take with them after their college career. School might not be the most exciting thing in the world, but it is really important for students and for their future career.

Even though the weather may be cold or rainy, getting outside more can also assist students with staying motivated because it gives them more energy and makes them more happy. As it gets warm again, go on a bike ride or a walk with the family or even a dog. Janalee

Payne, registered nurse at Davis Hospital, suggests all teens should get out in the sunshine more often. She explains getting outside can help improve a lot of things such as avoiding sickness and depression. It is no fun to be sick or depressed, and it sucks even more when you have to go to school like that.

Another thing students could do to stay more motivated is to think of the year day by day instead of month by month. Instead of thinking about how far we still have to go, think about all the important stuff that needs to happen today and tomorrow. Living in the moment instead of dreading how much we have left can help a person's outlook towards school. It really is all about perspective.

Staying motivated this semester can be tough but by taking the right steps and by keeping positive, teens will definitely help the year go by faster. Students need to remember they are almost there, and they need to stay focused on their school work and education.

By **Maddi Marker**
WHS Sophomore

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Webster High School430 West Weber High DrivePleasant View, UT 84414

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Mr. Weber contest upholds tradition

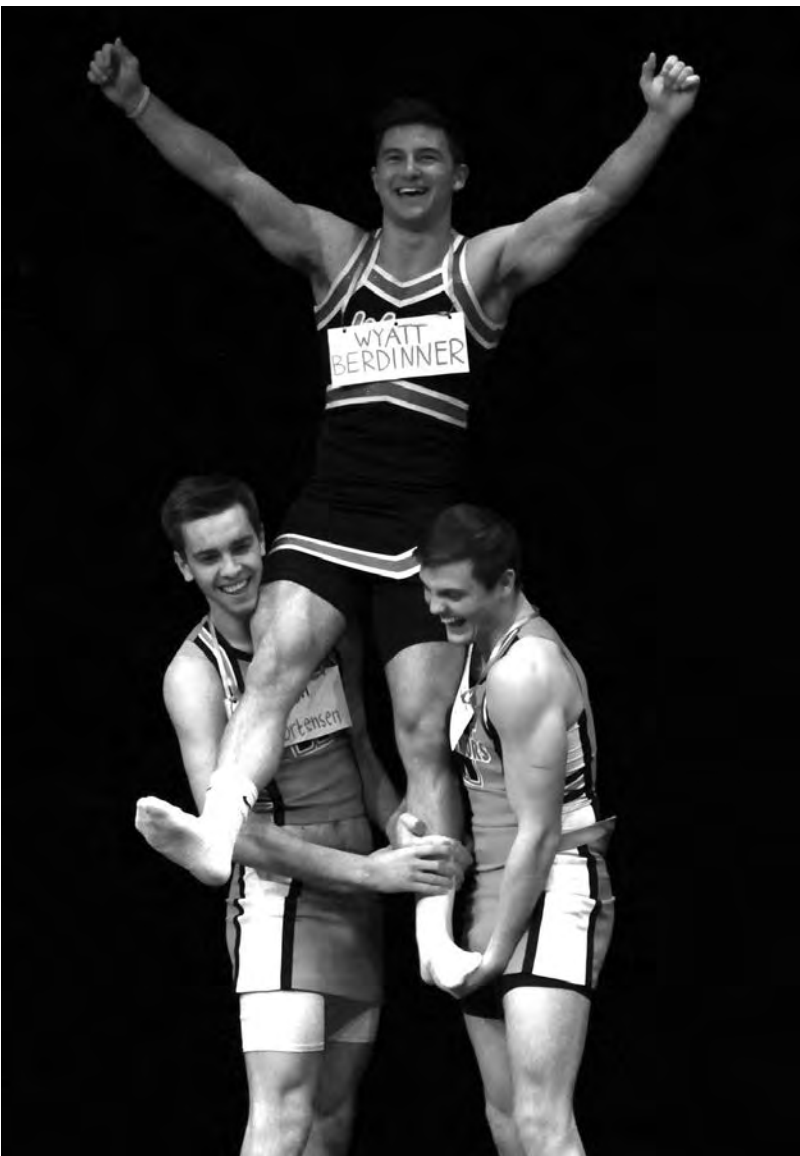
By Jason Godfrey
Editor in Chief

The Mr. Weber competition has been a popular and beloved tradition for many who attend Weber High. Otherwise known as a pageant, a select group of senior boys get the chance every February to showcase some of their talents and hope to gain the title of the next Mr. Weber.

The nominees for the 2015-2016 school year were Ethan Lund, Wyatt Berdinner, Josh Fawson, Cameron Mortenson, Paul Huntsman, Garrett Hoyt, Cache Wilder and Ben Forsberg. Each candidate was selected from a specific school club and/or organization. This year's crowned Mr. Weber is Huntsman.

Students may recognize Huntsman for being a runner, a member of Chamber Quire, outgoing, smart, friendly and an athlete on the cross country and track teams. He is enjoying every moment of his senior year. He said, "When I first heard I was nominated for Mr. Weber, I jumped up in class saying, 'This is sweet!'" This has been an awesome and fun experience."

When Huntsman became the next Mr. Weber, he said it was a "great feeling." He added, "This has been such a fun experience. I



Showing off their cheering skills is Garrett Hoyt, Cameron Mortenson and Wyatt Berdinner.

Photo by Baylee Howe

man has learned that "the praises of other people matter less than [my] own happiness and the small simple things that occur."

As well as acting redneck, Huntsman enjoyed "decorating [his] chocolate castle cake with the Best Buddies Club." As a word of advice to any nominees for next year, Huntsman said, "I would tell the

joked that I might get into Mr. Weber, so when I found out, I was surprised."

During the competition, Lund enjoyed all of the lunch time activities. He said, "We rode tricycles which was fun because everyone was trying hard to pedal and win. We also did face painting, and we got to do a cake decorating contest with the Best Buddies Club." On top of all the activities, Lund said he loved seeing Paul win. "He worked so hard, and it made me happy to see him win." said Lund.

During the process of putting together a talent, Lund learned, "If you practice hard, you can do anything. Practice makes perfect." Lund's talent included doing a Napoleon Dynamite impersonation dance. The curly hair and "Vote for Pedro" shirt helped to make the reenactment an audience favorite.

Through the week-long fun, Lund is thankful for everyone who helped him and made it a fun experience.

Representing the Productions Company, Fawson said being in the Mr. Weber contest was "just another fun opportunity for [him] to get involved. It's been a lot of fun."

Fawson is known for being the lead singer in his band "Miss the War." He said, "I love singing with my band, writing music and everything that goes into performing." Because of Fawson's talent of singing, he showcased that during the Mr. Weber assembly. "I'm flattered to be a part of the legacy of Mr. Weber."

A few things that made Fawson memorable during the assembly was his singing and piano talent. He also dressed up as a mermaid for the swimwear portion of the competition.

Aside from the assembly portion of the competition, the contestants enjoyed the daily activities. From decorating cakes with Best Buddies, having tricycle races and getting fake tattoos painted on, the nominees made each activity memorable.



Triking his way to victory during a lunch time activity is Ben Forsberg.

Photo by Destanie Setzer

loved getting everyone pumped up and being as redneck as possible." As the most memorable moment, Huntsman said, "Practicing for hours to be a redneck is something every person just has to do! It's so much fun."

Acting as a 'redneck' proved to be a smart move for Huntsman. His memorable moments included telling jokes and dressing up as a Huckleberry Finn-type character. For evening wear he wore a cowboy hat and a camouflage vest. He said, "I just wanted to have a good time and have fun."

Through this process, Hunts-



Baylee Howe tattoos contestant Cache Wilder's arm during Mr. Weber EO activities.

Photo by Melissa Harris

By Ashley Vongbandith
Assistant to the Chief

Bullying, overcoming heartache, staying strong, coming of age and fighting sexism in today's country music...those are just the few themes in Maddie & Tae's brilliant debut album. Country music's hottest new duo writes music that anybody can relate to with various topics. These ladies bring each track to life with their powerful harmonies, and this makes their latest album, *Start Here*, a strong debut album for these newcomers.

Maddie & Tae, now both 20 years old, began singing and writing together when they were teenagers. *Start Here* came to be once the two musicians penned together their first number one country hit, "Girl in a Country Song." *Start Here* debuted at number two on Billboard's Country charts and number seven overall on Billboard's 200.

Maddie & Tae's first number one hit and debut single off the album is "Girl in a Country Song." This song is fierce and battles the amount of sexism in modern day country music. Ladies of country music are being over taken by "bro-country," a style of 21st century country music that involves mixtures of pop, hip-hop and electronic music. Maddie & Tae, along with other struggling lady musicians, are not happy about it.

Maddie & Tae wrote "Girl in a Country Song" for fun as they spent a St. Patrick's Day together. Little did they know it would soon become a number one hit on country radio. The upbeat and honest track directly quotes lyrics from popular, bro-country songs from artists like Blake Shelton, Chris Young, Thomas Rhett, Florida Georgia Line and Jason Aldean to show off the cheeky side of the song. The bridge kicks in and flat-out tells how country music changed in the worst way and how country music legends didn't have to treat women unfairly to gain popularity.

"Aw naw, Conway and George Strait/ Never did it this way/ Back



in the old days/ Aw y'all, we ain't a cliché/ that ain't no way/ to treat a lady." The song overall received positive reviews for its clever songwriting and being able to speak up about the struggle women face in country music today.

The duo brings together their third and current single by sticking with the traditional "three chords and the truth" country songwriting style to capture the roots of older



country music on the song, "Shut Up And Fish."

"Shut Up and Fish" has peaked at number 40 on its first week on Billboard's country airplay charts. This track was written when the duo couldn't get peace and quiet while fishing due to clueless boys who didn't understand that some girls just aren't interested in anything other than bass. From the beginning until the very end, this song keeps listeners entertained with its sassy lyrics and heavy country melody. But the chorus is what gets the listeners dancing and singing:

"I was fishing/ He was wishing we were kissing/ I was getting madder than a hornet in an old Coke can/ Getting closer/ Sliding over/ Crowding up my casting shoulder/ Reaching out and trying to hold my

reeling hand."

The song is hilarious and one of my favorites off the album. This song shows off the humorous side of the girls and also shows how passionate they are with country music by trying to incorporate older country sounds with modern day ones. This song was an excellent choice for a third single.

"The Downside of Growing Up" is the final track on the album, and it is a great way to end it. These girls show that they're just like anyone else. And when they came to the realization being grown up isn't so fun, they picked up their guitars and jot down their feelings with music. Filled with honest lyrics, anyone going through the stage of growing up can relate.

