



WARRIOR NEWS

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Warrior team sets new standards for success

By Jaden Pratt
Editor in Chief

"We are the champions, my friend, and we will keep on fighting 'til the end."

Those lyrics by Queen can be sung by the WHS football players. Weber's team has had the longest winning streak in Warrior history and landed the region championship title, an accomplishment not seen at WHS since 1996.

The first several games the Warriors played, they consecutively shut out their opponents. The scores were 25-0 against Clearfield, 33-0 against Northridge and then on Sept. 22, the team shutout Syracuse 23-0.

In the Homecoming game against Viewmont, Weber won 37-17. Weber scored 20 points in the second half securing them the win. Pierce Callister, junior, scored a 22-yard field goal. Senior Colton Jones with a 77-yard rush, senior Ryan Hogge with an interception return and senior Carter Green running 13-yards all made touchdowns.

Taking a region win against Davis, Weber scored 28-2. Senior Austin Bartholomew scored five touchdowns, threw three and ran two. Jones scored a rushing touchdown and juniors Brant Opheikens, Sione Moa and senior Tyrell Barnett each caught a touchdown pass.

Weber also conquered Fremont 28-20. This was the first time in seven years the Warriors beat the Silverwolves. Bartholomew threw the ball to junior Hudson Schenck three times in the fourth quarter to secure three touchdowns. Barnett

intercepted the ball from Fremont, defeating them in the last quarter.

Entering the state playoffs, Weber brought Riverton to their home field and the Warriors won the 6-A first-round playoff game 21-13. Controlling the field, Weber led in the first quarter with a 14-0 lead and they kept that lead during the halftime break as the Warriors secured a 24-0 win.

With the assistance of a strong defense, Weber was able to defeat Riverton. During the first quarter, Hudson Schenck threw a 33-yard pass and Green ran a 7-yard touchdown that was made possible from a completed interception by Hogge. Callister added a 32-yard field goal.

Weber tackled Riverton's punter and that then led to a 14-yard touchdown pass from Bartholomew to Schenck.

As the Warriors faced Lone Peak, they were hungry for another victory. On the opening possession of the game, Green ran a 54-yard touchdown. Lone Peak Knights answered back with two more touchdowns. By the fourth quarter, Weber was tied with Lone Peak 17-17; however, the Knights pushed past the Warriors with a 26-17 win.

Even though the state championship dream did not come true for the Warriors, they left the field proud of what they accomplished.

Callister says, "[We have] unity; we all look out for each other and want the best for each other. It helps us all grow individually. When we all grow individually, the team gets

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Record-Setting Football Season!

Weber High football team completed the longest winning streak in the school's history. They also earned the title of region champions for the first time in over 20 years. During the first playoff game, the Warriors triumphed over Riverton.

Top photo - Unstoppable Carter Green, senior, scored a touchdown within minutes of the first quarter game against Lone Peak.

Bottom left photo - Austin Bartholomew, senior, catches the ball after a hike as the Warriors faced Riverton

Bottom right- In a game against Riverton, Tyson Lewis, senior, and his teammates defend the field.

Photos by Kyrsten Acker

Community members speak out against drug problem

By Rebecca Gonzales
Editor in Chief

"There is nothing good about drugs," says Weber High School's Resource Officer Rick Hill from the Pleasant View police department. "I think [the drug problem] isn't just here at Weber High; it's

pretty pervasive throughout society. I think all the schools have a problem with drug use. I don't think Weber is any better off or worse off than any other school in the district."

"For some reason, Weber High teens are stereotyped as being druggies," according to sophomore, Garrett Potokar. He says even though this isn't true, he's not

a part of that crowd, though, and has never personally understood why someone would start taking illegal drugs or abusing prescription drugs. "We've been hearing about it since first grade, you know? 'Don't do drugs; they're bad. Don't take candy from strangers.' It's like, why do you even start?"

Psychology teacher Mrs. Phinney thinks some students are par-

ticularly apt to abuse drugs for two reasons. "First, students in this area have access to drugs in ways that other communities do not," says Phinney. "Although Weber High has become more diverse over the past five years, a significant amount of our students come from higher socioeconomic classes such as the middle class or the upper middle class which makes it possible for the students to afford a drug habit."

Phinney claims the second and more important reason is some "students are under an immense amount of pressure to be perfect" or want to be seen as successful according to the standards of a certain person. "This pressure causes stress which can, and often does, lead to psychological disorders such as anxiety and depression." She shares a story that confirms this belief: "When my son's pediatrician found out that I teach at Weber High, she made a face, sighed, and told me that she treats a lot of junior high and high school students from the North Ogden and Pleasant View area for anxiety and depression."

Phinney adds, "Sometimes people with psychological disorders will self-medicate, meaning they turn to drugs as an escape from the pain, stress or sadness they feel. Students use drugs as a coping method to deal with deeper emotional problems."

Assistant Principal Mr. Short says teens turn to drugs (including alcohol, tobacco and nicotine) because of peer pressure to be "cool and fun," to "escape and forget about problems for a little while," or even out of boredom. They like drugs because of the way it makes them feel, at least in the short term," says Short.

"Stress is the biggest thing," according to senior Emma Burt, whose mother works for the state of Utah in the Department for Substance Abuse and Mental Health. "There's a lot of pressure when it comes to school and your achievements at this age. This is when we have the most hormones causing chaos in our bodies. We try to find the easiest things to combat it, which sometimes is drugs."

Community members agree that the drug problem has gotten worse in recent years. In the five years Phinney has been teaching at Weber, she has observed the correlation between drug use and the increasing rates of anxiety and depression among youth. "When I started teaching, the probability of developing a psychological disorder in a person's lifetime was one in three," she says, but "it has now increased to one in two."

In Short's experiences at Weber, there has been an increase in use of marijuana and e-cigarettes. He

says some students have the mentality that they are perfectly fine to use and "are not harmful nor addictive." He adds some people even "tout the benefits and claim there are no ill effects whatsoever from these two substances." Short says these people are either deceiving themselves or have "been duped by those standing to make a profit from the sale of marijuana and e-cigarettes."

"Especially with the things like marijuana becoming legal in more states, it's become more popular here," says Burt. "And [with] vaping, a lot of kids think it's safe when it's really not, so it's become more popular because there's a false sense of security."

In addition to illegal drugs, nicotine and tobacco, prescription drugs are also a "massive problem" with today's teens according to Burt. "It goes back to the feeling of security that kids have where they think that it's safe because it's prescription; the doctor gives it to you, so they think it's okay to mess around with it a little more." Additionally, Burt adds prescription drugs are "something people can easily get into, whether or not it's theirs, and use it without feel-

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Santa has worn a variety of colorful suits through the years — including red, blue, white and green, but legend has it that the popular image of his red coat came from a 1930s ad by Coca Cola.

What's This?



Every year, letters to Santa Claus flood post offices across the world. As more letters arrived, post offices decided to set up a special zip code for Santa. The zipcode is HOH 0H0.

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ing like they’re doing something illegal.” She says these medications, especially opioids, need a prescription because they’re powerful, dangerous and easily addictive.

According to Phinney, both prescription drug abuse and illegal drugs alter the brain’s chemistry which is what makes them so addictive. “Drugs usually affect the reward pathway in the brain which is responsible for making you feel good when you do something your brain likes,” she explains. “The reward pathway is activated when drugs enter a person’s body, which tells the brain to do that thing again,” she adds. “This makes the user want to use it over and over again.”

Phinney also elaborates, “drugs create a high by forcing the brain to release too much of these [reward-

“Mental health is a very important issue, and being more open about mental health issues and options might reduce our students’ need to self-medicate with drugs.”

ing] chemicals, which causes euphoria in the moment but a severe letdown when the drug is expelled from the system.”

Besides the obvious short-term effects of drugs, there are lesser-known prolonged effects, too. “The brain reacts to drug use by producing fewer of these chemicals in order to maintain its original equilibrium. Thus, the user must increase the dosage to get the same effects as the first time because the brain is trying to right itself,” says Phinney. “Additionally, by altering the way the chemicals work in the brain, it makes activities you used to enjoy seem less exciting in comparison. Prolonged use can eventually lead to severe withdrawal symptoms if the user tries to quit because the brain no longer knows how to function without the drug.” Even more seriously, Phinney says, “Drug use can also lead to severe health com-

plications, Parkinson’s-like symptoms and even death.”

There are also legal consequences for drug use. Short says, “When we receive a tip or have reasonable suspicion that a student may be in possession or under the influence of any of these illegal substances, we will question the student and oftentimes, we end up searching the student.” If they find something illegal in the student’s possession, Short says, “The student’s parent will be contacted, they will be suspended or expelled from school and will most likely face criminal charges.”

“It can affect your whole future—getting into school, getting jobs, things like that,” says Hill.

There are many resources available to those who are struggling with drugs. Hill cites the school counselors as some of the best people to go to for help, in addition to a family doctor and programs by Weber Human Services.

“If we have a student in possession or under the influence of drugs at school, we refer them to Weber Human Services for a screening, and they will often recommend students seek treatment or at least attend drug education classes,” says Short. Another resource he mentions is the 211 referral service, which can direct people to help for drug use and drug addiction. To reach them, call 211 or visit 211.org.

Phinney says the community can help combat drug abuse by “recognizing the underlying causes of drug abuse.” She says, “Mental health is a very important issue, and being more open about mental health issues and options might reduce our students’ need to self-medicate with drugs. There is no one way to combat drug abuse, but awareness is a good place to start.”

“We need to be more open and admit and acknowledge that it’s happening,” adds Burt. “It’s one of the biggest problems that we kind of deny. We need to encourage families to work together and set more boundaries for their kids so that they have a better understanding of what’s right and wrong.”

Short says some of the key things to decrease drug use are “education about the harmful consequences of drug use and having positive role models and strong family bonds.” Hill also says it’s important to real-

ize “drugs are not going away. We need to support law enforcement and community leaders in their fight against drugs.”

Potokar recommends continuing anti-drug education beyond

“It’s hard to feel comfortable talking to people about it if you have a problem, but you need to find a way to not only combat the drug problem itself, but get help for whatever drove you to do that in the first place.”

elementary school. “I remember all throughout elementary, like on a monthly basis, ‘Don’t do drugs; they’re bad,’ but you get to junior high and you hardly hear about it,” he says.

Getting rid of the drug problem often falls on individuals. Short says if any student has knowledge of another student who is in possession of illegal substances, they can leave an anonymous tip to the counselors through the Safe UT app. He also recommends not getting involved with drugs to begin with. Many teens have their first experiences with drugs at parties, so his advice is to avoid those types of parties altogether.

“If you walk into a party and that stuff is there, walk right back out,” he advises. “Find natural highs [by] participating in activities that bring you joy and satisfaction and keep you occupied,” he adds.

To those struggling with drug use, Phinney says, “Seek help. Do it now! There are resources out there to help you, but the longer you try to hide your problem, the more difficult it becomes.”

“Find a way to get out,” adds Burt. “It’s hard to feel comfortable talking to people about it if you have a problem, but you need to find a way to not only combat the drug problem itself, but get help for whatever drove you to do that in the first place. Find someone who’s willing to listen to you and help you work through whatever stress and pressure you’re feeling right now.”

