

Time  
to be a  
Warrior



**Freshmen from North Ogden, Orion, and Snowcrest junior high schools visited WHS during the Weber Experience, and they had some time to learn about Weber’s classes and clubs. (Photo top and clockwise) Junior Lydia Knight discusses sculpting to a soon-to-be Warrior. Mr. Alan Rawlins gives a pitch for Weber business courses and clubs. At the pottery wheel is Garrett Minert, senior. Sophomore Isaac Norton tells a freshman about the Warrior News staff.**

**Photos by Emily Owens**

IB Programme opens doors, offers new opportunities for education

By Erin Hansen  
Feature Editor

Eighty out of approximately 700 sophomores were invited by one or more of their teachers to attend an International Baccalaureate Programme assembly during Flex on Dec. 18. The assembly informed the sophomores about the IB Programme and all it has to offer.

This is the first year the IB Programme has been available for students at Weber High, and the first Weber High IB graduating class will be in the spring of 2020.

The program was founded in 1968, and it is a non-profit educational foundation that works to develop the intellectual, personal, emotional and social skills of students. Marcia Kloempken, IB Programme Coordinator, spoke at the Flex assembly along with IB Programme graduate, Tristen Kelson. Kelson graduated with the Class of 2018 from Ogden High School and is currently attending college at the Colorado School of Mines. Kelson earned three college credits for every IB class she took during her junior and senior year of high school. Students who enter the program are able to earn up to 30 total college credits. Those who want to enter the program have to be signed off by at least two of their teachers and write a 500 word paper on why they want to be a part of the IB Programme.

Kloempken said, “Mr. Velden Wardle [WHS former principal] brought the IB Programme to Weber High School due to parent requests. Each and every year he was principal here, he had a requests to make Weber High School an IB school. It took us about three years

to become an accredited IB World School.”

Kloempken added before a student considers entering the IB Programme, they should determine whether or not an AP class would be more suitable for them. AP classes and the IB Programme are similar in that they both allow students to earn college credit. According to Kloempken, the major difference between the two is the focus of each program. Kloempken said, “IB has a more holistic approach and focuses on the whole education of a student while AP focuses only on their academic strengths.” Kloempken added those who excel in one or two subjects should consider taking AP classes for those

***“IB has a more holistic approach and focuses on the whole education of a student while AP focuses only on their academic strengths.”***

specific subjects, but those who are well-rounded in the majority of subjects, should consider the IB Programme. Also, students in AP classes have to pay for a final exam at the end of the year while students in IB do not.

There are six subject groups in IB: studies in language and literature, language acquisition, individuals and societies, sciences, mathematics, and the arts. There are different courses in each subject group that are classified as either Higher Level or Standard Level. Students have to enroll in three or four Higher Level classes and two or three Standard Level classes.

In each class, a student receives a numbered grade between one and seven with seven as the highest grade. By the end of senior year, a student must have at least 24 points to receive an IB diploma.

All students enrolled in IB are required to write an extended essay, take a Theory of Knowledge (TOK) class, and do something to be a part of the Creativity, Action, and Service portion of the program. The Theory of Knowledge class is taught by English teacher Kirk Ottley and is part of IB to help students think thoroughly about the nature of knowledge. Students take TOK during the second semester of their junior year and the first semester of their senior year. The Theory of Knowledge class is assessed through an oral presentation and a 1,600 word essay.

Ottley also describes the class as a “holistic end of career class” because it has a way of bringing all other IB classes into one. Ottley added, “TOK is other elements applied to how we know the things we know.”

The extended essay is an independent, 4,000 word research paper that students start at the beginning of their junior year and have 18 months to complete. At Weber, Nancy Champi, English teacher, is in charge of the extended essays. Champi said students are allowed to choose their own topic from a list of available IB subjects. Kelson’s essay title was “Does Kimchi Produce Inhibitory Effects against the Common Sinusitis Bacteria *Staphylococcus Epidermis*, *Staphylococcus Aureus*, *Corynebacterium ssp.* and *Pseudomonas*?” Her research

**IB continues on page 4**

Seniors explore new careers,  
Gain job experience interning

By Kathleen Mejia  
Editor in Chief

When seniors graduate from high school and are handed their diploma, it is expected they know what their next step in life is going to be: college. College also requires them to know what career they want to follow for the rest of their adult life. There are many important decisions to make in a short period of time. However, Weber High students have the opportunity to gain work experience while still being in high school and set a foundation for their future careers.

“Internships give students career exploration experiences during the school day. They receive elective credit as if they are sitting in a classroom at Weber High. It helps students to better understand the workplace through a hands-on experience out in the field,” says Weber School District internship coordinator, Mr. Jeff Meyer.

Meyer adds internship positions can be found in almost any field. “They [students] can see if a given

occupation is really what they want to pursue. You can intern virtually anywhere in almost any occupation as long as you have a mentor.” He also shares there are currently 182 interns in the district all in different positions.

Hailey Carling, senior, is currently interning at Bates Elementary. She says, “I was interested in being a teacher and I know my mentor very well. I thought it would be a good learning experience.”

Carling is interning for second grade teacher Mrs. Gubler, and she is grateful for how she has been received at Bates. “I have loved working with the kids and helping them learn, and the staff has been very welcoming and accommodating. They always help me when I have questions,” says Carling.

Carling also says she has learned a lot about what is required of a teacher. “I have learned that teaching is a lot more than just standing in front of a class, especially in elementary school. You have to plan everything down to the last detail.” Carling adds she has a better understanding of what a teacher does. “Usually when you think of teach-

ers, you just think of them standing in front of a class and talking and talking. But what students don’t see is all the preparation that goes into those lessons. They have to plan what they’re going to teach, write the worksheets and tests, print them out and cut them all, get supplies they may need for the lesson and so much more.”