"But that's alright, that's okay/ It's just the way you find your way/ It's the road you gotta take to get where you're goin'/ And you're gonna twist, you're gonna turn/ But it's how you're gonna learn/ a lot about love, a lot about life/ on the downside of growing up,"

Not only are they becoming big stars in country music, but they're also growing as people who are trying to find their place in this world.

Maddie & Tae are already being nominated for big country music awards such as an ACM for Vocal Duo of the Year, three CMT awards including Video of the Year and the duo has already won one big award at the CMAs for Video of the year with "Girl in a Country Song." This is only the beginning for these talented ladies. For anyone who's looking for passionate artists who write real Country music, I recommend picking up a copy of *Start Here*.



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New faces join Weber classrooms to inspire

By Emilee Alder
Editorial Editor

There are several teachers at WHS who are first-time Warriors, and some students may not know. Two new instructors are Psychology teacher Caleb Hardy and agriculture teacher Cassie Joiner.

"I chose to teach because it gives me the chance to make a positive influence," says Hardy. "It is a profession that when someone asks me what I do for a living, I am proud to say I'm a high school teacher."

Not only does Hardy teach at WHS, he also coaches wrestling. "Teaching also allows me to coach wrestling, which is another way for me to be a positive influence and share my love of the sport with others," he says.

Hardy didn't always want to be a teacher. He says, "When I started going to college, I wanted to be a physical therapist." Hardy attended college at Utah State University, as well as Weber State. He studied and majored in exercise science and minored in psychology. "Through twists and turns along the way, the opportunity to teach seemed like a much better fit," he says.

Despite not being his first choice, Hardy says he loves teaching, especially psychology. He enjoys psychology "because there's so much to discover in their fields," he says. For example, he says it's interesting to learn why people do what they do. He adds the human mind is



Teaching Agricultural Biology this year is new teacher Mrs. Joiner.

Photos by Karloz Moran

complicated, and there are always new things to discover about it.

"I earned a minor in this field [psychology] just because of my love for it," he says. "Being a psychology teacher gives me the opportunity to further study a topic I am extremely interested in."

Teaching at Weber High isn't the first time he's worked with students. "I have worked with students ever since I graduated from high school in 2002," he says. "I went to Box Elder High School where I wrestled and then coached there for a few years. I also coached at Bear River the year before I started as the head coach at Weber," he says.

"As for teaching goes, I have only really done that since the beginning of this year," he adds.

Hardy also says Weber High has amazing students, "Between that and a wonderful staff, I really enjoy my time as a teacher," he says. "My favorite part about teaching is when my students are involved in the lecture, and our classroom becomes a place of discussion." Hardy adds he likes the look on his

students' faces when they understand a new concept.

Cassie Joiner is also liking her time as a new Warrior. "I teach plant and soil science and Ag biology," she says. Joiner has always been involved in agriculture and loves promoting this way of life.

"I did FFA and 4-H (Positive Youth Development) growing up, and those organizations gave me a passion for sharing agriculture," she says.

Joiner has always wanted to be a teacher. "I grew up thinking I would teach history, but I fell in love with 4-H and FFA. I have always enjoyed helping others and promoting agriculture," she says.

The best part for Joiner about teaching is how hands-on agricultural classes are. "I learn best when I actually get to do something, and I think many of my students feel the same way," she says. For example, Joiner says her students get a lot of opportunities to learn with animals and work in the greenhouse.

Though Joiner has worked with students before, this is her first time teaching in a classroom. "I have a lot of experience teaching youth in 4-H and FFA. I love teaching livestock clinics and leadership skills to anyone who will listen," she says. She adds joining these kinds of clubs helps students learn work skills and become leaders.

There have been many people who have inspired Joiner to become a teacher. She says, "My mother is also a teacher, and I saw how much she loved her students." She also says, "My high school AP European History teacher always pushed me to follow my dreams and to be the best I can be." Joiner adds, "I went to high school at Fremont... don't judge me, I have changed my ways!"

To follow her dream to become a teacher, Joiner went to Utah State University to study agricultural education. "Go Aggies!" she adds.

"So many of my classes include playing with animals and working in a greenhouse or shop," she adds.

Joiner's favorite thing about Weber High is the students. "They are so fun to work with and they make my job fun," she says.

Yearbook staff keeps memories alive

By Gavin Doughty
Feature Editor

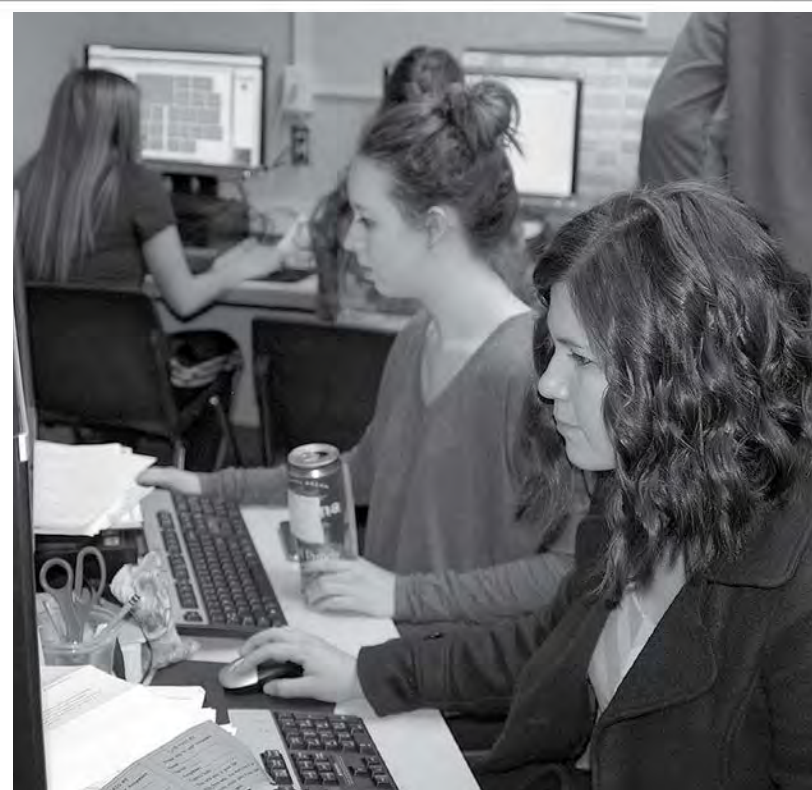
The culmination of all the year's memories can be found in the pages of the yearbook. Every student is able to muse over the landmarks and good times of another year gone by.

More vital than the yearbook, though, is the group of dedicated students who make it possible. They toil from August to March, pouring their creative soul into the defining history volumes of Weber.

Haeli Rich, senior, who is the staff's co-editor along with fellow senior Julianne Kidd, says she's been a contributor to her schools yearbooks since eighth grade. "I'm a control freak; I like the leadership and the reward that comes with creating such an important book."

Darren Wilding, who teaches in Fine Arts, oversees the process and has been doing so since 2000. This will make the upcoming book his sixteenth. He says, "I love to see when [the students] start to figure things out, and they start to understand the programs as well as what they can do. It's great when their pages come together, [after] working with them and then all of a sudden seeing that they're doing something, that's really pretty good. So I like to see them succeed and learn."

There are advantages students can gain from being a yearbook staff member. "Number one, it gets them out of their comfort zone a little bit: they're down on the floor taking pictures, they're in front of people and interviewing people.



Chief senior editors Haeli Rich and Julianne Kidd review pages in the yearbook.

Photos by Rylee Thurgood

Some of those things can be difficult, and it's hard for some kids to get out and do that, but I think that's a great thing for them to figure out and to experience," says Wilding. "Plus, the page layout programs that they use, design aspects that they learn, these are all beneficial for the students."

The theme for each year's yearbook is different from the last, allowing room for new artistic possibilities and challenges. Rich says being an artist or designer is one of the things that makes Yearbook fun. She adds being part of formatting and page design is a place to put a person's artistic skills to the test, and she enjoys being a leader and motivator to newcomers and veterans alike.

The Yearbook staff is an entity that hovers over every school event, faithfully accumulating a pictorial catalogue for students to reminisce and appreciate in May. However, Rich notes the process can be stressful, and the staff is "extremely pressed for time."

Mr. Wilding says for the first part of the year, it's a learning process. After, students are expected to work diligently. "We have big deadlines; so 50 pages due every two or three weeks. They've had all their practice up to this point, and now we're actually starting to get those pages and turn them out. It gets a little intense at this time of year," he says.

Rich primarily handles layout and organization, and despite her most dedicated efforts to produce an appealing yearbook, she says that one of the most annoying things after the yearbook's issuance is people's tendency to be zealous critics. "Lots of people are critics; they don't know how hard we've worked for them," says Rich.

Given the demanding job, Rich encourages anyone who wants the creative challenge to be a part of the staff. "If you'd like leadership experience, if you like photography or design, or if you just want to get involved in school, it's a great place."



Getting excited for the printing of the yearbook are [left to right] Destanie Jones, Haeli Rich, Jenna Reed, Julianne Kidd, Briana Christensen, Naomi Elmer, Ethan Lund and Alexa Johnson.



Mr. Hardy shares his knowledge of psychology with AP students.

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Photos by Baylee Howe

Warriors showcase talents for judges

By Ashtyn Parmley
Sports Editor

During the Weber's Got Talent and the Battle of the Bands competitions, Warriors showed off their singing, dancing and instrumental talents. With 15 contestants in Weber's Got Talent and five bands participating in Battle of the Bands, the competition was intense.

On Feb. 1, Weber's Got Talent performers took the stage. With many performances, only two individuals were awarded. Winning the competition, Beka Cope took first place with her performance singing the slow song, "When We Were Young" by Adele.

Cope says winning the competition felt amazing. "I love being on stage and entertaining the audience." Her ability to cover the song with her talent and bring emotion to the song made an impact on the crowd.

Cope had not heard "When We Were Young" until a week prior to the competition. "It was a last minute choice," says Cope. "It really spoke to me. It's talking about a young love and how when they grew up they kind of grew apart." Cope is currently in an advanced acting class.

Becky Christensen, who took second place, was recently in the musical, 'Singin' in the Rain' as the lead role of Cathy Seldon. At Weber's Got Talent, she performed the theatrical piece, "The Girl in 14G." Christensen showed the audience her vocal range with a high energy performance.

"This piece is one that really shows off your voice," says Christensen. This song has opera, jazz and a wide range of high and low notes.

"I feel like I could have done a little bit better," Christensen adds, "My voice was tired from singing a lot, so I didn't hit some of the notes."