Combatting drug use could save lives. Phinney had a friend from high school who passed away recently from a drug overdose. “Her addiction started by partying in high school, and she struggled for the past 10 years until it finally took her life,” Phinney adds, “She was a wonderful person that got on the wrong path. I wish she had asked for help and reached out sooner.”



Helping Mr. Filliaga with a project are senior students Gus Verhaal, Garrett Grow and Jacob Bingham.

Photo by McKayla McMann

Automotive industry offers benefits for teens
Variety of skills are needed in growing industrial career

By Jayden Gordon
Staff Reporter

Ever blown a tire on the side of the road and had no idea how to fix it? Looking for a career after college? Weber’s automotive classes could be your answer. Mr. Filliaga, auto teacher, said, “You’re always going to be guaranteed a job because of all the baby boomers that are going to start retiring. There will actually be a demand in mechanics in the next 10 years.”

Working in the automotive industry can be a good life skill to have, according to Mr. Filliaga. “Some of the more advanced classes will teach you how to change your own breaks or change engine parts of the vehicle,” he added.

With the growing changes in the auto industry, Filliaga said, “You don’t just have to be a mechanic to be in the automotive industry.” He added technology is advancing at a fast rate, and cars today have little computers in them that customers can touch and use navigations built into the vehicle. They have systems in the vehicle that will tell an individual how much more use the oil has in the vehicle. Because of the new computer technology in cars, if an applicant has a background in computer science, Filliaga said they can also land a job in the auto-

motive industry.

After high school courses, Filliaga recommends continuing auto education. “Education does matter when going into the automotive industry. Some schools are more recognized than others. If someone got a four year degree from Weber State University, that will help a lot unlike getting a two year degree from a school that no one really knows about,” he said.

Filiaga also believes anyone can get a certificate and even that will help land a job in the automotive workforce.

Mr. Filliaga said, “When going into the automotive industry, you have to pick what is right for you and what you’re going to benefit more from and is going to fit you and your future.”

Some classes that Mr. Filliaga recommended are math and English. Filliaga said employees have to know some basic math skills in order to calculate tire pressure and be able to use those skills in the employee’s career in the automotive industry. He added English will also be an essential because employees will have to be able to communicate with other customers and understand what they are saying and know what they want done with their car. “English is the most important part of this industry because people are communicating to each other every day all day,” he

said.

Another course Filliaga recommends studying is science. Because of the use of electricity such as changing a car battery and knowing how much voltage is needed to get an equal charge in the battery, science courses can help students while studying automotives. “Working with electricity can be dangerous if not handled properly,” he said.

While a career in the automotive industry can be beneficial, it comes with a price and that price includes the risks and potential injuries people can get from working in automotives. Filliaga says people can get their hands caught in machinery risking them to lose their hand and leaning over a car most of the day can leave employees with back problems. Those problems can have long lasting effects as a mechanic’s career goes on over the years.

Senior Anthony Maedriill is glad he became involved with Weber’s automotive classes. “This class will help me have the knowledge to hopefully own one of my own shops one day and restore classic cars,” he said. Maedriill is deciding whether he would pursue a career in diesel mechanics. He added, “I’ve gained more knowledge from this class that’ll help me decide on which path I want to take in the auto industry.”



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Faculty adjust to new teaching environment

By **Kathleen Mejia**
Assistant to the Chief

Most students can remember the feeling of excitement, but also nervousness of their first day of high school, or when they moved to a new school. Wondering whether they'll find their classes on time, if they forgot something at home or if they'll make any new friends. Once the first day had passed, they maybe noticed that it wasn't as bad as they thought it would be, but from then on they had to start adjusting to the new school and it's ways. Students may think they are alone in that feeling, but new teachers understand them more than they think.

There are some new additions to the WHS staff. Weber received two new math teachers, Kellen Lucherini and Nicole Carroll; a biology teacher, Marley Madsen; a PE teacher and a health and science teacher, Chloe Marble and Jessie Howard; along with a new resource teacher, Kylee Calvin.

"I was working previously down in West Valley in Hunter High School, and my wife and I wanted to move closer to our families. This is pretty much exactly halfway between my family and hers. It works perfectly," says Lucherini. He is not only new to the school, but he also moved to a new city.

Lucherini has been teaching Secondary Math 3 for about four years and says since moving he has had to adjust his teaching methods to better suit the student's needs. "There are always little changes, but every school does things differently. I have 200 new students, and I have to learn their names. I have to see what level you guys are at and where I need to take you guys," says Lucherini. "In some ways the students are different, but not in others. You guys still want to be on your phones as much as possible, and test your boundaries just like the Hunter [High School] kids. In general, the behavior is a bit better along with the level of knowledge which is very nice," he says.

Getting to know their students is an important aspect for a new teacher, but also learning about their previous teachers is key. "It's a big job, that first year, trying to figure out what has already been taught and how and where to go from there," says Lucherini.

"I can see a Secondary Math 3 comparison from there to here," he adds. "Yet, many kids don't want to project where they really are [mathematically]. They project a little less than where they really are, most of them anyway," he says.

Lucherini is familiar to the



Math teacher Mr. Lucherini takes charge of his new class.

Photo by Emma Reynolds

school. He grew up in Cache Valley, so he says he had heard of Weber High before. "I went to Sky View High School, so we played Weber in sports, especially since Weber has been here for a really long time," he says.

Another new teacher at Weber is Mrs. Carroll. She wasn't completely alone on her move to Weber; she already knew and was friends with the teachers in the Math Department. Carroll adds, "I already knew all the people from the Math Department and loved them, and I did my student teaching here and loved it." She teaches Secondary Math 2 to sophomores.

Similar to Lucherini, she says she had to change her teaching methods. "For me it was a really big adjustment. I worked at Weber Innovations. At that school they go at their own pace, so I didn't really teach; I mostly tutored," she says. "The students aren't that different here. I really like my classes. I was afraid of classroom management, but I really like the students here," she adds.

Each teacher has their own way of teaching their classes, but when teachers move to a new school, they may need to alter how they teach. "I still am, and I think forever will be," she says about adjusting her teaching methods. "Students are so diverse and so you are constantly trying new things to work or help," says Carroll. "[The Math Department] constantly gives me advice. How to handle certain situations and how to be consistent, so I can be fair to all of the students. Also, how to handle the stress because teaching can be very stressful and you take it personally because you love the students and want to see them succeed. And if they are not, it is very easy to take that home or get down," she adds.

Carroll also says her next door math neighbor, Ms. Cassidy, has been a big help. "I feel like [Ms. Cassidy] tells me that I'm going to be okay. They are my own little HOPE squad," she laughs. "When I wasn't here, I really missed the math teachers."

Ms. Howard, the new Forensics and Biology teacher, says she didn't feel Weber High was different from her previous job at Logan High. "I wasn't even planning on

moving, but then the district approached me and I decided to come over," she says.

"A lot of other teachers who have worked here have been of big help," says Howard. "From finding the printer, to the first day, and I didn't even know how to take attendance. A lot of different types of things like programs are new to me. I think in the first week it took a little bit of time to adjust to the new school, but from then on everything was fine. Plus, I'm a newer teacher so I have received a lot of good advice from many of the teachers," she says.

Coming to a new school, Howard decided to jump in and make an impact with teaching at WHS. "My type of personality is the dive in head first, so I definitely made some mistakes in the beginning, but this is such a great school. Every teacher has their own personality, so their teaching style should match that. I think that makes teaching very cool," she says.

Howard adds she understands how some students may feel when they move to a new school. "I have a baby face and I guess I'm still young, so every single person thought I was a student, and I would have to explain to them that I was an adult. It is a little bit intimidating sometimes when you are a new teacher, and you are surrounded by all of these other teachers who have taught for a really long time. But I've learned a lot and could not ask for a better group of staff, and they are amazing and help me all the time. It's also a very tight staff," says Howard.

Something that surprised Howard of Weber High is how much school spirit the students show. Howard says, "I had so much fun at Homecoming and was so impressed. It was fun because I was a part of putting on Homecoming, but at the same time I had never experienced anything like that. When I went to high school in Arizona, we never did anything like that. We never had multiple assemblies or bonfires. If we had a game, some would go and then it was straight home. But here the student section is packed, and everyone is very excited. I was really surprised at how much school spirit Weber shows, which every school should."

Youth Mayor strives to help city

By **Rebecca Gonzales**
Editor in Chief

"It's really exciting and fulfilling to play a part in local government," says Amber Healey, Weber High Senior and Pleasant View City's Youth Mayor.

Healey completed an application and was interviewed by the parks and recreation manager and the mayor after spending two years on the Youth Council. She was chosen as the Youth Mayor in June.

"Usually to become the mayor you also have to have spent the last few years on the Youth City Council," she says. "Not gonna lie, one of the main reasons I probably joined Youth City Council in the first place was because of my obsession with the TV show *Parks and Recreation*, followed closely by wanting to build my resumé."

However, Healey didn't get involved in her local government just because of a TV show. "While getting to see the real life similarities to my favorite TV show is always a nice perk, the best thing about being Youth Mayor is the joy that comes from helping out people in need," she remarks. "And also all the great food. That's a close second."

Healey has many civic duties as



After serving on Youth City Council, Amber Healey became the Youth Mayor for Pleasant View.

Youth Mayor including "planning and preparing activities and service projects for Pleasant View's Youth City Council." She has participated in showing movies in the park, making princess wigs for young cancer patients, serving food at St. Anne's, making thank-you packages for the city's policemen, trick-or-treating for cans of food and hosting Easter egg hunts and Christmas parties. Last September, she planned an event involving crafts, sports and face painting in the park.

Healey also meets with the city's parks and recreation director every month and plans the City Council meetings which take place on the first Thursday of each month and "consist of guest speakers, games,



Amber Healey shows off her artistic abilities with her booth for Weber County Fair.

Photos by Raquelle Healey

service projects and lots and lots of food," she says.

As Youth Mayor, Healey gets to express her artistic side. This summer she created a booth for Pleasant View at the Weber County Fair. "I decided to incorporate Pleasant View's motto, 'a treasure in Ben Lomond's shadow,' by getting a bunch of plants and objects from around the city and spray painting them gold," she explains. "I then painted a giant picture of Ben Lomond and put it behind all the 'treasure' with the mountain lit up by backlights."

Healey has also made many goals as Youth Mayor. Although she didn't grow up in Pleasant View, she has many fond memories of city-sponsored activities for the youth (things like storytelling festivals and city-wide scavenger hunts) and keeps those experiences in mind when planning events. "It can be hard to implement some of those events," she says, "but my main goal is to still create a city with unified, bonded youth that always have fun activities to look forward to. I guess I hope for all of Pleasant View's kids to look back on their hometown as a familiar community rather than a distant city." To achieve this goal, she hopes to plan chalk art contests, snowman-making contests and much more.

One of her other main goals is "to simply help those in our country in most dire need, such as the individuals hurt by the recent hurricanes, refugees or those in homeless shelters," she adds.

To the people of Pleasant View, Healey says, "There's a lot of work going into creating many fun activities, but unfortunately it can be hard getting the word out."

"I hope for all of Pleasant View's kids to look back on their hometown as a familiar community rather than a distant city."

city's Youth Council. "It looks awesome on college applications, gives you a ton of great service hours and you learn a lot from the guest speakers," she explains. "Even better than that though, City Council is really just a ton of fun. You get to go to a bunch of amazing activities, meet new friends and help out people in need."