Carling has only spent a couple months in her internship, but she has already been recognized by some of the students she helps teach. “I saw one of them at church on Sunday, and he got so excited and ran up and hugged me. Then he went to class and told all of his friends that he knew me,” says Carling. She also shares what she has enjoyed most throughout her internship.

“I have had so many fun experiences! Earlier in the school year we would walk around the school grounds and learn about the senses and textures in nature,” she says.

Another senior participating in the internship program is Lauren Church. “I’m interning at Ogden Clinic with my dad. He is a pediatrician, so I follow him and some



**Senior Hailey Carling speaks to second graders, as she considers a teaching career.**

**Photo by WSD**

other doctors around. I see what they do all day, and then I follow the medical assistants, too. I also have my CNA, so I’m able to help out with the patients!” She says. She also explains how she helps out at the clinic.

“I usually listen to the patients. Sometimes they’ll [doctors] tell me, ‘Do you want to look in their ear or feel their heartbeat? At first I was kind of nervous to see people I knew. I haven’t seen that many people I know, and the ones that I have seen have been super cool,” she says.


Church adds she would like to go into a career similar to her internship and attend BYU. “I want to go into medicine and be a doctor, hopefully. I’m thinking maybe something to do with kids because I love kids, but I’m not completely sure yet,” she says.

Church learned about internships from a Weber teacher. “Mrs. Wilson [English teacher who assists with the internship program] is in my ward and we were talking at church one time and she told me I should do an internship. She brought up the idea because I had no idea this was even a thing. This was a year ago during my junior year.” Church adds, “I decided to intern because I wanted to see if this was something I really wanted to do before I got to college. That way I don’t get to college and realize I don’t like what I’m doing.”


Church has also been able to

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Unity on the court with boys’ basketball- Pg. 16



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Just the Facts



A cute floral gift became popular in the early 19th century. Corsages were a small symbol given to one’s date. They were also often given before a formal dance.



With over 40 million teenagers in the U.S., the Prom industry earns approximately \$4 billion each year.

Prom is the second most significant event in a teen’s life, after getting a driver’s license.

A recent survey found that promposals cost an average of \$324.



Representing Weber are (top from l to 13), Carly Mund, Kaylee Barker, Emma Flattery, Katie Hadley, Sydnee Bingham, Mandy Widner, Brittany Hall, Shanae Fraughton. (Bottom l to r) Trevor Ingram, Koby Pack, Abraham Harris, Caleb O'Neill and Acelan Obray.

Photo by Lifetouch

# Scholars receive outstanding recognition, prepare for future

By Kathleen Mejia  
Editor in Chief

"I've realized I have had these big leadership roles, and I have noticed how much it has all affected me and how it has changed my life," says senior, Sydnee Bingham. Bingham, was chosen as Sterling Scholar along with 12 other WHS seniors. Each has excelled in a specific category. For Bingham, she received the honor in dance.

Those receiving Sterling Scholar are as follows: Abraham Harris - Mathematics; Acelan Obray - Vocal Performance; Brittany Hall - Computer Technology; Caleb O'Neill - Social Science; Carly Mund - Instrumental Performance; Koby Pack - Business and Marketing; Emma Flattery - English; Katie Hadley - World Language; Kaylee Barker - FACS; Mandy Widner - Speech/Theatre; Shanae Fraughton - Science; and Trevor Ingram - Visual Arts.

## The Application

Barker felt Consumer Science honors worked well with the classes she has enjoyed studying. "I've taken a lot of classes that deal with that [FACS] and I love working with kids and everything like that, so it was perfect for me," she says.

Fraughton says she decided to apply in science because "from a young age, I have always enjoyed learning about science, and in my high school career I have really excelled in that subject. I have taken a lot of AP science classes and a lot of health classes as well. I just feel I have put a lot of work into that subject and this would be something awesome to get, because I could get recognized for what I have done."

Hall had an interesting experience while applying in Computer Technology. She says, "I didn't actually have an interview, but I did talk to my teachers who helped past Sterling Scholar students. I was the only one that applied in that category!"

As Mund applied for her scholar position in Instrumental Performance, she auditioned playing the violin. "I chose to apply for that subject because it has always been something I have been interested in. I have been playing the violin, it is my passion, and it's what I want to go into." Mund is also excited to become a teacher and teach the violin to children.

O'Neill, as he worked with this social science award, says, "Mrs. Blaisdell asked me what my interests were for college and found the category that best fit my interests. I learned that I have done a lot more things pertaining to that category than I ever thought."

## The Interview and Audition

The application process was easy at first for Bingham, but then the audition was difficult. She says, "After my application was filled out, I had to go to the audition. I had to prepare a one to two-minute choreographed solo. I went into the audition and performed my piece."

While auditioning, Bingham explains she was nervous about her improvisational piece because there was no way she could prepare for it. "I also had to do an improv piece. They gave me a prompt that was kind of a strange prompt. The prompt was something like, 'Show us your most life altering experience.' Without any music, and then I had to dance all of a sudden. I had never done anything like that before. After that each judge asked me questions," says Bingham.

**"Look for ways the category of your choice has impacted your life and start doing some service work."**

Preparation and work are needed to complete the application and interview for Sterling Scholar. Luckily for Barker, she had kept a good record of her work. "I have books where I keep all the service things I've done, and I looked at that and saw what related to my category. I also took classes beforehand that related to it. We need to list all the service we have done and different leadership activities we have participated in," she says. She also adds, "I have learned that it is hard work and you have to be dedicated to finishing it and have to put forward the effort."