Christensen says while preparing for her performance, she practiced a lot and had her parents and sister, who is a vocal major, watch, listen and give her tips.

Another award that was announced at Weber's Got Talent was the People's Choice Award. This title was given to Miss the War. Artists in Miss the War are Josh Fawson on keyboard and vocals, Elias Skinner on guitar, Kaleb Brown on bass and Steven Enslow on drums. Because the band showed confidence and talent during their energetic performance, they also took first place with the Battle of the Bands contest.

"It felt nice to win because it felt like all of our hard work paid off," says Skinner. "I have always loved music. Since I enjoy music, I wanted to apply it to my life." Skinner says he would like to go into a music profession that involves both technology and music, but to be in a professional band would be the dream for him.

Going with a bit of a different genre and taking second in Battle of the Bands was the two man group called Facing West. This duo comes from Bonneville and Fremont High School and features Hudson Bosworth on guitar and harmonica along with Colten Peterson on bass.

Facing West brought back a little bit of America's past times with their chosen songs. This team's harmony pleased the audience and the duo was confident with their instruments. Their singing brought a calm feeling to the ear-popping loud Battle of the Bands.

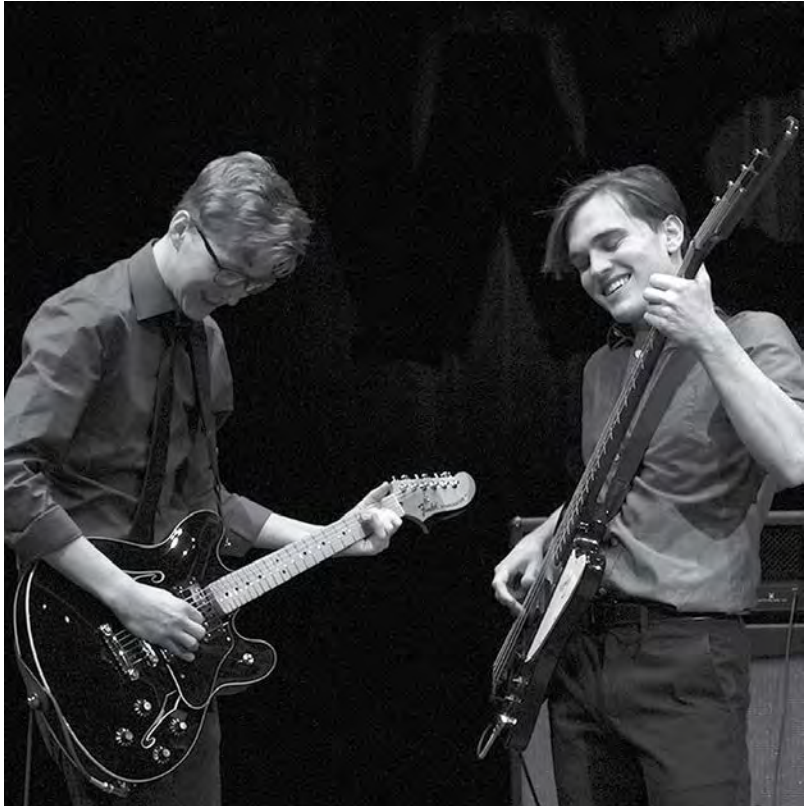
Placing just behind Facing West in third place was another Weber High band known as We Were Stolen. This group has Zach Argyle on drums, Noah Pollard on guitar, Allison Chapman on keyboard and vocals, and Samuel Harris on synthesizer. The band says they don't

play in hopes of becoming famous; they play for their love.

"The performance was such a thrill," says Argyle. "It was so cool to see how we worked together and performed in front of an actual audience."

The band had not performed in front of an audience prior to the contest, they had only practiced in garages. With their confidence in their music and the balance between instruments, the band had a lot of fun performing.

Winner of the Battle of the Bands will proceed to a state competition in April.



Members of Miss the War, Elias Skinner and Kaleb Brown, entertain the audience.

Photo by Baylee Howe



Seniors Allison Chapman and Noah Pollard from We Were Stolen wins third place.

Photo by Destanie Setzer



An interpretive dance was given by Haley Lutz, senior.

Photo by Destanie Setzer



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Fun ways to prank without causing too much harm

By Siera Rose
Assistant to the Chief

For many, April Fools' Day is a tried and true tradition. Some people look forward to that one day in the year when it's "okay" to play questionable pranks on friends and members of family.

Gracie Songer, junior, says a fun prank would be to "steal someone's cell phone and don't tell them, or you could put a person's cell phone number on a Justin Bieber photograph and tell people it is his."

A prank Joanna Sullivan, sophomore, wants to play is to fill a car with ping pong balls. "Then make them go on a scavenger hunt. It will make them late for school," she says.

Aspen Edgar, freshman, says she enjoys playing pranks on her sisters. "I don't play the same kind of pranks that you see on YouTube and stuff," Edgar says. "I like to hide in the dark corners of my house and wait for them to walk by. My sisters are pretty jumpy, so it's always hilarious to watch them."

Edgar adds she loves April Fools' Day because it is an excuse for her to scare her sisters. "They can't get that mad about it because that would make them a poor sport," Edgar adds.

Not all pranks go as planned, and there can be some bad consequences when that happens. "My older sister slips and falls in the kitchen a lot when I scare her," Edgar says. She adds nothing horrible has happened to her sister, she's "just had a few bruises here and there."

Pranks played by Edgar aren't the only ones with some negative feedback – her family also likes to play pranks on her from time to time. "The pranks that my family pull usually involve hiding something of mine, and they normally end with me crying or something. I know they'll give it back as soon as I start crying, so in the end, it's really not so bad," Edgar says.

Not everyone plays pranks, but almost everyone can appreciate them. Sophomore Grace Tams is one of those who appreciates, but doesn't participate. "I am not the most creative when it comes to

pranking people, but other people are coming up with hilarious ways to prank people," Tams says. "I love April Fools' though. I love to laugh, and there's almost no way I'm gonna run out of reasons to on April 1," Tams adds.

As much as she loves them, Tams does believe it's easy for a prank to go wrong. "Sometimes people break their bones or some personal belongings, and in extreme cases, maybe someone dies. Just make sure none of that stuff happens when you play a prank on someone," Tams says. She adds a good joke rule is to decide whether or not you would like that prank pulled on you, and if the answer is no, "then you should just steer clear of it. Violence can make a prank unfunny quick."

"I like to hide in the dark corners of my house and wait for them to walk by. My sisters are pretty jumpy, so it's always hilarious to watch them."

Sometimes violence is part of the prank, and Tams says those ones are never funny. "There's nothing enjoyable about watching someone get hurt, but it's even worse when people are hurting others on purpose," Tams says. Edgar agrees with her, saying people should go back to the basics and hide behind doors "like I do."

The time-old tradition of pranking doesn't have to be ended because of the increase of violence when it comes down to it. "As long as you've made sure there is no possible way anyone will die or get seriously injured because of your prank, it's probably a safe one," Edgar says. Tams agrees and adds, "Pranks are fun as long as they're safe; unnecessary violence makes pranks unfunny. Don't kill or hurt anyone while playing them. That's the recipe for a good prank."

Edgar also says it shouldn't be hard for people to figure out how to prank people in a safe way, "but if people have that hard of a time with it, I'm sure there's a 'for Dummies' book on how to play pranks."

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By Lily Davis
Staff Reporter

There comes a time in everyone's life where they go through every outfit in their closet and still feel like they don't have anything good to wear. Why wait for spring to come around in order to do some cleaning when you can easily throw out the old and bring in the new?

When buying new clothes to build the perfect wardrobe, many find it difficult to pick out things because they've lost sight of what they like or have grown bored of their previous fashion choices. Here are a few helpful tips on how to find your own personal style.

One way to find a person's style is to watch a favorite TV show or movie and study the casts' wardrobe. A lot of the time within films, a character's piece of clothing or accessory symbolizes something unique about them. Get more information on the costume designer and see what their explanation was for creating a favorite character's sense of style. Even try looking up what other fashion related projects they have been involved in.

Get inspiration straight from the streets. When waiting outside in line for a concert, look around to see what everyone else is wearing. These are your people. Everyone that showed up to this venue is united together for one night by their mutual love for this piece of music, so you are definitely bound



to find an interesting person wearing something really cool.

If looking for a new scene of people with authentic style, go out of town and visit: karaoke joints, Broadway musicals, art museums, bowling alleys and even on the more adventurous and exotic side, get a ticket to the circus and take notes.

Reading is the key to expanding knowledge on anything, so pick up books that go deep into the history of fashion or read glossy everyday fashion magazines. Everyone's heard of *Vogue* but a few underappreciated magazines like *Nylon*, *I-D*, *Dazed and Confused*, and *Interview* are other exhilarating and full of culture publications. Another fun and crafty way is to cut out your favorite pictures and create an inspiration board full of fashion icons and clothes you put together to create an outfit.

Keeping up with fashion week is a great way to see what will be trending. Not everyone can fly out to different states and countries to sit front row at Rodarte with every other socialite, but we can live

vicariously through the show's livestreams in the comfort of our own homes. Go through a few tags on Instagram and follow fashion bloggers that attend and snap lots of pictures of the collections.

An important thing to always keep in mind while developing your style is to realize fashion isn't always about looking pretty. It's about having fun, expressing your authenticity and feeling comfortable in what you're wearing. Your style should celebrate your life, personality and individuality. Always wear what you like with confidence and a smile. It's easy to feel frightened when dressing in a way that isn't normally seen on a majority of kids at school, but the truth is a lot of the time these kids will look at what you're wearing and admire it and wish that they could be that courageous with their own clothes. Revel in dressing weird and never feel like you have to tone down a wardrobe for the comfort of others.

Another important thing is to make sure this choice of clothing isn't appropriating someone else's culture.

Bargain shoppers tell ways to find best savings on quality clothing

By Natalie Andrus
Assistant to the Chief

Some people only buy brand name clothing, and some will never own clothes like that because of the cost. But everyone likes a good deal, and there are ways to find it.

Bargain shopping is generally good for everyone. There are some clothing items that might not be normally purchased when shopping; however, they also have value to them. Those who cosplay rely on being able to score good deals and make their outfit as accurate as possible while maintaining a budget.

"Thrift stores have largely made it possible for me to cosplay," junior Winter Owens said. "Often times I am able to find the foundation of my outfit and for a very good price. Most also have a surprisingly good selection of shoes."