To those interested in joining Pleasant View's Youth Council, Healey recommends stopping by the city offices and asking for an application. "If you don't live in Pleasant View, then check with the city office in your city. Most tend to have Youth City Councils," she says.

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Providing HOPE, Team assists struggling teens fighting depression

By **Jaden Pratt**
Editor in Chief

Something people may not know a lot about is Weber High's HOPE Squad. The name may sound familiar and people may even know some of the HOPE Squad members.

This group of Warriors wants to make a difference and help teens cope with life's stresses. Each letter in the word HOPE stands for something significant to its members: "Hold on, persuade, empower." The HOPE Squad is a new approach to suicide prevention that is popping up in schools all across the nation.

Weber used to have a Student Response Team that came together in tragic incidents and crises. Mr. Godfrey, one of the HOPE Squad advisors, says, "The Crisis Response Team was a little bit smaller of a group, and now it's the HOPE Squad where we have between 40 and 50 members that are students. It's actually a national organization that kind of got started here in Utah."

The founder is Greg Hudnall who was a Provo School District employee. Godfrey says, "He's [Hudnall] branching out, so all of the schools have the resources and the manpower that they need to effectively deal with these things, and he's calling it the HOPE Squad. He's got national funding going on and a lot of schools across the country are replacing their Crisis Response Teams with HOPE Squads."

The HOPE Squad organization began when Hudnall saw the ef-

fects of teen suicide. "He noticed a lot of suicides that were going on in his school district and he thought, okay, this is a bigger problem and we need to train schools better to make sure we can stop and prevent these things from happening," Godfrey adds.

Hudnall is now retired from education, so he can put more time and effort into the HOPE Squad. He has spent the last 15 years as the executive director of a community crisis team responding to suicide. "He spends his time presenting at schools across the country, working on HOPE Squads and circles for hope and community with trainings and models," Godfrey says.

Weber's HOPE Squad is comprised of students who were selected by their peers. Their nominations don't come from teachers or counselors. "You guys pick who should be a member of the HOPE Squad because they are people you feel comfortable with and feel like you can trust," says Godfrey. "They are people that are nice and kind and patient and thoughtful and they are good listeners, so they are people you can turn to," adds Godfrey.

The HOPE Squad considers itself a more personal and friendly way for students to seek help when they need it. Haylee Short, senior and HOPE Squad member says, "It's the biggest link between counselors and students because the counselors can't be everywhere, so it helps to get every individual more help than they would have before." She adds, "Utah has one of the highest suicide rates, especially up here, so it's really important to get help in this area."

"The purpose of the HOPE Squad is for students to be the eyes



HOPE Squad members senior Brad Hawks and juniors Megan Felts and Emma Sowby decorate the HOPE bulletin board.

and ears of the school and the student body and just making sure they are taking care of their friends and their peers and that no one is in serious harm," says Godfrey. "You know, we have a lot of challenges with mental health and suicide, so the HOPE Squad is to help prevent those situations."

As a leader of the HOPE Squad, Godfrey is there to help supervise the members during HOPE Week. Godfrey and the other advisors, WHS counselors, give required trainings every other week to all of the members during Flex. He says, "We give training on a certain topic, like maybe what is the HOPE Squad or how to handle crisis and then you know they are then able to respond effectively and accordingly if they need to."

The members of the HOPE Squad also try to give others hope in their daily lives. Olivia Bailey, senior and HOPE Squad member, says she gives others hope by being a kind person, spreading positivity and making a happy environment. Short adds simple acts of kindness are really important and just being a good friend and listening can give others hope.

Depression is widespread and can deeply affect peoples' lives. Godfrey says to those struggling, "You're not as alone as you think you are. There are so many other people that also suffer from anxiety and depression and it's a challenge a lot of people are going through and it's something that we all want to help each other with. So don't feel like it's just your problem or it's just a 'you thing,' but that there are other people that are going through similar thoughts like you are."

He adds, teens need to realize there are people wanting to help them. "I'd also like to point out there are a lot of people around you that are rooting for you, who want you to be happy. We know that depression can just get you in a funk

and can be a little crippling. We just want to make sure that you know we are rooting for you to find that urge to get out of the hole and find happiness because no one wants to be in that funk and it's no fun when you're in it. Make sure you know that we're here for you when you want to talk about it or if you ever need anything."

The HOPE Squad may be new to the school but it has become an important factor in combating the fight against suicide. Godfrey says, "I just hope the student body knows a lot of students are rooting for them and want to help them out."

For those who find it difficult to speak to others about what they are feeling, Godfrey gives some alternatives. "If it's still too scary to turn to people you know among our school, I'd recommend that you download that Safe Utah app because it can be an anonymous place to post your thoughts. If you're concerned about someone else you can give a tip to someone and then get the proper help you or your friend might need. So make sure you utilize the resources that are here in the school or outside of the school because we want to make sure we can prevent any future suicides and help those who might be struggling with anything in their life," he adds.

The HOPE Squad also has an Instagram and Twitter account they use to give hope and send positive messages. Godfrey says the HOPE Squad are also trying to promote positive thinking. They also put notes on lockers, place positive things in their display case near the drama department and make announcements along with their weeklong celebration that happened the last week of September. Godfrey says, "They're just trying to make it a little bit happier of a school environment."

Instagram @weber.hopesquad
Twitter @weberhopesquad

Suicide, bullying awareness can prevent future troubles Warriors offer advice to help those in need

By **Brandie Huddleston**
News Editor

"Utah Department of Health has now confirmed 425 suicides so far in 2017, putting the state roughly on pace to meet or surpass last years preliminary one year record of 638 suicide deaths," reported *Salt Lake City Tribune* writer Luke Ramseth.

At Weber High, many students are concerned about Utah suicide rates "Suicide rates are high because our bullying rates are high," said sophomore Alec Nielsen.

English teacher and HOPE advisor Mr. Godfrey also thinks that bullying happens at WHS and could contribute to teens feeling depressed. "There is bullying at Weber High, more than there should be," he said.

Psychology teacher Mrs. Phinney agreed and added, "I think that it mostly occurs through social media outlets which makes it hard to track and punish on an administrative level. Cyberbullying is an epidemic."

Senior Courtney Barker recently noticed bullying situations at Weber. "I didn't think that we had any bullying at first, but some things were posted [on social media] by accident, and kids were really mean," she said. Barker continued saying kids are harsh when someone makes a mistake at Weber, and this is also a form of bullying.

Junior Eric Stanley has mixed feelings about bullying at Weber. "Bullying happens, but at the same time it doesn't. I think some people are getting bullied and others are exaggerating teasing," he said.

Bullying happens at almost every high school but senior Alex Birkbeck feels Weber has a lot more than others. "There is a certain environment at Weber that makes it seem as though it is a more rough school," he said.

There are other factors that could cause the suicidal situations, not just bullying. Counselor Mrs. Butler said, "It's a community effort. There are lots of pressures to reach an ideal, perfect image."

Recent research indicates that Utah's high altitude might also be a factor contributing to high suicide rates. Because of our altitude, people are getting less oxygen, and it is making it harder for brains to function.

Mrs. Phinney added another possible reason for mental distress and suicidal thoughts could be a teen's need to be perfect. "Suicide rates are high in Utah because of the cultural expectations of perfection. People in Utah believe it is not acceptable to fail at anything, so when they do not meet expectations, when they fail, when bad things happen, they lose hope or assume that life is not worth living anymore because they have not lived up to those expectations." Phinney continued, "They [teens] struggle to see beyond present difficulties to a brighter future."

Birkbeck thinks living in a culture where being liked by classmates, parents and teachers is a priority and this causes depressed behavior. "I feel as though suicide rates are so high in Utah because the mental illness of depression is not understood," Birkbeck said.

Some ways WHS students and staff recommend to help bring rates down are "I'm nice to people," said sophomore Kennedy Staples. Whereas Nielsen says it is best to keep to yourself. "If you don't spend too much time worrying about other people, then bullying rates go down because you are focused on keeping yourself happy; not other people," she said.

Butler added "Collectively, I talk to kids and educate students about suicide and depression." The counseling department also started a mindfulness group to help reduce stress, and they talk about suicide prevention. For those who would like to join or help that group, talk to any of the counselors.

"I try to make my class fun and also safe," said Godfrey. He tries to remind his students that if they get a bad grade on a test or an assignment that it is not the end of the world. "It will be okay, and we will work everything out," says Godfrey.

Stanley stated he always tries to stay happy and make other people happy. "I just don't think negatively, and I try to be friends with everyone."

"In psychology we talk about how it is typical to feel depressed or anxious and what we can do about it. My hope is that it makes students feel safe talking about mental health issues in other settings," said Phinney.

Birkbeck reminded people there is always an option out there and suicide should never be the answer to a person's problem. "Suicide is a permanent solution to a temporary problem," he said.

Godfrey suggested students or anyone contemplating suicide and do not feel comfortable talking to anyone about it in person, they should use the Safe UT app. He says that if students know friends who are suicidal but don't want to tell anyone, they can download the app and let someone know anonymously. "It is very quick and really easy," said Godfrey.

Nielsen added the app helps people and the hotline number has also assisted people. "It helps kids get the help they need, and it's free," said Nielsen.

"The benefits of the hotline are that people can call anonymously which makes it more likely that they will share their feelings," Phinney said. "It is a free service to help people considering suicide reconsider." If someone feels alone, it gives them someone to talk to all 24 hours of the day," she added.



HOPE Squad takes suicide prevention lesson from counselors.

Photos by McKayla McMann


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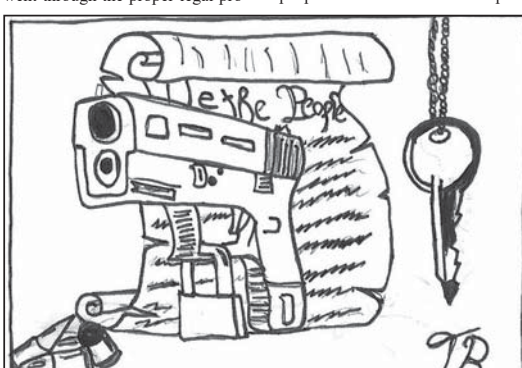


Time Out

By **Rebecca Gonzales**
Editor in Chief

The Las Vegas shooting on Oct. 21, 2017, was the deadliest mass shooting committed by an individual in United States history. Shooter Stephen Paddock legally purchased his weapons, including 23 firearms and magazines with 100 rounds each. He was able to fire 90 bullets in 10 seconds, thanks to the deadly modifications on his guns. Fifty-nine people were killed and 515 were injured.

Mass shootings happen more often in the United States than in any other country with comparable population. *The Washington Post* compiled data from the 131 worst mass shootings in the United States. They counted 948 victims, including 145 children and teenagers. Of the firearms used in these shootings, only 39 were obtained illegally, compared to the 164 that went through the proper legal pro-



cesses.

Mass shootings only account for less than half a percent of people shot to death in the United States. It is estimated between 1968 and 2011, 1.4 million people have been killed by firearms. In 2010, gun violence cost American taxpayers over 500 million dollars.

The Second Amendment to the U.S. Constitution guarantees citizens the right to bear arms for the purpose of a well-regulated militia. When the Bill of Rights was ratified in 1791, this made a lot of sense. Much of the Revolutionary War was fought by a “ragtag” group of citizens who brought their own weapons to the fight. The early Americans also needed to arm themselves against wild animals and vindictive enemies. It was a much different time.