As for her interview, Mund explains how she prepared and went the extra mile. "I studied up on my composer for my piece. I looked into musical terms I wasn't 100 percent sure on, and I really just focused on my background. Beyond that, I had to prepare a piece to play and that took months of preparation to memorize and practice."

Mund played "Czardas by Mon-

ti" for her audition. She was not required to memorize her piece, but Mund did so to appear professional. She also prepared a performance resume for her interview. Mund says, "It had a list of places I've performed, like the Joseph Smith Memorial Building, Utah Arts Festival, and the Governor of Utah's Christmas Ball."

## Plans for the Future

Fraughton plans to go to the University of Utah and later attend medical school. Throughout high school, Fraughton has taken multiple AP classes and has become a certified CNA. "I definitely had to study because those were not easy classes. I remember in AP Biology we had a huge textbook that we had to read every day for at least two hours. To me it wasn't work or a chore, I liked learning about that subject," she says.

Computer Technology entails computer programming, web developing, game programming and programming language. Hall hopes to work in the field of web development or web marketing. She says she has learned from the experience to "just go for it and have fun while you're doing it and try something new."

O'Neil adds, "I want to go into some kind of political career. Helping society and benefiting people with the law is what I want to do with my life."

Bingham has always been dancing as she has studied in different studios and schools. "My very first year dancing I went to Julie Mofett, then I went to Utah Dance Academy and was there for nine years. That is where I did the bulk of my learning of dance. Then I was an Orion cheerleader for a year, and I have been on the drill team for two years now," she says.

## Sterling Scholar Advice

Bingham advises future Sterling Scholar applicants to not be afraid to apply. "Everybody should try it. It's not too hard to try out. That way they [the school] will find someone who is an actual Sterling Scholar. If you get it, you get it. If you don't, you don't. Look for ways the category of your choice has impacted your life and start doing some service work."

Barker's advice for next year's applicants is, "look at what you're good at and find a category and do everything you can to help yourself in that category. If you put your mind to it, you can do it."

# Failing mental health causes depression, other disorders

By William Michels  
Assistant to Chief

Mental health is considered by many to be an integral part of living a fulfilling life. With things such as the pressure of good grades, anxiety in social situations and deteriorating relationships, individuals are attempting to put forward the importance of having a mentally stable life.

A study from King's College in London showed people with severe mental disorders such as schizophrenia, bipolar disorder and chronic depression are at 53 percent higher risk for developing cardiovascular disease as well as an 85 percent higher chance of dying of a disease than a healthy individual.

Psychology teacher Camille Phinney says mental health is closely related to a person's physical health. "Your brain is an organ too! It helps with all the other organs in your body. Your brain utilizes about 40 percent of the energy you get from food and takes roughly 50 percent of the oxygen you breathe in. The air we breathe is brain food."

The National Library of Medicine also found a correlation between depressed patients with Type 2 diabetes and an increased risk of myocardial infarction, better known as a heart attack. Patients with Type 2 diabetes were at a 30 percent increased risk for myocardial infarction, but patients with major depression and Type 2 dia-

betes had an 82 percent increased risk for a heart attack compared to patients without either of these conditions.

According to Phinney, people's mental health is controlled primarily by two chemicals: dopamine and serotonin. "Serotonin is widely used throughout the body, but one of its uses is controlling how you feel. It's the chemical that puts you in a good mood." However, Phinney adds that dopamine, which is often thought to be the chemical of pleasure, is actually more of a motivator. "Dopamine is a reward transmitter. If you do something you like, your brain will release dopamine. The chemical motivates you to reach an outcome and rewards you when you reach that goal," she says.

However, a lack of these chemicals often leads to negative results. "A lack of serotonin causes bad thoughts and may even lead to depression," says Phinney. "Antidepressants like SSRIs, short for selective serotonin reuptake inhibitors, force the serotonin to stay in your brain and not potentially slip out."

The National Institute of Mental Health showed that in 2016, suicide was the second most common cause of death in the United States within the age groups 10-24. Overall, it places tenth within the causes of death among all age groups.

Crumbling mental health often leads to depression, but it is only one of multiple types of the depression. "The depression which we mostly know is pretty easy to

spot," says Phinney. "They're sad, not interested in activities, lethargic and they feel empty. But there's different types of depression, one of which is the pure opposite of what we normally think when we hear the word. These people are too hyper. They sign up for many activities, almost to the point where it's hard to say afloat, and they get involved with these things in whatever way they can. In reality, these individuals do this not to get involved, make new friends or have a good time. They do this to hide the fact that they have depression from friends and loved ones."

As more information on mental health is made available, ways to assist those who are struggling with such concerns are also becoming more available, Phinney adds.

The key to the help, however, is learning coping skills early. Professors at North Carolina State University and Pennsylvania State University also found that even after traumatizing events, teens were not utilizing the services offered to them to help their situation. The researchers also concluded that a student should take action before a traumatic event potentially happens. They wrote, "A recommendation for moving forward would be to focus on helping students to develop coping skills before they experience a traumatizing event, instead of primarily focusing on the post-experience treatment. This shift could reduce demand for rapid access services and alleviate the mental health practitioners of universities."

# Small things help create large differences in people's lives

By Melaya Rasmussen  
Staff Reporter

"I used to think it was untrue that small things could make a difference or that a smile could go along ways to making someone happier. As I've grown up, however, I realized the truth behind the small things. I would encourage students to make a difference daily, just in the small things. You never know who you will effect or the type of impact you'll make," says Mr. Godfrey, English Teacher.

Godfrey isn't the only one who believes small differences can make the world a better place. SBO President Koby Pack adds, "I think to make a difference, it's the small differences from day to day life. Something that comes to mind in making someone a little happier each day is by saying 'hi' to someone who looks a little lonely. It's not about making a huge difference. It is not about donating a huge check to someone. Through Quarter and Cans we found it's the small donations that helped. The small differences add up to a big difference." He also says many people made a difference when they collected for

Quarters and Cans. "Service makes you feel good and someone else feel good. Making a difference for the better makes you feel better," Pack says.