Others find an enjoyable activity in bargain shopping. Junior Alexis Merrill told of a time where she and a group of friends went to a thrift store and tried to make an outfit for the lowest price. "Some of the outfits were really cute, and a couple of us ended up buying them. It was a fun activity."

Thrift stores like Deseret Industries or Goodwill are known for inexpensive prices and a relatively

large selection of clothes as well as other things. These stores are stocked by donations from the local community. Because of this, the sizes and quality of the items available will vary which can be good or bad depending on what someone is looking for. Looking for a specific item in these stores may be difficult, but for those who are generally in need of some fun styles, donation-based thrift stores could be the right choice.

One downside to thrift store shopping is sometimes these stores are poorly organized which can frustrate any shopper. However, Merrill said, "I think there's kind of an unnecessary stigma about shopping at thrift stores that we really ought to do away with. It's just shopping for the best deal and using the resources around us."

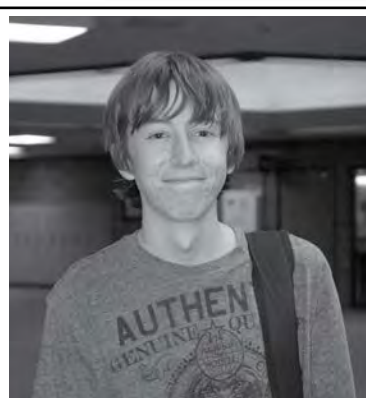
There is another type of thrift store which are consignment stores. According to Hubpages, these places will buy gently used clothes and then resell them. There are some that specialize in a specific type of clothing, such as children's clothing, and tend to be a little more costly than donation thrift store chains. However, these stores essentially provide the same selection along with brand name clothing items for a discounted price. Consignment stores also allow people an opportunity to make a bit

of extra money while selling their used items. "I think consignment stores are an underrated resource that we should use more as they're helpful for both the buyer and the seller," Owens said.

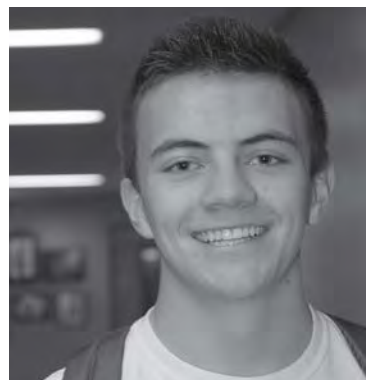
Several websites are also dedicated to cheaper clothing. The most popular being eBay and Zullily. According to an article on howstuffworks.com, eBay is the world's largest garage sale and online shopping center. eBay is also the largest online auction center. Searches can be done for specific brands, sizes or items, so if the shopper is looking for a specific thing, eBay could be a good fit. "There have been some occasions where I needed a specific item of clothing, and eBay made it really easy to find those items quickly," said Merrill.

Zullily has many sale prices from clothing and shoes, to furniture and household decorations. By downloading the app, people have access to their sales.

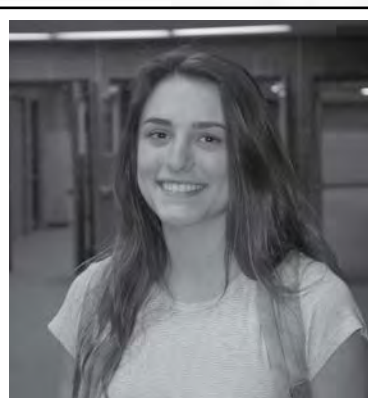
Some websites also have coupons and promo codes like eBates and Couponcabin that can be used if an item is being bought from the store that originally provides it. There are also sites that are search engines especially for shopping like Shopzilla, Froogle and Shopping.com which can be useful to find an item at the lowest possible price.



Zach Thomas (10): "Bernie Sanders, because I like how he is fighting for the working class and he's not interested in the money."



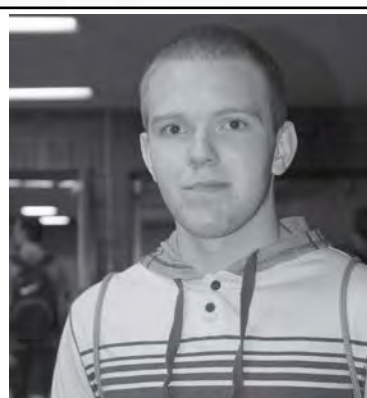
Kort Anderson (11): "My mom, because she taught me everything I know and keeps teaching me."



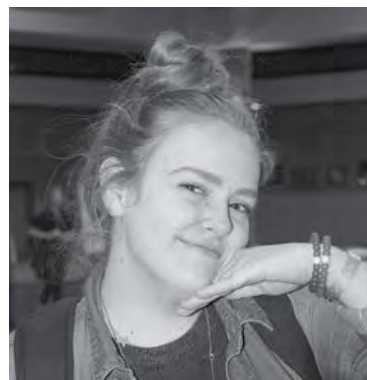
Jessica Kendell (11): "My mom, because she knows me very well and she knows exactly what to do. I can always trust her to help me."



Austin Halbert (12): "My mom, because she always does everything for me with no excuses."



Wyatt Jenkins (12): "The military, because they are willing to give up their lives so that we may be free to live our lives in peace."



Sunni Stakebake (12): "Beyoncé, there is no explanation."

Photos by Karloz Moran

Modern day heroes revealed, traits shown for good people

By Kennedy Hatch
Feature Editor

Many people have someone they look up to as a hero, as an inspiration or as a motivator. This could be someone they know or someone they someday hope to meet. Though many of the well-known heroes are from people's past, they all have certain characteristics and actions that make them great.

Sophomore Olivia Boer looks up to runner Mebrahtom "Meb" Keflezighi. Her modern day hero has made the Olympic team four times and became a silver medalist in men's marathon at the 2004 Olympics. Keflezighi won the Jesse Owens Award in 2014 and many marathons. Boer originally heard of him when watching the Olympic Marathon Trials and discussing him throughout the running community. She has been able to relate to Keflezighi because she is also a runner.

The famous runner inspires her by his attitude towards challenges. Originally from Eritrea, East Africa, he suffered through the liberating wars from Ethiopia which often made life hard. After moving to the U.S. in 1987, he eventually stayed in an apartment with his family and started running. Even though he started his running career in his 30's, he was still able to work hard and rise to the top. Keflezighi, though being a professional athlete, still takes time to appreciate his family.

"Meb is my hero because he hasn't always been a good runner. He shows me that you can do anything no matter your circumstances," Boer says. "He is a grand man; others should look up to him."

Emma Hansen, senior, says Coach Hansen is her modern day hero. She looks up to her for the

many inspiring things she does. As her hero, Coach Hansen is accomplished in being many people's friend. Emma Hansen says Coach Hansen really cares about her students and wants them to succeed. She pays attention to each one of their problems and tries to support them as much as she can. She adds Coach Hansen's best qualities include being kind-hearted, funny and caring.

"I'm grateful for her as a teacher and a friend. I definitely look up to her," Emma Hansen said. "She's my inspiration because of how kind and funny she is."

Adam Burggraaf, sophomore, chose professional mountain biker

"She has gotten a lot of bad comments and grief, but she handles it in amazing ways. She is comfortable in her own skin and is always happy."

Brandon Semenuk as his hero. Being from Whistler, British Columbia, Canada, which to some is known as one of the greatest mountain biking/skiing communities, Semenuk learned how to ride at six years old and raced cross country circuits at nine. When he was 14, he became involved in mountain biking and started performing jumps and tricks. In 2011, 2012 and 2014, he scored first at the Freeride Mountain Bike World tour. He also won first place in the 2013, 2014 and 2015 Red Bull Joyride.

Burggraaf has also started mountain biking. He wants to become a professional slope style, downhill and cross country mountain biker in the future. Burggraaf loves learn-

ing performing tricks on big jumps on his mountain bike. He originally heard of Semenuk from his friends and the Red Bull Rampage.

"Semenuk is super chill and has a laid back but still incredible style," Burggraaf says. "He is a pro slope style mountain biker and does some insane tricks."

For sophomore Hannah Perry, her hero is rapper Amber Liu, more traditionally referred to as Amber, from one of her favorite bands, f(x). Born in America to Taiwanese parents, Liu learned English and Mandarin Chinese early in her life. She later moved to South Korea to become a trainee for SM Entertainment and learned Korean. Liu debuted in 2009 under the K-pop girl group f(x) and later as a solo artist while keeping up and producing music for both. Perry envies Liu's fluency in languages and cultures and hopes to be able to be like her in the future.

Liu is not only a part of a band, but she also makes solo albums. She has been either the host or part of the cast of many popular shows. Liu has been nominated and has won many awards for her work in the Korean pop industry. Perry looks up to Liu in many ways and believes her best traits include her care-free, happy, smart and funny personality. She originally heard of the singer/songwriter by a friend and has loved her ever since.

"I think [Amber] is a great person for people to look up to," Perry says. "She has gotten a lot of bad comments and grief, but she handles it in amazing ways. She is comfortable in her own skin and is always happy."

Everyone has at least one person who they think of as inspiring, whether they are a local or a famous individual. Many people have also been motivated to do well in their lives by the inspiration from one of their heroes.

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Coaches love what they do

By **Jason Godfrey**
Editor in Chief

At Weber, athletics plays an important role in the lives of the student body. Whether Warriors play football, run track, swim or even play lacrosse, there is always someone who plays a part in the success of the athlete: the coach.

Ryan “Chili” Ortega coaches cross country and track. He said, “That’s what I grew up doing and I love it.” He continued, “I love coaching because of the people I get to work with. From the athletes to the other coaches, they are all people who want to work hard.”

As a runner himself, Ortega is thankful to his coaches for all they taught him. He said, “My coach Art Hansen is who inspired me to become a coach. He’s great and he was very motivational and he knew his stuff.”

Ortega knew he wanted to become a coach when he first helped his brother in track. He said, “My first year [coaching] was at Rocky Mountain Junior High. My brother was on the team, and I was the distance coach. That’s when I knew this is what I wanted to do.”

While running is important to what Ortega coaches, he mentioned a few things he hopes his athletes will take away from their time in track and cross country. He said, “I want them to push themselves through the end. I try to teach them hard work, to have a good attitude and help their teammates.”

As Ortega continues to teach and coach at Weber High, he enjoys every minute of it. He said, “Weber High has great student athletes. We also have a great athletic director and administration.”

Even if a student isn’t particularly strong or fast, Ortega encourages Warriors to still consider track or cross country. “Track is where students can find out what they’re good at. It offers different types of skill sets and you can find out what kind of athlete you are and what you are good at,” he said.