These days guns are mostly used for hunting and self-defense which are reasonable reasons to own firearms. However, there are people in who abuse this freedom. American citizens owning large numbers of guns and stockpiling ammunition is unsafe. There is no reason for anyone unaffiliated with the police, the FBI or similar government-instituted organizations and occupations to own weapons capable of killing dozens of people with hundreds of

rounds of ammunition.

People who oppose gun control argue the Constitution should not be changed. However, the Constitution was written over 200 years ago, and America is now a much different place than any of the Founding Fathers could have predicted. Over the years, changes and additions to the Constitution have been necessary. The Constitution has been amended 17 times, not including the first 10 amendments that make up the Bill of Rights. Adjusting the Constitution to fit the needs and safety of the time has benefitted the nation. Adding clarification to the Second Amendment would not be unprecedented.

In modern-day America, guns are definitely not well regulated, as it says they should be in the Constitution. There are several laws in place already to regulate their use, but they are woefully inadequate.

Because of the Sandy Hook school shooting, the Obama administration enacted a restriction on people with mental illnesses pur-

munition can be purchased within a certain time frame, which could be enforced through a nationwide database that records every legal gun and ammunition purchase. However, civilians have no need to own certain types of firearms, especially those with deadly modifications. Those should be restricted to government and military use.

Background checks are essential to making sure dangerous weapons don’t fall into the wrong hands. However, federal law does not require third-party sellers (either privately or at gun shows) to run background checks on their buyers. They are also not required to ask for identification or even record the sale. This makes it easy for criminals, minors and potentially dangerous people to purchase firearms where they otherwise wouldn’t be able to. Since there is no record of the sale, investigators have no information on which guns were purchased when and by whom, so it’s harder to get enough evidence to bring criminals to justice.

All legal gun sales need to be recorded to prevent dangerous accumulations and to help solve crimes. Identification and background checks, although possibly intrusive, are the only way to be sure the potential buyer is of age, is not a criminal and won’t pose a threat to public safety. This especially applies to gun shows which should be subject to the same regulations as any other firearm-selling venue.

There also needs to be greater consequences for illegal firearm trading. Anyone who obtains a weapon illegally is automatically suspicious; they wouldn’t put themselves at risk by breaking the law if they didn’t have a purpose in mind for that gun. That purpose is not necessarily malevolent, but it’s better to be cautious than to lose any more lives due to gun violence.

Sometimes, to ensure the safety of the nation, personal liberties have to be restricted. Gun control would not infringe upon most people’s firearm ownership. As long as the person purchasing the gun is educated in gun safety, does not have a history of criminal activity, and is not predicted to abuse the power guns bestow, they should absolutely be able to purchase and use firearms. Stricter gun regulations would only restrict those who could compromise public safety, and in return the American public would be in far less danger.

People say, “guns don’t kill people; people kill people,” which is true. However, guns make it a lot easier for people to kill other people. There is no reason to continue to allow as many gun-related deaths, especially those that are the result to mass shootings. If the Las Vegas shooter had not been allowed to obtain such a great number of weapons and ammunition, there certainly would be many more people still alive today. The safety and security gun control would allow would far outweigh the sacrifice.

Counselors work hard to help achieve college goals, feel safe

The work our counselors do is essential for the students of Weber High to be successful. It is time for our counselors Joel Robins, Wes Johnson, Becky Butler, Jim Hales and Jen Paige to receive the recognition they deserve.

Ever since ninth grade, the counselors have been there to help. At the Ninth Grade Counts presentation, many students didn’t think that ninth grade was that important. However, counselors came in and explained the year was important, and it was a time for students to get good grades. They also reminded us there were about three years left of school before we graduated, and we needed to decide if we wanted to go to college or not. The counselors were there to guide us in the right direction. They are of great help to anyone who doesn’t know if they want to go to college or what they want to study.

I also remembered how the counselors helped us get ready for high school. They informed us how many days we could miss, what classes would be helpful, what counselor we were assigned to and how to keep grades up. They told us stories of students, both good and bad examples, and what we should and shouldn’t do. This helped ease the worry for many students about high school. It is admirable how much time counselors take as they help students feel good about school.

Recently, counselor have been preparing students as they choose what classes they want to take next year. We are barely heading into the

second quarter, but the counselors are already helping us map out the next year.

I really enjoyed talking to the counselor I was assigned to. She told me what scholarships I could already be thinking about and what classes I should take next year, so I can complete my credits. She also asked what college I wanted to go to, what career I would like to pursue and she helped me pick out my other classes. They did this with all the students, and it shows how much they care about our future. Counselors also talked with my parents and helped them get involved in my future.

Counselors also encourage students to go to college and present



different ways to pay for college. A lot of students have the motivation to go to college, but college can bring big debts and that sometimes scares students off. Our counselors present us with many scholarship opportunities and ways to pay for college. At the beginning of the year, one of the counselors even came into my fourth period class and showed us how we could pay for college and what scholarships we should apply for.

There is also College Day for the juniors and this gives them a chance to plan out where they want to go. Representatives of different colleges visit students at this time. Counselors also email parents regarding their graduation progress, give job and college application assistance, and counselors also write letters of recommendation for students who want to go to college.

Another aspect counselors work hard on is bullying prevention to make sure Weber High is a bully free zone. Bullying has become a big problem in today’s high schools, but our counselors are doing everything they can to make sure everyone feels safe. The counselors not only come into classrooms and give presentations about bullying prevention, but they also have assemblies about anti-bullying.

We need to give thanks to our counselors for all their hard work, and we know that with them we can achieve great things.

By **Kathleen Mejia**
WHS Junior

our phones and watching the world play out and move on without us. And honey, that’s lonely.

I’ll admit, I love my phone. I like to play games on it, watch videos and text friends. But I put my phone down. I’ll read or go spend time with my family or even go on a walk outside. It’s not even a long

you rather have a real person who cares about you and say/do these things to help you, or would you rather read these “comforting words” on a little screen? These words we read on little screens are just cold, blank words with little feeling. It would be different to hear someone say something in person than it would be to read off of a screen. In person you hear their anger, frustration, happiness and sadness. On a screen you don’t hear any of that. In person, you can see their expression; in texting or other messaging you don’t. All you read are those cold, blank words.

Other than just missing someone’s presence when using technology, there are other ways it can make you lonely. When you’re on social media and see all your friends and family having fun and going on road trips and throwing parties, all without you, doesn’t it make you lonely? We see all our friends doing stuff that is so fun and exciting, and all we are doing are playing on

Taking breaks from technology rid loneliness, brings friends closer

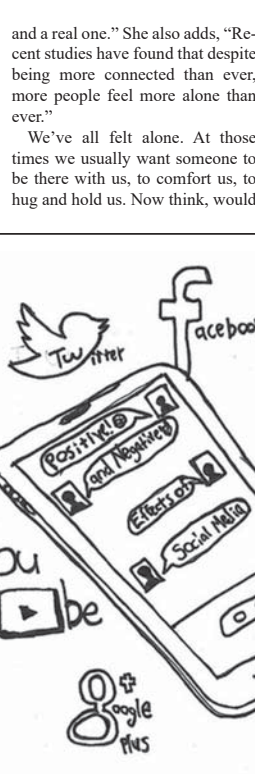
A lot of people wonder about technology and how it affects us, and boy do people have a lot of opinions on it. Some people say it doesn’t affect us all. Others say that technology corrupts us, and it is unhealthy. And some people even say that both cases are true. But the main question I have about technology is, does it make us lonely?

Our phones distract us. Everybody has heard stories of how people walk into poles while texting or trip down stairs while checking Facebook. However, could our phones and other technological devices also be distracting us from social interaction?

Based on the article, “Does Technology Make Us More Alone,” by Lindsey Craig, “Technology is making us more alone because instead of interacting with our friends in person, we are dependent on using our phones or tablets.”

Think about all the times we are on our phones: texting, messaging, Pinterest, Snapchat and Instagram, for long periods of time. Those are times we could be outside enjoying nature, being with friends and family, times when we could be getting important work done. Sure, technology does help us with a lot of things. We should take this amazing invention to our benefit. However, this doesn’t mean we should be spending all our time on social media. When we spend all our time on social media, we aren’t actually being with those who are important such as friends and family. We may be talking or messaging with them but not in person. I don’t know about you, but to me that sounds really lonely.

Just like Margie Warrell says in her article, “Text or Talk: Is Technology Making You Lonely?” “While social networking is a great tool, there’s a profound difference between an online social network



walk, just up and down the street. It makes me feel better, though, to be outside with other people. I don’t feel so alone anymore. I feel like I’m actually doing something productive, and it makes me feel good.

Warrell says in her article, “It [social media] appeals to our vulnerability and vanity. We can pick and choose which photos we share and craftily edit our words to ensure we convey the image we want others to see. Yet it also provides the illusion of friendship that, in real life, may be shallow, superficial and unable to stand the demands, and pressures genuine friendships entail.”

It’s okay to be on our phones and on social media, but not all the time. Sometimes it’s nice just to go outside for a while, even for a minute, and get some fresh air, say hello to your neighbors/friends in person, and get away from technology. Just go enjoy life.

By **Abbey Shaffer**
WHS Sophomore

Weber High School430 West Weber High DrivePleasant View, UT 84414

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Mrs. Sangiorgio enters Weber High with 25 years of educational experience.

Photo by Raquelle Healey

Vice principal returns to educational roots

By William Michels
Feature Editor

A new staff member may be re-acted to in a multitude of ways. Some dismiss them, while others try their best to share their experience and incorporate them into the workplace. But some “new” staff might not need much additional assistance.

Take Mrs. Sangiorgio, the new vice principal at Weber High. With 25 years of educational experience, she has had a warm welcome from the staff and has also been impressed with them so far. “I have felt welcomed in many ways,” says Sangiorgio. “As I get to know the teachers here, I have seen how much they care about students and their success.”

She is also impressed with the student body of Weber themselves. “Most students are courteous, hardworking and want to do well in school,” says Sangiorgio. This summer, she had a chance to meet the student body officers and hear their plans for the school year. Their commitment and optimism stood out to her from the very beginning, and she has noticed the same positive traits in many other students.

Although she has plenty of experience working in the educational field, it wasn’t always what she intended to do. “I entered college in pre-med and planned on being a pharmacist,” she says. However, after earning her associate’s degree, she had an opportunity to long-term substitute a science class, and that was all it took to reel her into education. One reason that contributed to this was her love of science. Sangiorgio had “the best science teacher ever” in high school, and she thoroughly enjoyed all of the classes she had in the scientific field.

Sangiorgio’s 25 years of experience are wide and diverse. In 1997, she began teaching biology, Medical Anatomy, and Biotechnology at Weber High. Upon receiving her

administrative endorsement, she chose to become an elementary school principal, and she did so for 12 years. After this, she returned to secondary school and was a vice principal at Roy High. This year at Weber, Sangiorgio plans to build relationships, support teachers in their profession and help students with their academic and life goals. She wants to change the lives of students for the better.

“As an administrator, I have many opportunities to help students problem solve, create goals and make changes in their lives that help them move toward positive interactions and outcomes,” says Sangiorgio.

Moving back to Weber, Sangiorgio has enjoyed being a part of the administrative team and reminisces on past experiences with some members of the current administration. “Mr. Wardle and I were teachers here together, and Mr. Baliff taught my children at Fremont,” says Sangiorgio. Being an administrator in high school, she enjoys the benefit of having multiple members on the team, and says that it’s a big change from her elementary school days.