Weber's HOPE Squad is also involved in making a difference for others. According to WHS counselor and HOPE Squad Advisor Jen Paige, she feels kindness can make a big change in someone. "I try my best to be kind to those I come in contact with. I'm not perfect, and I don't always succeed with this, but I keep trying to just be nice. I also try and encourage students to do

**"Helping others makes you feel wonderful - that's one of the reasons I became a counselor, and why I love being a part of HOPE Squad."**

the same," she says.

As an advisor, Paige says one of her goals is to help change the culture of Weber to make kindness more normal among Warriors. Paige adds, "HOPE Squad goals are to encourage everyone to make a difference. Helping others makes

you feel wonderful - that's one of the big reasons I became a counselor, and why I love being a part of HOPE Squad. When, you help others, you have purpose."

One of the reasons Godfrey became a teacher was so he could make a difference in teens lives. "I wanted to create a classroom that was safe and offered positivity and hope. I wanted to be the teacher who helps guide students to success while also providing a break from the woes," says Godfrey.

Pack believes when people make a difference, they are rewarded. "My appreciation is when everyone is happy in school. And that's how I get my appreciation," says Pack. Godfrey says he feels rewarded when he sees he has helped a student. Paige adds she feels great when she sees how just doing the small things help make a difference in someone's life.

Pack also says it is easy to go outside one's comfort zone and make a difference. "The first step in making a difference is making a difference in yourself and kind of knowing who you are. When you have a strong self-love and know who you are and know what you're about, you will be able to make a difference."

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# Theatre crew gets ready for spring preformances

By Abigail Christiansen  
Staff Reporter

Every year WHS theater performs fall and spring musicals, along with a spring play by the Production class.

*Wiley and the Hairy Man* will be performed on Mar. 8-9. Mr. Mark Daniels, director and drama teacher, said, “*Wiley and the Hairy Man* is a great story about a young child facing his fears, and I think it will be a huge draw for children in our community. We will be using aerial silks and that’s a fun skill for the kids to learn.”

This comedy is about a boy named Wiley who is facing his worst fears. The setting is deep in a swamp, and the story centers around a young, fatherless boy, his voodoo-practicing mother, his dog and the Hairy Man who haunts Wiley’s dreams. Wiley learns to conquer those villains: the Hairy Man and his own fear.

Abby Linford, Mammy in *Wiley and the Hairy Man*, said, “I’m most excited to have the opportunity to play a sassy but fun loving character like Mammy. With performing it, I have the opportunity to take the play and act in the region competition in the spring.” Being in theater has been a huge part of Linford’s life since junior high. “I’m thankful to be the lead,” she added.

The last show for the year is *Thoroughly Modern Millie*. This will be performed April 25 - May 4. “We will be learning some incredible tap routines. That’s a fun skill for the kids to learn, and I think the play will bring in a great audience,” said Daniels.

Set in New York City in 1922, *Thoroughly Modern Millie* tells the story of young Millie Dillmount from Kansas who comes to New York in search of a new life. Her plan is to find a job as a secretary for a wealthy man and then marry him. However, her plans go completely awry. The owner of her run-down hotel kidnaps young girls to

sell to the Far East; her wealthy boss is slow in proposing marriage; and the man she actually falls in love with doesn’t have any money...or so he tells her.

The Warriors are excited about performing the musical. Mason Olney, junior, said, “There’s a lot of tap dancing. I’ve never tapped before, so it’ll be cool to see what I can do. In *Millie* I have a smaller role but I’m just excited to work with a bunch of talented people on the show. I also like comedic musicals and *Millie* is full of crazy things.”

The performances take a lot of work and many people to create the production. From singing to choreography, there is a lot that needs to be done in order for these shows to happen. Daniels said, “I have a great team of people who help me put on our shows. Lindsey Poll is our choreographer, and she does an amazing job. Mr. Wood is our music director, and he is a brilliant man and teaches these kids everything they need to succeed musically. Crystal Walker is our customer and assistant designer. She’s a talented lady and does some amazing things for us.”

Daniels also recognizes the Warriors who make each show successful. “The ones who help the most with our productions are the students. They spend countless hours building, painting, rehearsing, designing, advertising and working extremely hard for the success of the department,” he said.

Many are excited for the performances to start either by directing them or participating in them. Senior Hallie Grigg, who will be in both shows, said, “I am so excited to create new characters, wear new costumes and transport the audience into another adventurous journey with all of us.”

Not only are the students excited, the teachers are too. “I am most excited about these performances because I can’t wait for the students to feel successful, hone their skills and have a great time on stage,” said Daniels.

# Hosa Club builds medical skills in high school

By Madison Rigby  
News Editor

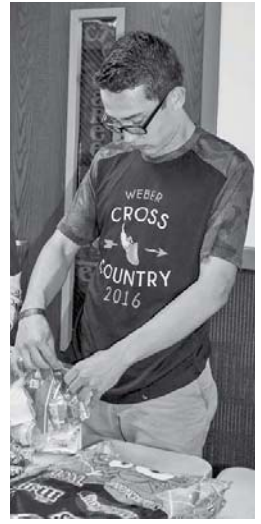
HOSA, short for Health Occupations Students of America, is an organization for students who would like to go into the medical field. Weber High, just as many other schools, has this group, and the members not only build interest in the medical field, but they also serve people in the community.

HOSA is advised by teachers Mrs. Bird and Mrs. Powell. “We focus on things that involve health careers, and you could be a person who works in the emergency room, and basically anything else. It’s great!” said McKinley Trussell, sophomore member of HOSA.