Concerning cross country, Ortega added, “Cross country is where students can find out about themselves. They learn to push themselves and push their limits. For some reason, people like running. These athletes will end up running the rest of their lives.”

As a P.E. teacher and tennis coach, Carolyn Macfarlane also likes her coaching experiences. “I

love coaching because I can see young student athletes learn self-discipline and personal sacrifice,” she said. She also shared one of her favorite quotes from Stacie Mahoe, “I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for, others, not only in competition, but in life!”

The teaching and coaching path started for Macfarlane while she competed at Utah State. “I studied physical education as my major and music as my minor. I ran track for four years with my specialty being the 400 meter hurdles, 200 meter hurdles, 400x400 relay and the 4x100 meter relay,” she said. “I also played field hockey in the off season.”

Coach Mac, as her students call her, knew she “always wanted to teach.” She added, “I love helping kids.” After many years of coaching tennis, she has learned a few valuable lessons about the sport. She said, “Tennis is like life, and life is like tennis. No matter how many times you try, if you keep do-

ing the same mistake over and over and you don’t practice the way to get it right, you will never get better! You just keep making the same mistake over and over.”

Though making mistakes is a part of life, Macfarlane believes students should consider doing a sport because of all they can learn. “As a young person, there is a tiny window of opportunity to excel and participate in a team environment,” she said. “Being a part of something that is bigger than you are is an invaluable life lesson. You are sacrificing a part of you for others!” She also added, “Being a team player helps you later in life with your career whether it is being a better mom or an owner of a Fortune 500 company, a great physicist, doctor, musician or whatever! What are you willing to do to be the best you can be?”

Continuing to teach and coach her students, Macfarlane loves what she does. “I love tennis because you learn integrity, sacrifice, being a hard worker to become better and it’s really fun! Playing tennis requires discipline, crazy courage, focus, concentration, consistency and you make great friendships! Playing tennis teaches you how to lose gracefully and win gracefully!” she said.

With a year of teaching under his belt, Trevor Howell is looking forward to many coaching experiences. “I love being around the game, the competition and the relationships that we [as a team] build,” he said.

As the head baseball coach, Howell was inspired to coach from his father. Howell grew up watching his father coach. He said, “My dad was a high school coach for 30 years. I loved growing up around the environment and to see those experiences. At a very young age, I knew I wanted to coach. It was when I would go to all my dad’s games.”

As a Weber State University graduate, Howell also learned in college that he wanted to become a coach. “I studied physical education, health and math while in col-



Coach Larsen watches junior Connor Shaw shoot a basket.

Photo by Melissa Harris

lege and obviously went into education, so I could teach and coach,” he said.

He continued, “I didn’t play sports while in college, but I have always enjoyed the atmosphere of baseball. I love the history and tradition of the game in our country. I also love the mental side of the game of baseball and the opportunity to continue to teach that. It is a very difficult game because there is so much failure built into it. It takes mentally tough players to play the game well.”

While his love for baseball continues to grow, Howell has coached other sports as well. “I coached basketball for 12 years and football for a couple of years. I love those sports too, but time is not unlimited,” he said. “My own kids are growing up and I want to spend time with them and support them in their activities as well.” He added, “I will never say that I won’t get into coaching another sport again. They all have their unique challenges and rewards.”

Through his years of coaching, Howell has learned the importance of each game. “I’ve learned that each year there is more to learn. Each year is an exciting new year to reach new goals and build new relationships through different experiences. It is a lot of time and ef-

fort, but well worth it in the end.”

As with every sport, Howell told different aspects of baseball are important to the success of the game. “Baseball is a great game, and a sport that requires a lot of skill,” he said. Skills have to be developed over hours of work and practice—much of that on the players own time. It is a sport that definitely can test your mental toughness and ability to stick with something until the end.”

All in all, Howell added coaching baseball has been an incredible part of his career. “I love the kids here and the other coaches and staff members. It is a group effort. We work together to help the student athletes here to be successful,” he said.

Howell also appreciates support from staff and administration. “I feel like the program is going in the right direction, and there will be many good years to come. The players work very hard nearly year round in the weight room and on their own time. It is a great group of young men,” he said.

Whether it is swimming, running, wrestling or playing tennis, the coaches at Weber High are ready for a great season of success and hard work. They are ready to lead because they love what they do.



Coach Cruff, head of the swim team, assists with his athletes as they prepare for a recent swim meet.

Photo By Baylee Howe

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Boys snatch up region title: learn hard work, sportsmanship skills

By Ashley Vongbandith
Assistant to the Chief

After several blood-pumping, intense games, the boys' basketball team proves hard work and great chemistry are keys to success. The boys have progressed through the season with 17 wins and only three losses. The three losses came from non-region games against Layton on Nov. 24 with a score of 48 – 45; Box Elder on Dec. 11 ending the game with a score of 70 – 55; and on Feb. 13, Weber lost to Wasatch Academy with a score of 83 – 68.

Coach Mark Larsen helped push the team to be their best, and Larsen has seen his boys excel on the court.

“They know their roles and what their job is on this team,” says Larsen. “It really has made our team a success when they know their roles on the court.”



Kolton Wilden, senior, reaches and fights for a rebound.

Photo by Melissa Harris

Even though practice and hard work are a few of the aspects to winning, the team agrees growing a strong bond with each other has also helped them succeed.

“What I’ve got out of this season is how I gained a lot of friendships, and it is crazy how close we got to each other,” says Grant Ellison, senior.

“They know their roles and what their job is on this team,” says Larsen. “It really has made our team a success when they know their roles on the court.”

Coach Larsen agrees and says the good relationship in the team is part of their success.

“The best part of being a coach on this team is the relationship you build with these kids. We’re going to remember that forever along

with the success we had,” says Larsen. “Being able to go through this season with these kids is really special to me.”

The boys agree playing with teamwork and trusting each other on the court helps them win. “Something we’re confident in is that we share the ball well and have pretty good chemistry,” says senior Spencer Campbell.

Cameron Mortenson, senior, adds, “We really are great with sharing the ball and not playing selfishly. We definitely play our best when we work together and communicate.”

Larsen agrees and says, “Teamwork and fundamentals are the most important part to almost any sport. If you can master the easy stuff like passing and shooting, you can accomplish anything you want.”

There are many games the boys have enjoyed playing in this year. “One of the main highlights of the season was Spencer Campbell at Woods Cross. He really redeemed himself at that game,” says Ellison.

With just 1.5 seconds left on the clock at overtime, Campbell, scored a rebound and defeated Woods Cross and ended the game with a final score of 63 – 61.

Going against the school’s rivals, Fremont on Feb. 19, the team was under rivalry pressure, but the Warriors won the game with the final score of 48 – 45. Within the last 2:40 of the game, Fremont led the game by three points, until senior Austin Rushton tied the score with a 3-pointer. Mortenson and Ellison finished the game by each scoring with a layup.

“Beating Fremont is a personal highlight for me. It felt great to win that game,” says Mortenson.

Another highlight was the Mountain Crest victory. Ellison gave Weber 42 points on Feb 22. Final score for the game was 67-50.

The last region game on Feb. 24, was against Sky View. With an overtime, Weber pushed through a long, heated game and outscored Sky View 10 – 8, ending the game



Senior Cameron Mortenson spins around his Layton opponents as he drives to the hoop.

Photo by Melissa Harris

with a final score of 78 – 76. Connor Shaw brought in 30 points to help with Weber’s victory. The boys are now undefeated in region, hold the region title and are ready to play state.

After last year’s playoff appearance, the team was looking to beat last season’s performance and finish at the top in the state games.

“We worked our butts off during practice. I knew we could go as far as we wanted to,” says Mortenson.

“Our ultimate goal was to make state playoffs and be region champions,” says Jordan Campos, senior. And the boys reached their region goals with no losses during region and brought home the Region 1 trophy.

“There’s only one team in Weber’s history that has made it through region undefeated, and it was cool to be one of them and to win the whole thing,” says Ellison.

As they hoped to continue their dream at state, the Warriors fell short after their first game.

State tournament is where the games got even more heated, and the boys experienced that at Weber State University against Westlake.

On Mar. 1, the boys took on Westlake in the first round of the tournament. By third quarter, Westlake outscored Weber by taking a 16 point lead. Campbell led the team with 16 points, and Ellison followed with 10 points. The game ended with a score of 70 – 51.

Although they play in the state’s

toughest division (5A), the Warriors were determined to do their best through teamwork and willpower. They have shown hard work on and off the court pays off and will lead the team to success.

“I was extremely pleased with the way our kids competed this season, from where we were picked to finish (fifth) to what they were able to accomplish, I could not be

more proud of a group of young men; how they competed and stuck together through a long season and were able to exceed all expectations by winning a region championship! This is something that will last forever, and I want them to be able to remember and enjoy it.”

Additional reporting by Brock Christopherson



Shooting a two point shot against Layton Lancers is senior Grant Ellison.