While she is busy with the job of being a school administrator, she manages to find time for a wide range of interests and hobbies. A few on her list include camping, snowboarding, mountain biking, reading and attending Christian concerts. While she may have grown up in the midwestern state of Oklahoma, she has made Utah her home for 26 years and counting. “I love the four seasons, mountains and beautiful sunsets,” says Sangiorgio.

While she was unexpectedly pulled into education from a simple job as a substitute and her love of science, Sangiorgio adds she has made the most out of it. She is impressed with the students and their attitudes, the teachers and how much they care about their students, and the level-headed nature of the administration and staff. She plans on leaving a positive and impactful footprint on the school.



Zach Thomas (12): “I’d like to improve the lives of others through the community, volunteer more at the animal shelter and be happy.”



Yvette Rosas (10): “I’d like to get good grades in school and be kind to others.”



Cole Bray (10): “I hope to get better with reading and control my temper.”



Alex Ames (12): “I want to make money and forget the people who stand in my way.”

Poll compiled by Kyrsten Acker

New Year’s: Resolutions lead to future success with life goals

By Melissa Overdiek
Photo Editor

“New Year’s resolutions are so you can grow as a person each year and progress as a person. They help you become who you want to be,” states sophomore Emma Holmgren.

By dictionary definition, a goal is the object of a person’s ambition or effort; an aim or desired result. As a new year begins, many people have their own goals that they work towards. Senior Kayleigh Anderson says some of her goals have been to get good grades, to eat healthier, to try new things and to go skydiving.

Daxton Dearing, junior, adds a good goal works on self-improvement. “Don’t try and change yourself for someone else, change for the better,” he says.

“A goal is specific, measurable, achievable, realistic and time worthy; in other words a S.M.A.R.T. goal. Smart goals help you feel like you have something to work on that’s easy but pushes you,” adds Holmgren.

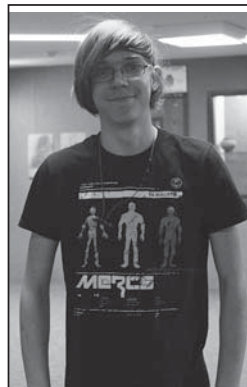
The amount of goals people take on at one time depends on the person and how much they can do. “I try to focus on one at a time that’s manageable for me; otherwise, I get stressed,” says Holmgren.

However, some people, like Dearing and Anderson, say they can handle five or six goals at one time; they feel it depends on the

person.

Keeping goals that have been set also depends on the specific person and what works for them. Some people like to set reminders for themselves on their phones. “Normally, when I have reminders on my phone to see at the beginning of each day, it helps me work on it throughout the day,” says Holmgren.

It’s also been said that other peo-



Jaron Larsen (11): “To come up with a meaningful resolution that I can and will actually do.”

ple can help when trying to accomplish goals. Anderson says she has received help, especially from her mom. Dearing agrees saying moms help, even though he adds it’s not really self-improvement if other

people help.

Maureen Grover, WHS English teacher, says people should always be trying to improve themselves in various ways. Anderson adds, “Goals are there to help make yourself better; to help you improve and learn new things.”

“Achieving your goals makes you really happy and proud,” says Holmgren. “I also feel relieved because I don’t feel like I have to do it anymore. Excitement is in there, too, because I’ve learned a new skill or have done something nice. Overall, I feel good about becoming closer to being someone I want to be.”

Some Warriors believe New Year’s resolution goals don’t often make it throughout the whole year, but again it depends on the person trying to achieve the goal. Anderson says, “I’ve been able to keep the goals I’ve set, except skydiving because I’m not 18 yet.” Dearing adds he’s worked on his goals but didn’t quite complete them. As for Holmgren, she laughs and says, “I do good for the first three months and then that’s it. Life is hard, man. Sometimes you get curveballs and other times you are just too lazy to pick up the bat.”

The start of the year is a logical starting point for setting goals, says

Mrs. Grover. For her to keep a resolution, she says she needs to have the right frame of mind to make the goal happen and that may not always be at New Year’s. Holmgren agrees with Grover and says New Year’s resolutions are a nice idea, but “no one actually does theirs,” and it dies out quickly.

Anderson and Dearing contradict this, saying New Year’s resolutions are crucial goals. Anderson feels it’s a good idea for some people to make goals at the beginning of the year so they actually do it, but the middle of the year can be a good time to start, too. Dearing adds, “It’s good to start at a point. Setting a day to start helps signify it’s a goal. New Year’s is a good day to start: New Year, new you. To try to make stuff better, start with making yourself better,” he says. Anderson adds New Year’s resolutions are to make oneself better, improve and learn new things.

In agreement to both sides concerning the need for New Year’s resolutions, Holmgren says, “Goals are great to make each year, but they don’t have to be specifically at New Year’s. Goals can even be more subconscious ones. You don’t have to feel pressure for a New Year’s resolution; it’s whatever works best for you.”

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Christmas: Suggestions on managing holiday stress effectively

By **Treighton Bindrup and Nolin Maurer**
Staff Reporters

Although Christmas appears traditional for many across the country and even around the world, the warm holiday as most remember wasn't really invented until the early 1800s. According to history.com, in its earliest years, it was more of a Mardi Gras type celebration, and it wasn't until *A Christmas Carol* that society started to change the way Christmas should be.

Parents began to use the holiday as an excuse to give gifts to their children without appearing to spoil them. The Americans used other countries traditions to shape the holiday into what they saw fit. It was also during this time that Christmas was reborn into the holiday that millions around the world now celebrate.

However, many people now see the holiday season as a stressful time of year. With keeping up with their child's expectations, getting families together, cooking large meals and shopping on Black Friday, it seems that the season is becoming demanding. How can people avoid becoming a Grinch at Christmas because of the crazy stress that people go through during this winter holiday?

Mrs. Phinney, psychology teacher at Weber High School, says, "The Christmas stress has to do with expectations. Why people get frustrated is because they have these expectations and they're not always met." She adds, "There is a part in your brain that becomes activated when you express gratitude that send off this calming effect."

Phinney also explains people need to understand stress in order to help maintain it. "Stress is your brain responding to fear," says Phinney. She, like many others, experiences the chaos that is often associated with the holidays. To keep her planning in check and her daily

life in order, Phinney keeps little to-do lists written on post-it notes, so forgetting things is never an option.

Phinney also recommends keeping things in order as an easy way to reduce holiday chaos. As the planner, Phinney says it can get a little hectic behind the scenes, so when things get overwhelming, the psychology teacher says to "take a step back and remember what you're grateful for."

WebMD agrees with her idea of keeping lists. "Make lists or use an appointment book to keep track of tasks to do and events to attend," it suggests.

Not only does stress have an effect on one's brain, but it can also affect a person's long-term health if

people get stressed by the amount of pressure to make others happy with gifts, food, etc. It is awesome that people think so much about others." Senior Anna Shepard adds, "I feel people get stressed during Christmas because they feel they have to do everything for everyone, and they don't know what gifts to give to whom."

People tend to have a general idea of why people stress around Christmas time whether they celebrate it or not. Brian Lattin, Spanish teacher, says, "There are too many 'have tos' for Christmas. You have to get your mom something, you have to get your dad something, you have to go see your family that day there is just so many of these 'have tos' that stress people

your budget. Don't try to buy happiness with an avalanche of gifts," it reports.

Lattin says one of his stresses comes from holiday expectations. "I stress because sometimes it feels like the world is telling you what to do that day and what is supposed to happen. I think that Christmas should be the day that you get to go around and do what you want. I feel that a lot of our choice is taken away that day."

Phinney adds, "I stress in the details. I stress about parties we have to go to and what I get people because I am the worst at gift-giving and the details of that is what stress me out. Once everything is planned then it's not stressful for me."

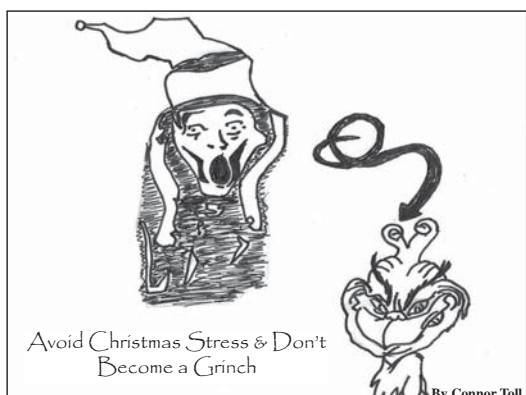
Along with adults feeling holiday stress, teens also experience anxieties. "I know I've been stressed about Christmas," says Davis. "I believe that I procrastinate too much when it comes to buying gifts for people. I have not gotten super stressed about Christmas yet, but sometimes it gets a little nerve-wracking because you feel you have to do so much."

"The resolution, on avoiding Grinch-like attitudes," says Davis, "is to remind yourself what Christmas is and what it means."

"Our family is thinking about changing from us getting gifts for ourselves and instead helping neighbors and people in need," says Lattin. "We feel we don't need to buy each other gifts because we are covered." Shepard adds, "I think people can lessen stress by mostly just planning early and maybe even something like having a set schedule."

The Christmas holiday is celebrated by many and stress, as Shepard says, "can ruin the holiday and make people forget the reason of the holidays." Phinney adds, "Just taking a step back and realize what you're grateful for, and this will help to alleviate stress."

"Christmas is about closeness, but stress can make you forget about that," adds Davis.



he/she is constantly stressing. Phinney says, "Short term stress will just increase your heart rate and breathing while long term can deteriorate your health and body."

Phinney's advice for anyone feeling a holiday burden is "taking mental note of where you are." She believes realizing that one is stressed can tell the person's brain that the fear of the unknown is silly and it's a simple reaction from feeling stressed.

Why do people get stressed during the happiest time of the year? Calder Davis, junior, says, "I think

out." Phinney adds, "People get stressed because they take it upon themselves to make things perfect and then if it doesn't happen, they become frustrated."

Another possible stress could fall in the financial aspect of the holidays. In a study done by Healthline in 2015, nearly 50 percent of people have money to blame for their worries. To relieve financial stress, the Mayo Clinic recommends setting a budget and sticking to it. "Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to



Casey Birkholz

To help Warriors know their teachers, they are sharing fun details of their lives away from WHS. Four personal facts are true and one is a lie. Can Warriors guess which fact is a lie?

Casey Birkholz:

1. I saved my best friends life by giving him the Heimlich maneuver.
 2. I have climbed the highest mountain in the Continental U.S.
 3. I have caught a state record fish in Idaho.
 4. I graduated in the top 10 in my class in high school.
 5. Growing up I had a pet raccoon and a pet rattlesnake
- (2 is a lie - I haven't climbed the



Kevan Larsen

Photos by Raquelle Healey



highest mountain in the continental U.S.)

Kevan Larsen:

1. Spent a year as a Military Intelligence officer.
 2. Worked as a tour guide at Mount Rushmore.
 3. A table router nearly severed my hand from my arm.
 4. Once canoed over 40 miles of the Snake River in one day.
 5. I was a dishwasher in the visitor's restaurant, the one in "North by Northwest."
- (2 is a lie. I only worked at the restaurant there.)