“HOSA deals with the medical field, so most of our students are interested in going into some sort of medical career. We look at a lot of service. We do, every once in a while, go on a field trip to somewhere like the cadaver labs and things like that,” added Powell.

Since HOSA is a club that leads into a medical career, students can add their membership on their applications for college. “You can actually put HOSA down on your resume, and some college applications will also ask if you’re a member of different clubs or organizations at the high school,” said Powell. “Some programs like nursing programs or radiology programs, things like that, and you have to apply to get into. This will give you extra credit points on your application for being an actual member of HOSA because it is involved with the medical field.”

Because of her interest in a medical career, Trussell joined the club. “It was really eye opening for me. Just having HOSA people around me has influenced my path. I want to be a physical therapist for children, and I didn’t really think about that until I joined HOSA, and I kinda looked at the aspects of it. I’m not in any health classes, but I’m hoping to be in some for my junior year.”



Alex Rich, junior, packs food for area elementary schools.



Juniors Alex Rich, Cherise Hansen along with sophomore, Emalee Hoffaker work together on Warrior Packs.

Photos by Kyrsten Acker

Trussell added she likes how many people are involved in HOSA. “There’s so many people in there [HOSA] and in health classes and they help you out. It’s just about helping people out it’s not necessarily all about a health career. It’s about bringing awareness to some issues,” said Trussell.

One service project HOSA works with is the Warrior Packs. “This program started six years ago,” said Powell. “We had some officers who had heard there were some kids at the elementary schools who weren’t eating on the weekends. So they developed the Warrior Packs which are food packs that go to our local elementarys.”

The Warrior Packs go to elementarys in the Weber District. HOSA delivers 100 food packs, to four different elementarys, and they do so discreetly. Often these students are less fortunate and may need a little help, and HOSA wants to assist.

“We think that in this area, that everyone is well-off and that hunger isn’t an issue. When we started the program, 48 percent of students were on free and reduced lunch, but that has jumped to 52 percent over the years. There really is a need for food,” Powell said.

HOSA not only does Warrior Packs, but they also prepare a blood drive. “We do three blood drives a year. The company we use

*“It’s just about helping people out; it’s not necessarily all about health career. It’s just about bringing awareness to some issues.”*

## Internships continues from page 1

work closely with her dad which is something she feels she has greatly benefited from. “I think my dad likes having me around,” she says. “When we get home at the end of the day, he is able to tell me more about whatever we did, and I can ask him more questions.” She also shares her favorite experience as an intern. “This kid came in with a broken arm, and it was *badly* broken, and I was able to help my dad put the cast on him. He was really young, like less than 10. So helping him out was actually a lot of fun.”

Church says the Ogden Clinic staff have been helpful. “My favorite part is the environment in the office, and I like following different doctors around and be able to see the different things they do. My dad does different things than one of the other doctors, and so it is also fun to see their different personalities with the patients,” she says.

Senior Emmalee Larson is not only an intern, but she also is paid.

She helps run the internship program at Weber State. She says, “This semester we have 21 interns from three different school districts. They are up there gaining college credit by completing online assignments, observing students in various health profession programs, doing job shadowing at In-

*“It has been a lot of hard work, but so rewarding to see the progress!”*

termountain Health Care and learning the basics of some skills such as intubation, suturing and IVs.”

Larson also explains at her internship, “I help grade their assignments, schedule their class sessions and communicate between them and the clinics they shadow at.”

So far, Larson has gained a clearer idea of what she wants to do with her future. She says, “I was interested in gaining any experience in

the medical field, so I put my name down on Mr. Meyer’s signup sheet. After I got this internship, I found a love for helping give other students more exposure to the career paths they could take, within the health science realm. Now I can’t stop. I enjoy it a whole lot! It has been a lot of hard work, but so rewarding to see the progress!”

She also adds, “When I started out, I was really interested in working on the clinical end of the medical field, but after this experience that I have had for the past two semesters, I’m more interested in the Health Administration. Fred Henderson, my boss, got his degree in that, and I can see myself going that direction now.”

Meyer encourages other students who are interested in gaining job experience in the career field of their choice to take a look into the internship program. “At Weber High you would contact Mrs. Wilson in room 235 if you wish to pursue an internship. Students tell us it’s the best part of their senior year!” he says.

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# ACT Prep, Juniors receive helpful ideas on college test

By Kathleen Mejia  
Editor in Chief

Junior year can be overwhelming for many students. A lot of teens take multiple advance placement (AP) classes and other challenging courses throughout their junior year. On top of all the homework and studying, there is also the massive ACT test all juniors take in February. Taking the ACT can cause stress for many Warriors because their score will have an impact on college. However, knowing what to expect from the test and when to take it again, can bring comfort to many and prepare them for what is to come.

## What is the ACT?

According to the Princeton Review, "The ACT is an entrance exam used by most colleges and universities to make admissions decisions. It is a multiple-choice, pencil-and-paper test administered by ACT, Inc. The purpose of the ACT test is to measure a high school student's readiness for college, and provide colleges with one common data point that can be used to compare all applicants."

"If you are planning to get academic scholarships, then you have to take the ACT," says WHS counselor Suzanne Thompson. "Even if you want to play sports in college, you need to take the ACT. The higher your GPA the lower your test score can be. Schools will determine how much money they will give you on an academic scholarship by looking at your GPA and your ACT test score. They call this your index score," explains Thompson.

Thompson also tells students who don't think they will receive academic scholarships or go to college, "They don't have to take the ACT. But if they decide to go to Weber State or any of those open enrollment colleges after that, they can take their residual ACT. It means it's an ACT just like the one juniors take, but it will only be valid for that specific college."