Photo by Baylee Howe

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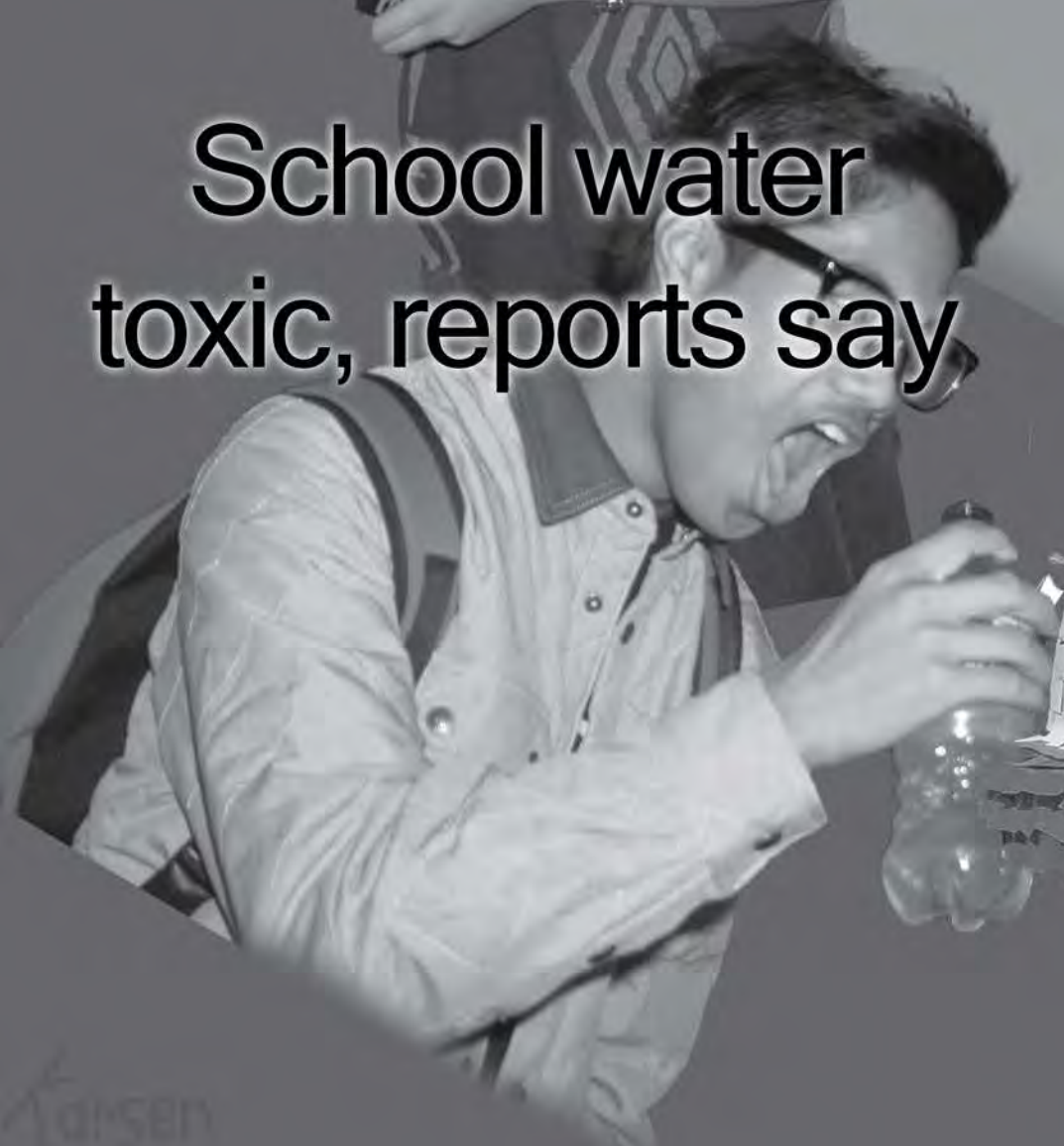
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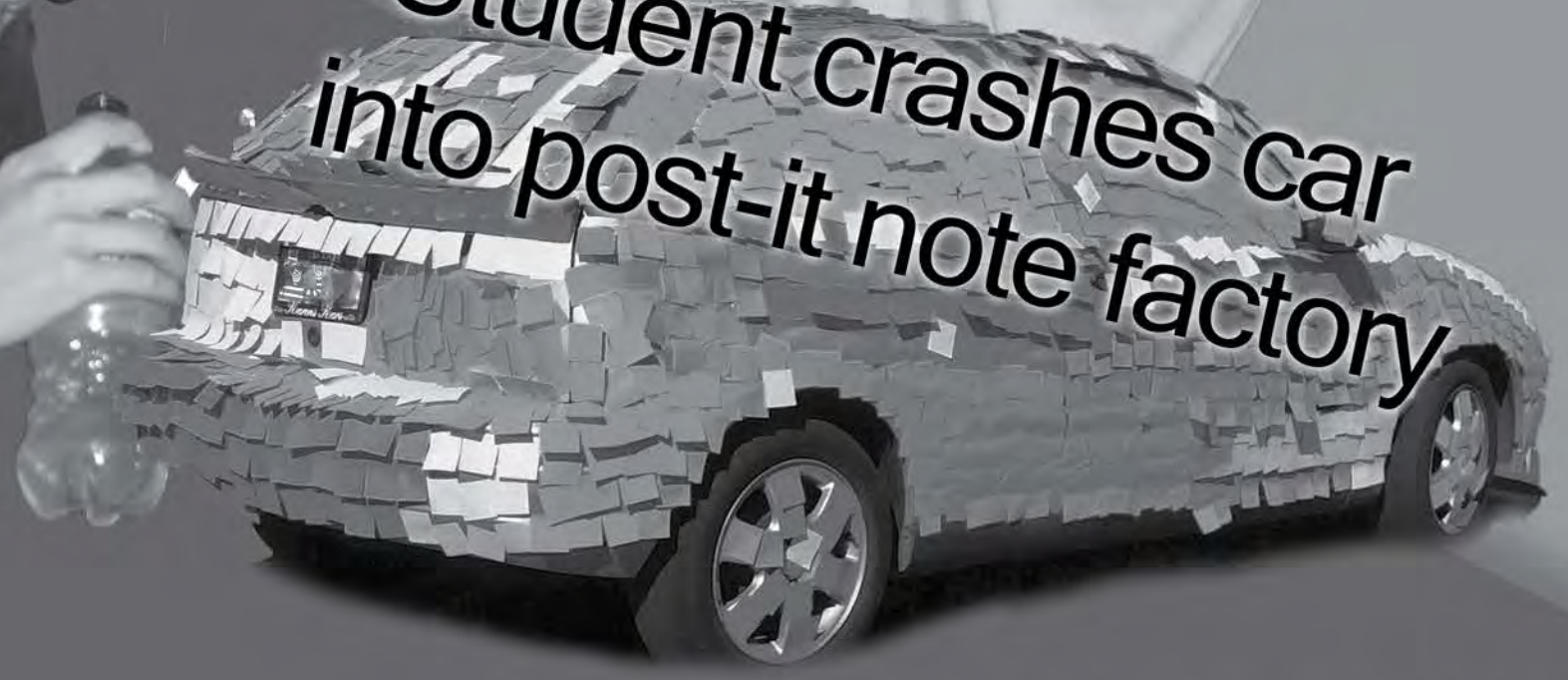
Student Marries dog, Freak offspring expected



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Student crashes car into post-it note factory



Just keep swimming! Cruff creates incentive for team, practice with aquatic predators

By **Ida Knowit**
Staff Smarty Pants

The Weber High swim team has done well this season, and they recently unveiled the reason for their success. The team has secretly been training with aquatic predators.

“The ultimate goal for the team is to test themselves against actual predators,” says team coach Mr. Cruff. “Right now, we are using holograms and juvenile sharks to train.”

The team was selected to test a new underwater holographic technology produced by the International Technological Swimming Association (ITSA). This innovative technology is capable of creating holographic images underwater.

The holograms are visible both from land and from water. They are created by a small box placed inside the pool and can be broadcast through the entire pool.

The team practiced at 5:15 a.m. this season in order to keep their secret safe. “The ITSA didn’t want anyone to copy their idea. They were beta testing their product through a few selected teams, including Weber High,” says Cruff. He adds the team had to practice before other teams, so no one would see the new technology.

Cruff also says the idea that fear

can inspire speed is not new. “This has been in the works for several years. This is the first season we are putting any of this theory into practice,” he says.

The holograms are not the only change to how the Weber team practiced this year. “We also brought in some juvenile sharks,” says Cruff.

Having real predators in the water is speed-inspiring. Senior Emily Sichz, one of the team captains, says, “It definitely makes me swim faster. I thought I was swimming fast until my toes were in danger. That’s when I found my real speed.”

Senior Kiley Allman agrees. “I didn’t think it would make a difference, having the ‘baby’ sharks in the water. But then I got in the water with one and saw how big he was and how serious his eyes looked, I got faster,” she says.

According to Cruff, the team hopes eventually to be able to race against fully-grown sharks. “Obviously, there are a lot of safety concerns with that,” says Cruff. The NHSASA (National High School Athletic Safety Association) is currently investigating this proposed course of training, hoping to minimize risks.

The Weber team can already see how they would fare against mature predators. “We can use the holograms to simulate actual sharks,” says Cruff. “The team has been



The swim team “excitedly” helped the ITSA Beta test new technology during practices.

Photo by Baylee Howe

having fun testing themselves, seeing how far they can get before the creatures can catch up.”

Not only is the team doing well, but there may be more benefits for them in the future. “One really exciting prospect is that we might get some of the profits from the ITSA holograph technology, since we were involved in the beta testing,” says Cruff. “The company producing these holograph machines isn’t sure when they will release them for sale to the general public, but when they do we are promised some of the money.”

At the beginning of the season, the team had to sign a confidentiality contract to use the technology. Then they were also able to sign

a contract that will ensure Weber High will receive a percentage of the profits.

Cruff says the team plans to put proceeds toward building their own pool to practice in, since the Weber team does not currently have their own pool and practice at Ogden High. Cruff says the money will also go to the building of a humane home for the sharks and the purchase of more sharks. In addition, a marine biologist will be hired to care for the sharks.

Cruff adds all Weber students will get benefits from this new program. Besides the extra money, students will be able to observe the sharks as part of selected science classes.

Elder year adds risk for riots in schools

By **Lucee Memind**
Staff Neurologist

The state of Utah has decided that students graduating from Utah high schools are not properly prepared for further education or for life. Effective Jan. 1, 2017, all students who have not graduated from high school will be required to complete five years of high school (grades 9-13).

All Warriors will be required to take an additional eight credits in order to graduate. Students will be placed in advanced level classes, but no A.P. or concurrent enrollment credit will be offered. Because of this change, students are not only concerned about the extra year, they are starting to organize peaceful riots to show their dislike for an extra year.

Students will be required to take one credit in each of the following areas: art, physical education, literature, public presentation, math, life-experience, language and computing. No elective classes will be available for Elder Year.

For the art credit, students have

a choice between Elder Art or Sewing. Students will be graded on talent. Mr. Wilding, art teacher, says, “There will be no participation points awarded. Students will be graded on the quality of their work. We want students to be able to create works of art, not junk.”

The alternative for the art credit is sewing. The course guide states, “Sewing is a fast-paced course, designed so students will be prepared to design and create their own clothing and accessories. Students will design, execute and model a complete new outfit each week.”

The Elder Year P.E. credit can only be fulfilled by a class called, Elder Fitness. The teacher will be Coach Macfarlane. She has planned the new course and is excited to teach the course. She says, “For the final fitness exam, students will run a half-marathon. Immediately after the race, students will have five minutes to complete 100 burpees, 200 pushups, 200 squats, 100 pullups, and 300 sit ups! I really think that students will embrace the challenge; maybe not at first, but they will learn to love the pain.”

Elder Literature has a list of his-

torically prominent books. Each week students will be assigned a book to read. Students will write and present a book report and take a reading comprehension test for each book they read.

One major fear of students is public humiliation. The Public Presentation class will attempt to help students overcome this fear. Each student will be required to prepare and give an oral presentation each week in the auditorium for the class.

The final project will be to give an oral presentation regarding a topic of public interest to the Weber County Commissioners.