Abigail Butler:

1. I graduated from Weber High in 2007.
2. I was offered an internship with Senator Orrin Hatch in Wash-



Abigail Butler

ington, D.C., twice.

3. I only completed my Hunter Safety certificate in 2007 because the instructor was really cute (and now he is my husband.)
 4. I used to work for the Church of Jesus Christ of Latter Day Saints as a Property Manager for the Ogden Area.
 5. I once got chased by a black bear while elk hunting.
- (5 is the lie.)

Lareen Radle:

1. I was caught in the middle of a riot in Paris and our tour bus was



Lareen Radle

almost tipped over by the crowd.

2. I fish competitively on the weekends and summers and have won \$1,800 in tournament payouts.
 3. I lettered in track and cross country in high school.
 4. I have chaperoned students on trips and competitions to 10 different countries and seven states.
- (Lie is number 2. I do love to fish, but have never been in a fishing tournament.)

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By **Kathleen Mejia**
Assistant to the Chief

December often comes with fluffy snow, hot cocoa, sweet candy canes and amazing movies. It's that time of year when the movie theaters are completely packed, and everyone is patiently waiting to see the newest movies hit theaters. Last year, December came with huge box office hits like *Rogue One: A Star Wars Story* and *La La Land*. This year just might be a successful repetition.

One of the most anticipated movies for this December is *Star Wars: The Last Jedi* which will be released on Dec. 15. This will be the continuation of the 2015 film *Star Wars: The Force Awakens*. Actor Mark Hamill will also be reprising his iconic role of Luke Skywalker after only appearing during the last scenes of the previous film. Daisy Ridley will also be back as Rey.

The *Star Wars* movies are known for their secrecy, so not a lot is known about the new film. All the synopsis says is, "Luke Skywalker's peaceful and solitary existence gets upended when he meets Rey, a young woman who shows strong signs of the Force."

Entertainment Weekly recently published a feature story which revealed some details. First of all, fans will learn what happened between Skywalker and his nephew, Kylo Ren, from *Return of the Jedi* and the new trilogy. Furthermore, Rey's past was not too clear in the previous movie, but now fans will get the chance to learn who Rey's parents are and more about former stormtrooper Finn. This will also be the last film that the late actress Carrie Fisher participated in. *The Last Jedi* is sure to be a box office hit, especially because it continues after *The Force Awakens*, which is the world's third highest grossing film of all time, earning 2.068 billion USD. Fans everywhere are ecstatic to see what's to come.

Another highly awaited movie is *Jumanji: Welcome to the Jungle*. This will be a sequel to the 1995 adventure film, *Jumanji*. This new adaptation will feature Dwayne Johnson, Jack Black and Kevin Hart. It does, however, have a modern twist. It takes place 20 years after the events of the first movie, and Jumanji is no longer a board game but a video game.

While in detention, four high school teenagers find the infamous game and get sucked into the jungle. They become avatars inside the game and realize the only way to get out of there is to finish the game.

It is said the film is a form of tribute to the late Robin Williams who appeared in the original film. Williams played Alan Parrish, a kid who had been trapped in the game for 26 years. Black said Williams' character has left clues in the jungle to help the new group of characters finish the game and break free. *Jumanji: Welcome to the Jungle* will premiere on Dec. 20.

Lastly, *Pitch Perfect* will be returning for its third and final movie of the *Pitch Perfect* trilogy. The two previous films center around the acapella group named the Bellas and freshman Beca Mitchell who reluctantly joins the group. Ultimately, she helps them win a national competition and become successful. In the sequel the Bellas compete in the World Finals and graduate from Barden University. *Pitch Perfect 3* will pick up a bit after winning the world championships, and the Bellas find themselves split apart and not finding too many music jobs. However, when they get the chance to reunite, they come together for one last time. Anna Kendrick's character, Beca, gets offered to sign a record label but without the rest of the girls which proves to be very conflicting for her.

Many music artist have also joined the cast. Hailee Steinfeld who previously joined the cast in the second film, will be back, and artist Ruby Rose will be joining the cast as a member of a competing singing group. DJ Khaled has also teased his role on social media but not much more is known. The regular cast will all also be back: Rebel Wilson will return as Amy, Brittany Snow will also reprise her role as Chloe, and Anna Camp who plays Aubrey will be back one last time. The final *Pitch Perfect* will be premiering at theaters on Dec. 22.

These are only three films Warriors will find in theatres during their holiday break. However, from pre-reviews, those are the ones that shouldn't be missed.

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Gifts can shock on Christmas day

Unforgettable gifts found under tree stun recipients

By **Jasa Moss**
Editorial Editor

Every Christmas kids wait in anticipation for presents while they fantasize about a new bike or car. Sometimes people find gifts that require superior acting skills to seem thankful. Other gifts are so weird that not even Jim Carrey or Johnny Depp could pull off that kind of acting. These unique gifts could come from parents, a crazy uncle and sometimes they are from a creepy “stalker.” Here are 10 of the weirdest gifts received by Warriors.

#1 Charlotte Forsberg, senior, got three jars of Nutella from her parents for Christmas. When she got it, her first reaction was “It’s all mine,” she said. The gift seemed to amuse everyone, especially when she labeled it as hers so no one else would touch it. That was when her love affair with Nutella began.

#2 Maddison Carrer, senior, wanted a hamster for Christmas since they were small, cuddly and she thought it was cute when they would run on the wheel. They were also easy to keep and low maintenance. Instead, she was given a bunny that she named PJ because it peed all over everything. It was adorable and it was cuddly, but she didn’t have time to take care of it. She said he sent us a picture and told us our bunny had just given birth. No wonder it was so mean some-

times,” says Carrer.

#3 Nancy Champi, English teacher, got Incredible Eatables when she was between nine and 10 years old. It’s basically a waffle maker for edible insects. She had to share it with her sister. At first they weren’t very happy about Santa trying to get them to share, but they eventually started doing it together. The two of them created a better bond by making gross concoctions into bugs and feeding them to the neighborhood boys.

#4 Baylee Vaughn, senior, got a sewing machine, so she could sew with her grandma when she was in sixth grade. Despite it being a high-tech Brother sewing machine, she still has never shown any interest in sewing and has never taken it out of the box.

#5 Lauren Bowen, senior, got a mini fridge from her parents for Christmas after she jokingly asked for one. She wanted one so that she would be able to have one in her room, and her brothers wouldn’t steal her food. They ate her food anyway.

#6 Jenna Child, senior, has creative parents that according to her “find things that I want and just twist it a little bit.” She once asked for a guitar and a motorcycle as a joke and for Christmas her parents got her a little toy guitar and a Lego motorcycle.

#7 Steven Nyugen, senior, has developed a terrible fear of stalkers. During all three years of junior high he got a giant Hershey’s bar for Christmas from a mystery person. This individual would knock and then leave the candy bar on his doorstep. The person didn’t use wrapping paper and never left him a note. The first year when it

happened he was excited and curious as to who it was even though he gave the treat away. The second year he was a little concerned; it happened sometime around 11 p.m. He threw the gift away being a little worried. The third year came and at 2 a.m, he received another bar. “I was totally freaked out, and I still have no idea who it is,” says Nyugen.

#8 Amy Bigler, senior, got the same bike her sister had just grown out of from Santa Claus when she was in pre-school. Even though she was confused, she was mostly really happy since she loved her sister’s sparkly, turquoise Ariel tricycle. Later, though, she found Santa’s wrapping paper in her house and figured it out.

#9 Meisha Brand, senior, says she got a creepy china doll for Christmas one year. It had dark hair, a dark colored dress and big dark eyes that seemed to give you a sad expression and followed your every move. Her parents gave her one because her aunt had a collection of china dolls that she liked. Brand got sick later that day and the doll disappeared. She is now terrified of china dolls.

#10 Beth O’Driscoll, senior, got a can of corn for Christmas when she was 13; however, she doesn’t like corn. She was originally excited because her parents were sneaky and wrapped the can and placed it in a big box that was also wrapped. When she got the unique present, she tried to fake excitement and was really confused. “I looked at their faces that were anticipating excitement. I’m not sure why, but I faked as best as I could, and failed.” O’Driscoll never opened the can of corn and still has it to this day.

Season of giving begins,

Quarters and Cans help families in need

By **Cade Allen**
Staff Reporter

Quarters and Cans: it’s that time of year when Christmas is just around the corner and Warriors are ready to help. While some people get to enjoy the holidays, other families are not able to afford a Christmas for their children. That is the number one reason why Quarters and Cans became a tradition at Weber High. The goal of this fundraiser is to help 15 families or more who are in need of a Christmas.

“It’s to give service; it’s to provide for people in need. It’s providing Christmas for those families who are suffering either through financial hardships, for somebody who has lost a job or an illness such as cancer,” Mrs. Perry said. “We have a couple families this year we are looking at who has developed cancer and others who have faced other problems.”

School officers receive family names through the counselors, and they also contact the three elementary and the junior highs for names of families who are interested in receiving donations brought in during Quarters and Cans.

“The students at Weber High can help donate not just money, but

also canned foods and other items as well,” added Student Body President Erica Lee. “There is usually a canned food drive race between the classes and whoever gets the most canned foods for their class gets various awards.”

There are also activities that are held during Quarters and Cans to help raise money for the service project. There was a dodgeball tournament on Nov. 3 where students paid to compete with their teams. All the money brought in was donated to the fundraiser. On Nov. 23, there was also an assembly. During the assembly students donated money to see more fun activities.

“We usually raise about \$10,000 to \$20,000 each year,” said Lee about the fundraiser goal. “There was even one year in 2009 where we raised up to a whopping \$40,000 during this tradition,” she said.

During December officers will announce other activities where students and the community can donate to Quarters and Cans. “Another activity we continually do is that we go caroling around town and even up in the Valley,” Lee added.

During last year’s Quarters and Cans, there was a fundraiser for Hannah’s Hope which helped raise money towards suicide prevention.

However, for this year the focus is on the local community surrounding Weber High. “We’ve been raising money for other fundraisers throughout Utah like Hannah’s Hope, but now we have decided this year to solely focus on the families at Weber who absolutely cannot afford a Christmas,” Lee said.

Quarters and Cans has been around for a very long time dating back to the 1980s. Mr. Rawlins served as student body officer advisor for several years. He finds the annual event to be a great service activity for all Warriors. “Probably my most memorable Quarters and Cans experience is when we delivered gifts and food to families. We would leave them on the doorstep and knock and hide. This is in itself memorable but the most memorable part of it is when you see the little kids come on the porch to see everything but then you hear them get excited over having milk and not gifts is something I would never forget,” Mr. Rawlins said.

There has been a significant raise in the money and food donations each year and it’s bringing hope and happiness to the families in the local community. “The donations that are made throughout Quarters and Cans are greatly appreciated and will benefit the families at our local community,” Lee said.




Dodgeball tournament contestants have fun while they compete during the Quarters and Cans fundraiser.

Photo by Kyrsten Acker

Upcoming Performances

by WHS Drama Department



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by David Jaar February 1-3, 2018

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What is the real meaning? Warriors explain true definition of Christmas

By **Abbey Shaffer**
Staff Reporter

Many people question the true meaning of Christmas. Some think it's about presents, while others believe it's about family and unity.

"Christmas is the time for showing appreciation and respect," says Angela Shaffer, senior.

"Sharing love" is what sophomore Taryana Tuirubiarzey says Christmas means to her. "Just be with your family," she adds.