As far as the February test for juniors, Thompson feels it is a good opportunity to improve scores. "The free state test is nice for everybody to take because it's already a school day, it's free, it's there. If you want to take it afterwards, though, it is \$50 and you will have to come in on a Saturday."

Students can take the ACT however many times they want, until they are happy with their score. Thompson says, "Quite a few of them get a better score when they take it again. Some can actually go a number down on their score, but for the most part when taking the test again, students have a 56.9 percent chance of improvement."

## Preparing for the Big Test

To prepare for the ACT, there are also some educational classes to help. Thompson explains, "We hold ACT prep in October and February; students pay \$45 and receive the ACT prep book that they will work on in that class. They keep the book so they can continue practicing if they want to take the test again."

Along with the prep class, Thompson also says, "As counselors we give them [students] this sheet full of information for them to access and Weber High also offers ACT prep classes." For ACT preparation, she encourages students to visit websites like shmoop.com/utah and utahfutures.org and actstudent.org. Those websites provide students with practice questions that are very similar to the real test and tips about what to do on the actual test day.

Teachers also help students prepare for the ACT after school. "English teachers can really help you study for the ACT. Mr. Newbold does ACT prep for Math, Mrs. Champi does Reading, Mrs. Leake does English and Mrs. Goff does Science," says Thompson.

English teacher Mrs. Leake encourages students to be familiarized with the test before taking it. She says, "I think it is helpful to understand the test format, the timings, and the nature of the questions in each section. The best way to do



Artwork by Ainsley Hillard

this is to practice test—either with resources on paper or online, or by taking the test multiple times."

Leake adds, "In the ACT prep that we offer, students have two days of tips and practice with part of the test: English, Reading, Math, and Science. These classes are taught by teachers with subject-area experience who also know the ACT well. Outside of WHS, other places offer test prep in person, or students can get practice materials online or in books. Personally, I believe in understanding the test: what is it like, how does it work, what will be on it. Then I think you need to practice. The benefit of working with a teacher is that your answers can be explained and illustrated to you."

Thompson also gives advice to juniors and seniors who are taking the test. "Make sure you get a good night sleep, and do not cram the night before," she says. She also recommends using the websites and the practice tests.

"It is a culmination of everything you have learned over the years, but there are test taking strategies. If a question is difficult, just circle it and come back later. A lot of times the other questions will tweak your memory, and you will remember the answer to the other question. When the administrator gives you the five minute warning, just go back and fill everything in. You never want to leave a question blank. That way when they call 'time' you will have an answer for

everything."

## Last Minute Tips

Thompson recommends students space their work on the test evenly because they have limited time. "The math section is like a sprint of 60 minutes, but in general the test is like a marathon because you have four sections to take in a certain time. It's really a test of your mental capabilities," she says.

ACT.org encourages students to bring photo identification and sharpened, soft lead No. 2 pencils with good erasers (no mechanical pencils or ink pens). "Bring a watch to pace yourself, but do not bring a watch with an alarm. If your alarm sounds during testing, you'll be dismissed and your answers will not be scored. Bring a permitted calculator to be used on the mathematics test only [and] bring snacks to eat outside the test center on break," reports ACT.org.

"It is like a really long bad movie," says Thompson as she describes the test. "Students have 45 minutes for the reading and English section. 60 minutes for math and then you have a 10 minute break. After the break, they will have 35 minutes for the science and then the writing section."

Leake reminds students to not let the test overwhelm them. "It does not define you! Some people are good at tests; some people are not. Practice, take the test a few times and then enjoy college—even if you have to work a part-time job to help pay for it!" she says.

Kloempken gave examples where a musician might try to learn a new piece for a creativity project; a student who hasn't really played sports might decide to start playing basketball for an activity project; and a student who really loves animals might volunteer at the animal shelter for a service project.

As students prepare to register for the next school year, Kloempken encourages them to look at the educational benefits with the IB Programme. She understands there is much involved in the course, but says the educational value is more than students can imagine. Kelson added, "Commitment to the program is essential for students to have if they genuinely have a desire to earn an IB diploma. The program is a lot of work, but the benefits are worth it in the end."

work," said Rawlins. "The purpose of the CAS in IB is for students to build a program that meets their needs where they can set personal goals for individual growth and to expand their horizons."

to scrapbook," he added.

Students also have to complete a project. "The CAS project must meet at least one of the learning outcomes, fit into one of the CAS area and must last for at least one month from planning to completing and involve collaboration or team-

**"The program is a lot of work, but the benefits are worth it in the end."**

work," said Rawlins. "The purpose of the CAS in IB is for students to build a program that meets their needs where they can set personal goals for individual growth and to expand their horizons."

# Teens take steps to end aspects of depression

By Lexi Hogson  
Editorial Editor

"Depression and suicide are linked, with an estimate that up to 60 percent of people who commit suicide have major depression," reports VeryWell Mind.com.

According to Hope for Depression, depression affects over three hundred million people worldwide. Depression affects everyone regardless of culture, age, gender, race or religion. Eighteen million of those come from the United States which is the reason someone dies of suicide almost every 13 minutes, explains Hope for Depression.

"Depression can be caused by many things. For some it is genetic. Other causes are everyday life stress," said Caleb Hardy, WHS psychology teacher. "Suicide is a common byproduct of depression and difficult life situations. Those who attempt/complete suicide often feel that they will not be able to overcome their problems."

One way the website suggests to prevent depression/suicide is by being there for someone who is struggling. Jasmine Perez, junior, feels having someone to talk to could help prevent suicide or suicidal thoughts. "Give yourself something to look forward to, whether it be day to day, week to week, or long term," added Hardy. He also mentioned to never leave someone who is suicidal alone. There is also a suicide hotline that anyone can call 1-800-273-8255. This hotline is open 24/7 and is free.