The math credit can be filled by Advanced Calculus and Statistics or Auditing and Accounting. Many students may think math will not serve them in the real world, but the life-experience class is designed to help students prepare for life after school. This class will help students get job experience. Although students will not receive any pay, they will get experience working in retail, food service and animal care. Students will also learn skills required to keep a house, such as

cooking and laundry.

Additionally, Weber School District is cutting funding and will no longer employ any janitorial staff. As part of the life-experience class, Weber students will get the opportunity to clean not only Weber High, but the junior high schools and elementary schools that feed into Weber.

The state has also decided students need to be bilingual at the time of graduation in order to keep up with the rest of the world. Therefore, all students will be required to be fluent in their chosen language in order to graduate. Students can choose between learning Friulian, Klingon and Taushiro. Friulian is a language from north-east Italy. Speaking Klingon will allow students to connect with others who speak this language, made famous by *Star Trek*. Taushiro is a dying language from the Peruvian Amazon; only one person speaks it and will be the instructor.

Students will also learn a computing language for their final credit. Many options will be available, but students must be fluent in their chosen computer language.

Hidden talents, pleasures revealed by cool teachers

Fan-fics + boy bands + skates, oh my!

By **Simon Nella**
Staff Chef

There are some things people keep hidden: hobbies and secret obsessions they completely adore. Though they may love these hobbies, they keep them away from others, especially students.

Teachers are people who inspire students to give it their all. However, they too have random and perhaps weird guilty pleasures. Talking about music favorites, writing fan-fiction and even dreams of professional ice skating, a few of Weber’s teachers share their stories.

“I can’t believe you got me to tell you this!” exclaims Jill Lunceford. “Yes, I do in fact write *Twilight* fan-fiction.” Lunceford doesn’t only write her own fan-fic, she also owns quite the collection of this best-selling book’s merchandise. She has “the whole hardcover series, another hardcover series translated into Spanish, the series on audio tape voiced by Stephanie Meyer herself, along with the movies as Blu-Ray discs which are still perfect and sealed,” she says.

Adding on to this collection, she also has her “prized Edward Cullen doll and a glorious Jacob Black full size blanket,” she says.

When writing her fan-fic, she doesn’t write in Bella’s voice because she feels Bella isn’t portrayed very well. She also says Bella doesn’t have much of a reaction to the other characters. To deal with this in her stories, she writes as if she is the main character which “adds a little more of a thrill factor to the story,” she says. Throughout her stories, she makes it clear that she is definitely “Team Jacob.”

Now, with many things to love, books, movies and music seem to always be a popular topic of choice. Proving this are five teachers who call themselves the “One Direction Dream Team.” Each member represents a One Direction member. This team is convinced that their favorite boy band just might be the best there is.

First off, Jarvis Pace, teacher, represents Harry Styles. He dearly wishes to get “that beautiful mane of hair.” Liking this musician’s talent and hair, there is no doubt in Pace’s mind that Harry is his number one.

“Harry is my absolute favorite.”

says Pace. However, Kirk Ottley disagrees as he represents Louis Tomlinson. “He is a very funny person,” states Ottley. “Great personality and everything.”

Alongside Ottley is Daren Wilding, art teacher, who chooses Niall Horan. Wilding feels a strong connection with Niall because “we look so similar.” Wilding also says when he sees a picture of Niall, he feels like he’s looking at a younger photo of himself.

Alan Rawlins loves Liam Payne’s voice and slightly calmer personality, so he connects to this teen heart throb.

Last, but not least, is Dave Shaffer, who represents the dearly missed Zayn Malik. “His style is magical and his voice is amazing,” says Shaffer. Shaffer hopes to one day get a complete makeover to look more like Zayn.

One Direction is these teachers’ all-time favorite group. However, the breakup of the band causes some issues with these teachers.

“It was a mistake,” says Shaffer. “My Zayn wasn’t meant to leave.” With tears in his eyes, Shaffer says he does like how Zayn is still pushing through the music industry.

“I personally do not approve of their break up,” adds Pace. “I don’t think it should have happened.” Pace is worried that One Direction is, in fact, going many directions.

Along with the Dream Team, another teacher shows her guilty fantasy. Math teacher Wendy Barney tells her ongoing dream is “random and weird, but it’s my dream.” This dream reveals that her secret hopes to become a professional ice skater. “Ice skaters are so graceful and balanced,” she adds.

Her joy for ice skating started at a young age. “I used to try and go down to the ice skating rink as much as I possibly could,” says Barney. “I tried so hard all the time, and I manage to squeeze five hours each day.”

Barney has become a regular visitor to her favorite local ice skating rink, the Weber State Olympic Oval. “The summer is possibly my favorite time to go skating,” she says. “I have a lot of time, and it’s like a sweet little getaway from the heat.”

After these few teachers have revealed their guilty pleasures, it’s safe to say there might be more hidden talents at Weber.

You are experiencing SCHOOL FEVER if you...

- Always want to be in school and arrive 30 minutes early each day
- Run out of homework & beg your teacher for more
- Miss your teachers on weekends and can be seen stalking them
- Have free time without any school work and you feel lost
- Crave school lunches and stuff extra lunches in your locker

Seek immediate help from your local doctor

If you don't want Trump to become president call us here at...
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It just takes 28.5 affordable payments of just \$1.37 and you won't have to worry about Trump.

WEBER HIGH'S DEPARTMENT OF SQUATCH WATCH IS LOOKING FOR NEW MEMBERS!

WEBER SQUATCH WATCH MEETS AT THE MOUTH OF THE NORTH OGDEN DIVIDE ON TUESDAYS, 30 MINUTES AFTER SUNSET. APPLICATIONS CAN BE FOUND ON OUR FACEBOOK PAGE. WE ASK THAT YOU DO NOT BRING HIGH RESOLUTION CAMERAS OR SMART PHONES. ONLY SERIOUS APPLICANTS WILL BE ACCEPTED.

School offers new AP history class; Potterheads rejoice for magical year

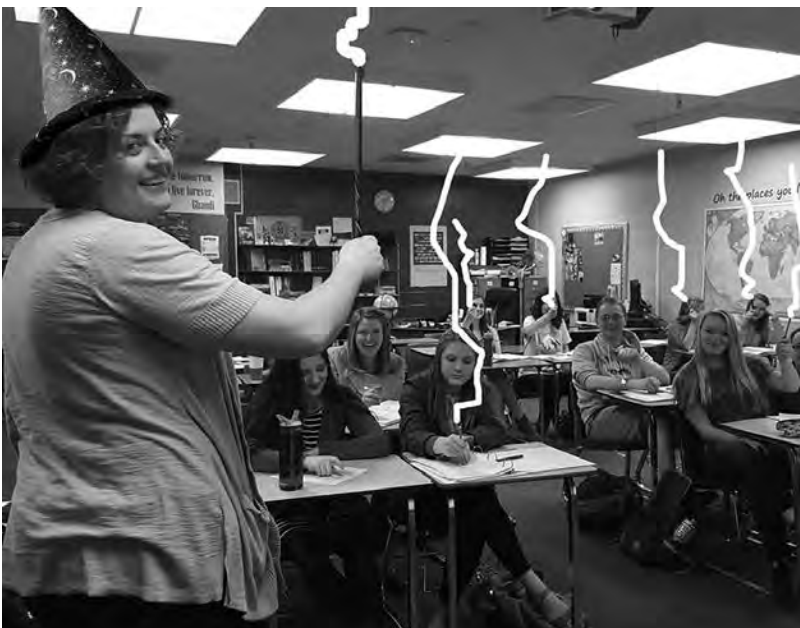
By **R. U. Sleepie**
Staff Hypnotist

At Weber, there are many AP history classes offered. From AP European History, American History to AP Government, students who take these classes will learn how to write better essays, practice critical thinking and dive deep into the subjects. Some students say taking the AP history classes was the best decision they ever made. Sophomores and juniors, prepare yourselves. The history department is about to gain a new AP class with new course material and an entirely different curriculum. Let's just say it's going to be...magical.

Next year, AP Harry Potter History is going to be an actual class with a real textbook and an AP test that will transfer to college credit. Students will have the chance to learn more about the boy who lived and his enemy, He-Who-Shall-Not-Be-Named. While this may come as a shock to some of the students, the shock was even greater when the administration told the lucky teacher who was to become the next...professor, if you will.

Abbie Butler, who teaches government, was asked to be the instructor for this new class in a rather surprising fashion. She said, "It was a cold and dark morning when I first walked into school, and I thought I spotted an owl by the main office. I thought to myself, 'Is that an owl?' I stepped closer to get a better look and that is when the owl hurried and dropped a letter in my hand! It was a letter from Hogwarts; it even had the seal of approval!"

"The letter was from Professor McGonagall who was asking me to take on the challenge of teaching muggles the story of Harry Potter," added Butler. "She said if I was interested, I was to come to Hog-



Mrs. Butler reveals part of the new curriculum for AP Harry Potter History.

Photo by Baylee Howe

warts immediately to obtain some materials and even meet Harry Potter himself. I was completely and utterly honored."

While this is still a shock to Butler, she has had some preparation and help from witches and wizards to ensure Warriors will learn as much as possible while enrolled in the new class. The class will be added to the course guide at the end of the month, and students will be able to sign up starting May 1. Class sizes are limited, so students will need to register as soon as possible.

Senior Dave Storey is disappointed he didn't get the chance to take the class. He said, "I took Honors Government earlier this year, and I loved it, but I wish I could've taken AP Harry Potter History. That would have been epic!" Storey has been to the World of Harry Potter in Florida and considers himself a scholar in the Harry Potter series written by J.K. Rowling.

Abby Leake, junior, is thrilled she has the chance to read and learn about Harry Potter while earning college credit. She said, "This is like a dream come true. I love

Harry Potter and now I can put my critical thinking skills to the test while learning in-depth information about some of my favorite characters!" She added, "I even have a Hufflepuff lanyard that I can attach my ID card to and wear every day!"

Weber High will be one of the first high schools in Utah to integrate this new class into their schedule. "We are very lucky and fortunate as Warriors to learn about the wizard world," said Butler. "I've already started thinking of fun activities to implement into the curriculum. We will take a field trip to the Forbidden Forest, learn about the symbolism behind Voldemort's horcruxes and even make our own polyjuice potion in the chemistry lab. The class is going to be incredible!"

For anyone who may not like Harry Potter or perhaps doesn't know the story of the boy who lived, the familiar history classes will still be offered and taught next year. However, who wouldn't want to learn more about Harry Potter and earn college credit at the same time?