Mr. Webster, English teacher, agrees and says Christmas is about "love and forgiveness."

Most people, like senior Abie Thomas, think Christmas is about family and appreciating what family has done in a person's life. However, what about those who think Christmas isn't about family and love? What would one say to them?

"I would tell them come join my family," says World Civilization teacher Mrs. Simmions. "I wouldn't give out presents, but they'd have a good time with family."

Sophomore Carson Wheeler adds Christmas is about gratitude. "Some people have life harder," says Wheeler. "Up here [at Weber] we have it better; we have money and presents. Be grateful for that."

For those lacking Christmas cheer, some teens suggest ways to find fun and the true meaning of Christmas. Sophomore Amanda Mendelson suggests spending time with family this Christmas. "We don't even do gifts," she says. "We go on vacation and just be with each other."

"Get someone you don't know a present," adds Webster. "You can do anything really, forgive someone who wronged you... donate to Quarters and Cans."

"Be kinder; think of someone else," Shaffer adds.

Sophomore Braxton Koch suggests, "be with someone who seems lonely."

Ms. Nish, photography teacher, also thinks sincerity adds holiday cheer. "Do something for someone else," she says.

Family traditions can also be a great way to be closer to the holiday spirit.

"My kids only ask for one thing on Christmas," says Mr. Webster. "Then they go and find gifts for others. It's how we connect and show love."

Some people believe Christmas is all about presents; all getting and no giving. However, Weber's teens appreciate families, especially during the holidays.

"Family," says Simmions when he chooses between gifts and family. "They are a gift that keeps on giving."

"For me, gifts are temporary, but family lasts forever," adds Nish.

"I love my family more than my stuff," Webster says. "If you lost everything, you can rest easy because you still have your family."

Wheeler agrees and says, "Gifts can't replace family."

It seems Warriors think the true meaning of Christmas is family and togetherness, as well as helping others. For those who are still struggling to find the true meaning of Christmas, biology teacher Mrs. Kelson adds, "Christmas is about memories you make with friends and family, not presents."

Serving Others: Student body focuses on providing help to others

By **Bailee Montgomery**
Staff Reporter

As 2017 is winding down, Weber High students are gearing up for the holiday season. As this time of year begins, Warriors are planning annual volunteer work and helping organizations that are in need.

Senior class officer Olivia Chambers says, "I am going to be making some fleece blankets. I'm going to cut and tie the edges to make it look nice and everything. Then I'm going to donate them to YCC which is a shelter for abused women." This isn't the first time Chambers has done an act of kindness. "I've done these blankets before but donated them to kids at Primary Children's Hospital," Chambers adds.

Along with the mood of thanks, the National Honor Society (NHS) group shows appreciation by doing the traditional Tiny Tim's Toys. "It's an organization that gives toys

to needy kids. Groups like NHS assemble the toys, and then Tim's distributes them to kids in other countries or hospitals," explains Honor Society member Angela Shaffer.

Shaffer explains Tiny Tim's Foundation for Kids was started by Alton Thacker in 1996. It's a non-profit organization based in West Jordan, Utah. It is locally based and works within the community to help make a difference in the world, and Weber High has decided to be a part of this cause.

As well as Tiny Tim's organization, Warriors host a yearly Quarters and Cans activity as an opportunity for all students and staff to participate in helping the community. Senior class officer Trinity Douglas says, the officers and student body are mainly focusing on helping local families have Christmas this year. "I feel like it's good to help out our community in any way that we can, even if it's helping a family out with Christmas.



Claudia Vinacco, senior, volunteers her time serving Thanksgiving dinner to senior citizens.

Photos by Raquelle Healey



Junior Karessa Pitcher helps clean up a table during the Thanksgiving feast.

It's just good to be kind and to let people know that they are loved," Douglas adds.

Melissa Powell, WHS health teacher, says, "A majority of the volunteer work I am involved with at Weber is with the HOSA (Health Occupation Students of America) Club. The club is based on service, and more specifically service to enhance health/medical. HOSA hosts three blood drives per year with ARUP Blood Services." This group allows students to help the cause by signing up to donate blood during lunch and before school.

"ARUP supplies blood products to several major hospitals, including the U of U and Primary Children's Hospital," says Powell. "By HOSA hosting these blood drives, we are able to help with the demand these hospitals need when it comes to blood services needed."

HOSA is also involved in helping with the community. "Another volunteer or service project, our HOSA Club does is the Weekend Warrior Food Pack program. Each week we supply four local elementary schools with 25 food packs (100 packs a week) to send home on the weekends for students who are less fortunate, or maybe they

don't get their nutritional needs met. This program has been running for five years, and continues to be very successful," says Powell.

FBLA also serves people during the holidays. For the past 25 years, members of the club have served Thanksgiving dinner to over 300 local senior citizens. The dinner is held at the Weber High cafeteria and after the feast Mr. Daniels, drama teacher, invites senior citizens to watch the fall musical.

Mr. Rawlins, FBLA advisor and business teacher, says, "One of the big benefits to this is the service it gives to the local community and the opportunity it gives to the students at the school help the senior citizens and get to know them. The students always come away talking about this service opportunity because of the chance they get to sit and talk with the people that come."

The holidays often remind people about giving and helping others. Something as simple as a teddy bear or blanket can lift the spirits of a child and families. "What feels better than giving back to families that need it the most? Nothing if you ask me," adds sophomore Sutherland Green.




Helping serve the drinks during the Thanksgiving dinner is junior Jace Bedke.

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Team perseveres during difficult season

By Jaden Pratt
Editor in Chief

When most people picture fall, they think of pumpkins, colorful leaves and Thanksgiving. However, some Warriors think of fall sports, especially the girls volleyball team.

After a successful 2016 season that took Weber to state, the girls started the season with a drive for success.

Layton and Davis defeated Weber with a 3-0 score. Captain Savannah Dodson, senior gave the team four aces and 12 digs. With 13 kills, Kenzie Done led the Warriors as they faced the Darts.

Then in a close game Weber won two while Clearfield won three. Winning the first two sets, Weber took the lead. Then Clearfield won the last three sets. The scores for each set were 29-27, 25-21, 22-25, 9-25 and 11-15.

The entire season had Weber facing close games as they kept pushing for wins. Confronting the region champions Syracuse, the Warriors showed they were a strong, competitive team. Even though Syracuse took the overall win, Weber showed them they were not going to make it easy for them. Scores for the sets were 21-21, 25-23, 24-24 and 26-24.

“We have had a rough start, but we are making improvements everyday at practice,” volleyball coach Ms. Nish says. “Every time we get on the court, something sparks that it is a little bit better and helps us progress a little bit more.”

Dodson also keeps her outlook positive adding, “We are doing pretty well. We have come a long way since the beginning of the season but still have a lot we can work on.”

The coach feels practice is im-



Seniors Bridget Triplett and Sydney Colledge prepare to block against a Layton approach.

Photos by Henry Kerr

portant to having a well-working team. Nish says, “We have done a lot of preparation. We did a lot of training over the summer, a lot of skills and exercising and getting prepared that way. We did a couple camps and then every day in practice we get prepared for whatever we face, whatever is coming up.”

Along with a busy summer, “Volleyball tryouts start before school does,” says Captain Bridget Triplett. “We started out with two day practices the week before school, and we’ve been practicing ever since the week before school, so lots of practice.”

Nish says she helps the girls succeed by preparing them at practice. “The drills we do in practice are geared towards desired effects. There are different things we focus on in practice to help get them prepared and ready,” Nish adds.

As for what works well for the team, Nish says, “Everyone cares a lot about each other and so I think that they’re really good teammates on and off the floor.” Triplett adds, “We have good defense right now and if we focus we’re really pretty good at blocking.”

With their strength, the team has room for improvements as well. Triplett says, “We just got to have a winning mentality. The past couple games we’ve put some fight into it but I don’t quite think we’ve had a winning mentality yet so we need to work on that.” Nish adds, “I think something we are working on right now is getting the fire like desire to compete, and every time

we go out there just leaving it out on the floor. So we’re working on that and we’re going to implement finishing strong.”

Along with unity on the court, the girls like to have fun with each other off the court. Triplett says, “[I like] getting the girls back together. It’s fun because we are all pretty good friends so a couple of times before the season started during open gym, we would get together afterwards and hang out. But during the season it’s always fun to cheer each other on in between games and what not.”

Nish thinks the best part of the season is just being a team. She says, “Coming together I’ve seen the girls become more unified and becoming more cohesive. I think every time there’s a flow on the court I think that is the best time so far.”

As the girls enjoy being together, they miss members from last year’s team. This team is different since several seniors graduated last May. Triplett says, “This team is a little new. We haven’t really played together a whole lot. The last Varsity team played together for two or three years. For this team, it’s the first time we’ve had them all together here, so it’s been an experience for all of us.”

“Each year is different even if you have a lot of the same girls on the team,” adds Nish. “There’s always going to be a different dynamic. Whether it’s the chemistry on the floor, or how people play with each other the line ups. So everything is just different. Even if you played a specific position last year, you might play a new position this year. Each year you’re just trying to see what fits and what works best. So it’s different in the sense of we lost six seniors last year, and they all played varsity so this year it’s just filling in those positions and finding what works best for this team.”

Nish’s personal goal for the team is to prepare the girls to be the best of their ability, so they can do their best in the matches.

“We’re just excited to see where we can get to as far as our progression and how we can continue to get better throughout the season, so we are at the peak of our performance when the time is needed.”

Champions continues from page 1

better overall. It also helps us work together and trust each other.”

Some of the teams other strengths come from the players. Schenck says, “We are resilient. This is very important because big plays happen all the time, and we have to be able to comeback from them.” Cy Denney, senior, adds, “Our defense has played outstanding and is a key part in winning because if the other team can’t score, they can’t win.”

Success has also been made when everyone on the team works together. Green says, “Trusting the process and putting in the work in the off season,” helps the team succeed. He adds having great coaches who care about the success of Weber is another aspect to the team.

Head Coach Hammer describes his Warriors as a “deep football team with a lot of weapons,” and they have play makers on both sides of the ball which adds to their success.

“We all want to win, and we don’t want to let anyone - coaches, team or community - down.”

The player’s skills and talents also lend the team versatility so they can accomplish goals. Callister says, “I kick and I punt. Kick-offs and punts help my team’s field position in the transition from offense to defense. Field goal kicking is another weapon we have on offense to put more points on the scoreboard.”

Green adds the motivation of the team leans greatly on each other. “We have the accountability where no one wants to let anyone down,” he says. Schenck adds, “We all want to win, and we don’t want to let anyone- coaches, team or community down.”

Wanting to capitalize on past football shortcomings, Callister says, “We want to change the culture of Weber High football. Success motivates us to be our best. We’ve had a taste of success this



Warrior’s run onto the field ready to play against Lone Peak during the quarter finals.

season and we’re hungry for more. We like to make the community and culture of Weber proud.” Denney adds, “We are all competitive so that is what drives us to work hard. We hate to lose.”

Prepping for the games are important and coming up with ways to continue throughout the entire season is what the team does to stay strong. “We evaluate opponents and treat each opponent with respect. We learn their strengths/weakness and use those to our help. We also say a prayer and walk out together which I know improves our already outstanding unity and brotherhood. We all love each other and want each other to be successful,” says Callister. Denney adds, “There are no rituals or superstitions that our team has. We practice the morning before then just stay calm up until game time.”