"I think people who put too much on themselves are most affected by depression. By not putting too much pressure on teens can reduce depression," said Perez. She also added, "People just need to stop being jerks," referring to bullying.

Hardy agreed and said, "Be careful how you treat others. You never know what someone else is going through in their personal life."

Another aspect that can add to depression is social media. "One of the ways we can prevent depression is to put phones down and talk to people. See their facial expressions: laugh, cry, celebrate and complain face to face. That way kids can see the emotion and experience it," said Sherri Porter, Weber counselor.

"I think that screen time and social media contribute to feelings of depression and suicide. Teens are keeping more to themselves and their phones. They do not have much exposure to people," added Porter.

A way to help those feelings depressed is exercise. "Exercise offers a range of health benefits including helping prevent depression. Both high-intensity and low-intensity exercise is beneficial," said Tom Seymour from Medical News Today. Seymour also explained sleep

is important and not getting enough sleep can impact people psychologically, and insomnia is associated with depression.

Students often spend about 35 hours a week at school, according to quora.com. "It makes sense for the school/teachers to be involved and teach students how to deal with their emotions and how to overcome negative ones," said Hardy. He adds school counselors are trained to help students who are suffering from depression and anxiety.

"Schools are a big part of an adolescent's life. Schools can be a positive influence by the climate/culture that they cultivated," said James Hales, Weber counselor.

Counselors also feel parents can expand their knowledge on suicide and depression and this can help their teens. "Parents are not immune from depression, but they are largely responsible to try and help their kids learn to confront difficult challenges, including managing negative emotions and self-harm. They are responsible for connecting their children with mental health professionals when neces-

**"I think people who put too much on themselves are most affected by depression. By not putting too much pressure on teens can reduce depression."**

sary," said Hales. Hales also mentioned that parents should pay attention and become more aware of the signs and symptoms of suicide/depression and act on them accordingly.

Many schools in Utah have begun to take action toward prevention. Students have been joining the HOPE Squad, which is a statewide group that is part of Hope4Utah. They bring suicide awareness to their schools. Before HOPE Squad was formed, Utah had response teams to assist in time of trouble or trail. "At Weber High, our members [HOPE Squad] are trained monthly on risk factors, how to be a better listener or friend and the procedure on handling unfortunate situations. We consider ourselves the eyes and ears of the schools to look out for those who may be struggling or those who may be in need of a friend," said Steven Godfrey HOPE Squad advisor.

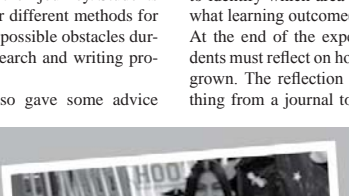
The HOPE Squad also sponsors HOPE Week. During this week their club and its message is brought into the spotlight. "We want everyone to feel loved and valued while helping people realize that mental health is a real thing. It's okay to not be okay. We can talk, we can comfort, we can help. We want everyone to know that taking your life isn't the solution as so many people are there for you," said Godfrey.

IB continues from page 1

to determine an alternative treatment to chronic sinusitis patients. Kelson said the essay helped prepare her for college papers, and she was glad to be able to pick her own topic for the paper.

"This type of assignment will prep them for college and the rig- or of college academic writing. Along with this, students develop a knowledge for research methods," said Champi. "Each student is assigned to a mentor teacher who will help them in their journey. Students will discover different methods for overcoming possible obstacles during their research and writing process."

Kelson also gave some advice



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by Susan Barker

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# Team bonds, develops skills

By William Michels  
Assistant to the Chief

The members of the Weber High debate team take simple words and sentences and mold them into powerful, verbal weapons. They aim to find success not through physical contact like in sports, but through well written speeches and speaking skills.

Debate team coach and English teacher Adam Webster, believes that being a part of debate helps improve student's lives. "[Speech and Debate] gives people the confidence to try, fail and try again. The skills you learn in this class also translate to other classes," says Webster. "Taking this class helps students to think more logically, which is useful in science based fields. It also helps students to better express their thoughts which helps with English classes. Students can also be more familiar with numerical values, which helps them in math classes."

Those in debate have also noticed a difference as they apply their new skills to their everyday lives. "I don't think I'm better in certain subjects, but I do believe I'm more confident in myself and my ability to speak and give presentations in class," says junior Kobe Pincombe. "Debate also taught me how to write more effective essays. Debate has taught me things that I will carry throughout my life instead of forgetting certain things the day I walk out of high school."

"My English has improved and I now have more of an opinion when it comes to talking about politics," adds sophomore Mckinley Trussell.

The class does not come without difficulties, however. "One of the biggest struggles is trying to keep



Debate team members listen to their coach Mr. Webster as he prepares them for competitions.

all of my students motivated," says Webster. "You have to take kids with various personalities, bring them together and keep them on the right track. It's hard to keep up with everyone if I start to focus on just a few students."

According to Pincombe, there is some class work that is his least favorite part. "I already know how to write a debate case and speak prop-

***"We all treat each other like family members and get along really well. It's a very comfortable and welcoming environment..."***

erly in public. We need to do a one on one debate case and a 10 minute memorized speech in addition to the event that we're already working on. I don't like to work on stuff that doesn't benefit me."

"Not doing as well as you anticipated is what I like the least," adds junior Taden Ford. "It's hard, because people put so much time and effort into preparing, and at the end of the day it doesn't pay off as much as they had hoped."

For Trussell, it's trying to piece

everything together. "The most difficult part is finding the information, putting it all together and being confident enough in what you say," says Trussell.