HORRORSCOPES

By **Ikan Doit**
Staff Superhero

According to science, horoscopes are the most accurate profiles of human personalities on the planet. Take this astrological advice with complete submission and no doubt as to their veritable quality and supreme authority over your life:

Water signs: the flowing, fluid, wavering masters of creativity and wit.

Pisces (Feb. 19 – March 20): Though the symbol of the fish resonates with all water signs, it especially finds a friend in Pisces, who, more often than not, emulates the fish not only in his whippy character, but in its body odor as well. Keep doing you, Pisces, unless you want people to like you.

Cancer (Jun. 22 – Jul. 22): Known for being sensitive to new ideas, the minds of this sign are known for crying a lot and being compulsive liars. Other people tend to avoid them, but that's only because the world of Cancer is filled with eccentricities known only to heroin addicts. Don't be discouraged at others' misunderstanding, Cancer; you're very special.

Scorpio (Oct. 24 – Nov. 22): This sign is indicative of strict methodology governed by a profitable, innovative mind. Scorpions welcome advice but are also keen discerners of what works best for their own style and imagination. This commitment to original ideas would make for a good businessman, particularly in the car-trading industry.

Life's not all bad; the earth is more generous to those who wait, and is good for reaping regular and trustworthy harvests of patience, control, friends, true love... These are common to the earth signs.

Taurus (Apr. 21 – May 20): Children of this sign appreciate the finer things in life—a painting, an el-

egant dinner, Eggs Benedict—and are relatively easy to please when a person knows what each Taurean likes. People see Taureans as pompous; however, and it wouldn't be surprising if a cat-walking club invited one to be a member; after all, cats can relate to a Taurean's nose in the air.

Virgo (Aug. 23 – Sep 22): The common association of this sign with the virgin has been balked at by countless, ignorant people for many years. Fear not! Virgos make excellent eunuchs and nuns, so consider these career paths. Virgos have shown great talent in the modeling industry in the last few decades, particularly as "before" models in before-and-after ads.

Capricorn (Dec. 22 – Jan. 20): Builders are what Capricorns are; they construct not only physical and aesthetic eye-pleasers, but also lasting relationships. Many often remark that Capricorns stop short of completing the most amazing projects, and that their skills are nothing truly remarkable. Don't be fooled; though, these critics are actually right. Capricorns' attempts to be remembered are akin to a dog run over by a car that manages to squeal for help: it's hard to watch, but surprising to see done.

Fire signs radiate zeal and enthusiasm, and their positivity motivates others to be happy and fruitful workers.

Aries (Mar. 21 – Apr. 20): Arians are bold. There exist no obstacles between them and their goals. They also burn with energy and impulsiveness. As April runs its course, it's advised they daily beat their heads against solid objects, as it feels amazing when it stops.

Leo (Jul. 23 – Aug. 23): Leo means "lion." Lions are natural-born leaders, and sophisticated, at that; little do people know you're quite unpleasant. In nature, lion pride leaders often assert their dominance through the spraying of anal secretions. Now, no one can ask this of another person, even a

Leo... unless that Leo cares about being the best, in which case, nature is a powerful teacher.

Sagittarius (Nov. 23 – Dec. 21): The optimism that Sagittarians project is incalculable, but generally has intermittent effects. Because of their positive outlook on life, they profess, "Ignorance is bliss!" What they don't know won't hurt them; that's why they've never been hurt. They radiate the mind of a child, which is foremost stupid. The advice for this April is for Sagittarians to be realistic about their ACT scores.

Air signs long to delight the senses through abstract expression, interaction with others, and learning to perceive the world in a fresh and engaging way.

Libra (Jan. 21 – Feb. 18): This sign is concerned with balance and harmony; if tedious etiquette and social convention keep people away from each other's throat, a Libra observes them diligently. It's imaginable that all this resolve for peace must make Libras boil over once in a while which is why it's important to go on murderous rampages every so often, resolving conflicts with one swift thrust of the kitchen cutlery.

Gemini (May 21 – Jun. 21): Children of Gemini know a little something about everything and are especially versatile when it comes to new experiences. They are, however, reflective of the twin-nature of the cosmos: a Gemini may be intelligent on the outside, but a raging, rabid psychopath intent on eating the faces of fools on the inside. Have no fear, though, these goody two-shoes almost always die alone.

Aquarius (Jun. 21 – Feb. 18): Aquarians make their own rules. If they want to go to school naked with dreadlocks, no one should step in the way of their free spirit. An image always comes to mind with the Aquarians: they stand in a rickety, holey old boat, yelling to the passengers of a cruise ship, "Hey! Your ship... is dumb!"

Student obtains spider powers

By **Ima Qtee**
Staff Star

Sophomore Jonah Simmons has been hiding his newfound super powers for a good portion of the school year. As his sophomore grade year is coming to an end, he has decided to make it known: after being bit by a spider in the science lab he has inherited superhuman powers that resemble those of the well-known superhero Spiderman. Learning of his new abilities still, Simmons hopes to get a better understanding of them, so he can help others.

The AP Biology student was in the science lab one day when he noticed a strange looking spider across the room. Deciding that it was too far away and too small to cause any harm, he barely acknowledged it and went on with his work.

Afterwards when Simmons was cleaning up his project, the mysterious spider bit his ankle and quickly darted away. He didn't get the best look at it but has theories on why he achieved such abilities after the bite.

"The spider was definitely one I haven't seen before," Simmons said. "I could barely see it as it rushed away from me, but I could recognize some characteristics about it. It was larger than the size of a quarter and was a blackish color along with another that I was unable to see before it hid again."

Simmons recorded the bite started to sting and hurt after an hour, and he went home to care for it. He adds it started to turn a darker red color after a while but went away after a couple of days. He also noted the spider looked as if it were dying when it ran away from him. Though it was walking fast, it had a characteristic of pain in its crawl as if it had been harmed. Simmons thought it was radioactive due to something unnatural happening throughout the lab, and the spider died shortly after it bit him. He believed the spider was either accidentally or intentionally exposed to a chemical that created a reaction, therefore, causing the bite to construct his new abilities.

After some investigation, Simmons has concluded the spider was



Demonstrating his new super powers obtained from a biology class is sophomore Jonah Simmons.

Photo by Baylee Howe

laced with a retrovirus which transferred into his body when he was bitten. He explained, "A retrovirus is a group of RNA viruses that insert a DNA copy of their genome into the host cell in order to replicate. It does this by carrying genetic information which is then inserted into the DNA of cells in which the ircell reads the new DNA to create particular functions and proteins for that cell." This certain spider had somehow inherited the specific virus that somehow reached nearly every cell in his body making the cells acquire new and spider-like behaviors.

"It has been interesting learning of some reasons why I could have developed such powers," Simmons said. "I was intrigued to know that under the certain circumstances many superpowers were possible, such as mine."

Simmons has started to expand on his newfound skills, so he can use them in everyday life. One of his superhuman powers includes the ability to climb walls, though, spiders' ability to climb vertically comes from small hairs on their bodies. Simmons has found very small hairs on his hands and feet which cause this effect. He has started wearing sweaters more often in order to cover the hairs.

He also has the ability to produce silk from his hands. Silk is actually proportionately stronger and more

flexible than steel to the point that a silk web, an inch thick in diameter, would be able stop a fighter jet on impact. Because of these awesome properties, the silk Simmons produces can actually hold his body weight. Yet, he adds he does this less often than not because it is a lot to clean up.

Simmons has also noticed that a spider's strength has come into play with new things he can do. "Spiders can lift up to 50 times their body weight, but their muscle strength is directly related to their size," said Simmons. Since Simmons is human sized, the retrovirus encoded for the creation of more actin and myosin proteins which effect the contraction abilities of muscle and, therefore, made him stronger.

The real life Spiderman has found much joy out of this mishap spider bite. What he thought at first as a nuisance has turned into his greatest strength. He adds he has broken many things while he harnesses his new power, and he has had to clean up lots of web, but he still has fun doing it.

"I can't wait until I can actually use my powers for good," Simmons said. "Right now it's still in the starter phase, and I might never be able to do many of the things Spiderman can do. This has been a great experience, and I hope for everyone to see its benefits," added Simmons.

Classified Ads

Missing: A Dalmatian puppy, responds to Spot

Seeking: Vitamin C. Contact: sunlight deprived Warriors.

Wanted: Extra late pass for AP US History. Contact: A desperate student.

For sale: Cake. Contact: Marie Antionette

Found: A well-behaved Dalmatian puppy. Do not contact. He's mine now.

For sale: Tardy Excuses:
-My alarm didn't go off...
-There was traffic...
-But I live in the valley...
-It was snowing...

Needed: Copi Editor

Seeking: A time machine, so we can tell Oliver Cromwell his Commonwealth should've been called the "Commonwealth" Contact: Elissa Bailey or Emma Burt

Looking for better service and faster internet. —Weber High Students.

MISSING: ID CARD - CONTACT: ANONYMOUS STUDENT.

Wanted: Financial aid for college. Will do almost anything. Contact seniors

Wanted: Tips for how to pass the ACT Contact: a concerned sophomore.

Looking for someone who likes Pina Coladas and getting caught in the rain.

I am sure most of you have seen the large green dragon that has been flying over the football field for the past week. I am looking for someone to:

*Lure said dragon away from the school and into a more rural area.
*Force said dragon to land in said rural area.
*Slay said dragon in whatever way you see it.
No pay, dragon slaying is its own reward. *Please note that I am talking about the green dragon, not the red one. Do not attack or approach the red dragon. He and I have an arrangement.*

Searching for x. Contact confused math students.

Dear Seniors,
Why do you guys dislike sophomores so much? I'm asking for a friend.
-Anonymous student (sophomore)

Missing: snake from Biology department. If you see her, run.

Wanted: Surgeon for a new health clinic opening in the area. No experience needed. Must supply own tools.

Wanted: Someone to go back in time with me. This is not a joke. Must bring your own supplies. You'll get paid once we get back. No guarantee that we will come back. I've only done this once before.

Report: Police called to a public park for a report about a "suspicious coin." Investigating officer reported it was a quarter.

Hiring: New 24 hour diner looking for waiters and cooks. Open from 11 a.m. to 9 p.m.

1995 Nissan Maxima, green, leather, auto start, sunroof, 4-door, good condition. Not for sale, I'm just excited about this, and had to tell everyone!

Tired of working for wages under \$9.00? We offer flexible hours, and good experience. Starting pay: \$8.25. Call 1800HIREME9

Found: A small, dirty white dog. Initially thought it was a rat. No collar. I've been caring for it for a week already, so there'd better