One of the MVP’s of the team is Bartholomew. Coach Hammer says, “He is extremely selfless in his approach to the game. He wants everyone to have great success but holds his teammates to a higher standard to perform well.”

Green adds, “I can’t decide on just one person, so for the offensive I would say Bart Austin, our QB, because he has done great things

with the ball and is a great leader. For defense I would say Jace “Juice” Campbell, our main line backer, because he leads our team in tackles and knows the defense the best.”

Coach Hammer is proud of this

“We want to change the culture of Weber High football. Success motivates us to be our best. We’ve had a taste of success this season, and we are hungry for more.”

team’s accomplishments and says the winning formula is playing great defense, taking care of the football, scoring in the Red Zone, playing great, creating special teams and having Warrior-like discipline.

This year’s football team has many accomplishments to be proud of. The season left a legacy at Weber High. Coach Hammer says to anyone who wants to be on the team in the future, “Everyday you are either getting better or worse. So trust the process of what it takes to be successful.”



Ready to win against Riverton, Warriors take their positions on the field. Weber defeated Riverton 21-13.

Photos by Kyrsten Acker



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As hardwork happens, Golf finds success

By **Raquelle Healey**
Feature Editor

With their third year in a row winning region and placing third in state during the season, the Weber High boy's golf team finishes another strong year.

Junior Braxten Welche was new to golf when he started playing on the team. "I was playing at the Barn Golf Course when I was about 13, just for fun with friends. Kory Woodland, the high school golf coach, encouraged me to try out. Ever since then he's just been a mentor to me, so I started to play," said Welche.

However, other teammates have polished their talents for several years. Hunter Howe, senior and team captain, grew up playing golf. He's worked hard over the years to improve his technique and be the type of leader the team needs. Hunter looks up to his coach and follows his example.

"Kory is a super awesome coach and provides a really fun atmo-

sphere for all of our teammates. He knows how to coach us all individually and as a team," said Hunter.

Along with the challenges of the game, Hunter also realized being a leader he had tasks to conquer. "I need to always be a leader by showing up on time, being the hardest worker there and being a good example to all the younger upcoming players," said Hunter. "I also need to make all the new players feel welcome but push them as well."

Along with Hunter, his brother Conner Howe, senior, is also a team captain. "We have to be responsible and smart with the decisions we make," said Conner. "Be a good team leader and always, no matter what the situation is, be an example."

Conner finds fun with his sport, but he also realizes the serious aspect of golf. "I want to represent my high school and state. This isn't a sport for someone to just goof off in. You have to be dedicated and committed to it. To be a good golf player you have to have patience because it can get really frustrating



Sophomores Sam Abbott and Dyson Davis work on their swing.



Dyson Davis, sophomore, is ready to tee off during practice at the White Barn.

out there. And you have to be able to control your mind and thoughts," said Conner.

Agreeing, Welche added, "Really anyone can golf, you just have to be hard working. You have to be willing to make sure everything is going as it needs to be during the round and be able to pull out of bad shots. In all, you just need to always be ready."

Welche also gave advice to those interested in being a part of the WHS team. "You got to be mentally tough, for sure," he said. "When playing golf, you can go from a bad hole to a good hole in a matter of seconds. You have to keep the right mindset. I think the important thing is just hanging in there and never giving up no matter what happens," he said.

Hunter agreed that golf is a mental sport, but golf has also helped him improve himself outside of the game. "Yeah, golf is a super mentally taxing game, so it has definitely made me mentally stronger and stuff. You can't let anything distract you from your goal and what you're trying to accomplish. Not only that, but golf has improved my work ethic a lot, too," he said.

Big goals achieved in game by Howe

By **Connor Toll**
Staff Reporter

Not many seniors can say they have three region championships as well as two state championship honors. Warrior Connor Howe, senior, can, and his love for golf started at a young age.

"I played a lot of other sports like basketball and baseball, but I really started playing golf at age 12," Howe says. "Playing at 12 was a lot more fun because it got more and more competitive, and it just kind of stuck."

One of the aspects of golf Howe has worked on is handling pressure while playing. "Just being able to handle it [pressure] and not getting ahead of myself," is his technique to overcome mental stress while competing.

While playing golf, Howe has had people who helped him play the best he can play and manage his pressure. "My parents are most definitely my biggest supporters," says Howe. "My family also are my biggest supporters, along with my coach and all my best friends. Just everyone in general helps me out," says Howe.

Howe isn't the only one in his family to play this sport. He has watched his family enjoy time on the golf course. "My dad, my younger brother and my twin brother, Hunter Howe, all play golf," he says.

Golf won't stop for Howe after he receives his high school diploma. Howe is also looking forward to a career in golf. "I am going to play at Georgia Tech because they have great scholarships there. I will pursue this in college after high school," says Howe.

Howe knows he won't become



Conner Howe, senior, hopes to become a professional golfer after he finishes playing for Georgia Tech.

Photo by Kyrsten Acker

a professional overnight. He has many things he needs to do to reach an ultimate goal of pro-golfer. "I practice all day, every day during the summer. During school I play after school from 3 to 5 p.m., and if I have no homework, I will play longer."

Along with his region championships, Howe says, "In 2014 I also got Player of the Year."

In 2015, Howe won the 5A State High School Championship. He shot a career low 62-68, 130 total. "I couldn't have asked for a better group of guys to call my teammates. This is definitely a year to remember. I also won the Toyota Tour Cup Series at Cross Week," he adds.

In 2016 Howe won the AJGA Hale Irwin Junior. He shot a "little 66-70-70, -10" for his total, he says.

To do well in golf, Howe adds a player must develop a passion for the sport. "Passion is a strong feeling of enthusiasm or excitement for something or about doing something."

Howe also says he is "on the road to the Masters." He has a love for this game, and he appreciates all the help he has received along the way. "I thank all those who have supported me in pursuing my dream," he says.

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Theater department ‘amazes’ audiences

By **Jaden Pratt**
Editor in Chief

Weber High’s theater department has outdone themselves again with their rendition of *Seven Brothers* for *Seven Brothers*. The production was amazing! One of my favorite musicals I’ve seen the school put on so far.

I watched the first matinee performed on Nov. 2. The audience was made up of junior high and elementary school kids. I was always taken aback by the simplicity of losing myself in the world of the play.

Most people are afraid of children being disruptive during productions such as this but as young kids, with imaginations being regularly used, I think their attention was captivated with the story so much, they had no room to be rowdy. They were polite and gave the cast the applause they deserved.

The first thing I noticed was the scenery. It was simple but sound. You could tell what everything was meant to be. The artwork for the background was beautiful and the transitions from season to season in the story worked very well. The background was on three large triangle-like pillars called Pericetoids. On each side of the triangle there was a part of a picture but when put together the whole background came into view.

There were a few large trees and little bushes with wildflowers painted on the pillars. In the corner, on the upper right-hand side,

the mountains sloped upward. The main house had two side houses that connected to it. The main house also doubled as Sanders Restaurant. There was also a town hall and a barn.

At the beginning when you meet Adam, played by senior Conner Wangsgard, you learn tidbits of who he is and who his family is. The whole town tries to convince Milly, played by junior Hallie Grigg, not to marry Adam but she trusts him and becomes his wife. Milly is like the superwoman of the 1800’s because she cooks and cleans the house but she doesn’t put up with any trouble that her brother-in-laws throw her way.

Adam’s six brothers told him he needed to get married, so he went to town from his farm and started looking for a wife. He saw Milly at the restaurant working. She handled herself with dignity and didn’t deal with anyone’s crap. He knew she was right for him.

Later after they married, Milly wanted her brother-in-laws to find happiness just like she and their older brother Adam did. She taught them how to court and dance. Milly had no idea the boys would go to town and kidnap their sweethearts for the winter.

Milly, being the female of the household, told the boys to stay out of the house while the girls were there. Adam then disappeared higher into the mountains because he was angry at Milly for getting mad at his brothers when it was his idea to kidnap the girls. The boys end up courting the girls, and they married after winter and Adam comes back

home.

The show itself was nothing less than spectacular. I could not stop smiling. The cast was chosen perfectly for their roles. The brothers were hilarious and the girls were very expressive in their faces and mannerisms. They were so funny because they didn’t know what to do when they were together with the boys. Teens who see the production will likely relate to that aspect of dating. There was some teasing and some sweet moments as well that include stolen kisses.

My favorite part of the show was the Harvest Social. Here the boys met their sweethearts. The problem was the girls already had suitors! Milly told them to cut in and ask if they could have this dance. It was so fun to watch the girls get twirled around.

The boys all ended up fighting each other in the end. This is where lots of cool stunts happened. One of the best parts of the show included the fight scenes. With all the people on stage during the town scenes, it was pretty impressive they could perform such dramatic fight scenes in a very small space. The numerous fight scenes were well directed and fun to watch. Caleb Degn, who plays Frank, even did some flips during the fight scenes.

Nonetheless, you can’t have a musical without plenty of singing. These kids have some amazing voices! Milly sang so beautifully and Adam also had a strong voice. My favorite song was “Bless Your Beautiful Hide,” sung by Adam in the beginning and Milly at the end. The beginning was so funny be-

cause Adam was evaluating all the girls who passed by him. The girls all thought he was so handsome, and the girls basically swooned over him. He then would say something and they would get upset and walk off. It was so funny. Then at the end Milly sang the song to Adam in a sort of love ballad. The brothers and the brides were great in their musical numbers as well. They are all very talented.

There was also a lot of dancing, and the dancing was energetic and flowed across the stage. I did think the stage was a bit over crowded. The music though was great. It reminded me of Disneyland because of the happy tune it had. The set was like Frontierland and the music sounded like something that would be played on Main Street.

All the brothers were great, but Gideon, played by junior Cameron Linford stood out to me. He was the one to stand up to Adam when he ran away to the mountains. He was also very sweet to his girl Alice, performed by junior Tessa Shelton. The actors were also very well paired up. Senior Kylar Vierra, who played Benjamin, is over six feet tall and he was paired up with Dorcus, played by Alaina Nelson, junior, who was close in height.

Seven Brides for Seven Brothers is a funny, family friendly, love story. Weber High’s theater always does an awesome job with their musicals. They never disappoint when it comes to their productions. I look forward to seeing it again with my family. I can’t wait to see what they have in store for the spring musical!



Daniel Pontipee, played by senior Cameron Stakebake, ravishes the warm rolls.



Three brides, played by seniors Maren Messerly, Abbey Harris and Zoe Ewing, sing during Milly’s wedding.



After the brothers chose the girls they wanted to be with, the town’s girls dance and sing during a fun town social.



Seven brides dance around Adam and Milly as the Pastor, played by junior Riley Crezee, pronounces them husband and wife.



Photo top left: Adam, played by senior Conner Wangsgard, sings to Milly, played by junior Hallie Grigg, as they dance at the social.

Top middle photo: The brothers, played by Kylar Vierra, Reed Stewart, Cameron Stakebake, Nate Chugg, Caleb Degn and Cameron Linford fight over an apple.



Photo top: As Liza and Ephram, played by Abbey Harris and Cameron Stakebake, are about to say vows, Liza’s mom, portrayed by Kennedy Cassity, tries to tackle Ephram.

Photo bottom middle: Millie explains to Adam how she feels like a slave.

Photos by Kyrsten Acker and Maddie Harris