Some students may have taken the class because of the influence of friends or family, Pincombe being one of them. "My brother was taking debate last year, and the class seemed interesting. I took it again this year because it was pretty enjoyable, and I wanted to try a different [debating] event," he said.

Not only have these debate members seen rewards for taking the class, but so has Webster. "Watching students succeed is one of my favorite parts," says Webster. "Seeing students figure out how to rise to the challenge is amazing. There's this awesome look on the faces of the students when they overcome a challenge. I get to see that look more as the debate coach than anywhere else."

Pincombe says his favorite part of the class is the people. "I really like the people; they're all nice and fun. Sometimes in class if we get our work done early, or Webster says that the class did what they needed to do for the day, we'll just play games centered on quick thinking and speech and debate skills."

Ford agrees, saying the team is

akin to a family. "We all treat each other like family members and get along really well. It's a very comfortable and welcoming environment, and it's nice to know people who are not only behind you in debate, but in life in general. You have their backs, and they have yours."

Trussell thinks that the tournaments are the most enjoyable part, primarily for the new faces that she sees. "[The tournaments] are ridiculously long, but you meet so many new people. I've made friends with students from Davis County, Syracuse and obviously my team," she says.

Each new season means fresh faces arriving and veteran students leaving. "With a pretty new team, competing against teams with established players, has been challenging. The varsity team has been doing pretty well, but JV has been struggling a bit. But everyone is working hard to get better, so I know that we'll improve," says Webster.

"We have such a wide variety of students, and I think it makes our team interesting," adds Trussell. "Debate gets profiled for geeks and nerds, but we have people from choir, band, the swim team, football and everything in between."

Photo by Lorelei Grover

# McKenna Best succeeds in debate competitions

By Macy Astle  
Staff Reporter

Senior McKenna Best has won several debates over the past three years, and it wouldn't have happened if she hadn't been scared of Mr. Webster, the debate teacher.

"When I was signing up for classes my tenth grade year, I saw debate on the list and thought I would be good at it," says Best. "The first day, I decided that I didn't really want to be in there, so I went and got a pink slip. But I was too scared of him [Webster], so I just stuck with it." Best adds she's glad that she stayed.

Webster says some students are scared of approaching him because they don't want to be wrong in front of him. "However, McKenna is not afraid to come and see me for practice. She actually comes to see me on a regular basis," Webster says. "One thing about McKenna is that she doesn't like sounding unintelligent, so she works really hard inside and outside of school to prepare for an event. She always spends extra time."

Mr. Webster adds Best has been involved in debate for two and a half years. "She has made so many friends in debate, whom she might not have ever met had it not been for debate. She has grown really close with them over the years," says Webster.

Best has two people from debate who have inspired her. "Even though Micaela Duran graduated in 2017, I wouldn't be where I am without her, and the same with senior Liv Ozmun. We prepare together, we practice together and I wouldn't be able to win without Liv," she says.

Best believes working with others has also assisted her to become stronger at debate. "Sometimes when I'm preparing with Liv, I'll say something and Liv will just look at me and tell me that I shouldn't say that," she says.

A benefit Best has found with de-

bate is the power to argue. "Debate gives me an outlet to argue. I really like coming up with effective arguments," she says.

There is another aspect of debate Best finds important and a strength to her education. "It taught me how to write a good essay," she says. She adds debate skills really helped with her college essays.

Even though Best enjoys debate, she has also seen its challenge. "Every two months you are given a new topic; you get a month to prepare." Once a person's time is up during a competition, he/she can't say anything else. "It's really frustrating sometimes when you have a good attack on them but you can't say anything," she says.

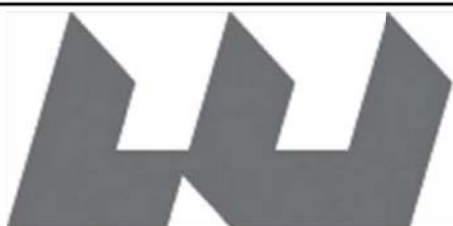
Sometimes it's also hard for Best when somebody has a really good attack on her, and she's left with nothing to say.

"I don't want to sound like winning is all that matters, but it does feel pretty good to win," says Best, "especially when it takes so much time to prepare and you've worked really hard."

Webster understands why Best has received recognition such as being undefeated at Woods Cross. He says Best always puts in her best effort and then some. "She's an amazing student and so dedicated. She works hard preparing for every debate, and she doesn't just talk to me, she talks to her friends and asks them for help," he says.

Best says she wouldn't be debating if it wasn't for Mr. Webster. "Mr. Webster is really amazing. He makes you think about stuff you never thought you would think about," she says. Best adds Webster has also helped her with arguments and taught her how to see both sides and be able to argue for both sides effectively.

As Best prepares to leave Weber, Webster knows she will have a successful future. "These [debate] skills will help McKenna in the future," adds Webster. "She's very talented and colleges are going to be all over her when they find out how amazing she is in debate."



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# Time Out

By Kathleen Mejia  
Editor in Chief

Smoking is an epidemic, no doubt about it. But unlike other epidemics, doctors can't rush to find a cure because the survival of the patient lies solely in their hands.

Dr. Margaret Chan, the former director-general of the World Health Organization, said, "The tobacco epidemic is entirely man-made, and it can be turned around through the concerted efforts of governments and civil society." Sadly, smoking has also reached teens in high schools across America, and while many may deny the problem, there is a growing health concern.

There have been various times when I have been walking down the school halls, just minding my own business, when someone walking next to me will start talking to their friends about their smoking or vaping habits. They'll laugh or boast about what they have done as if it is something to be proud of. This is an addiction, an addiction that can cause mouth, throat, stomach, lung and kidney cancer, along with heart disease, stroke, skin damage and dental problems.

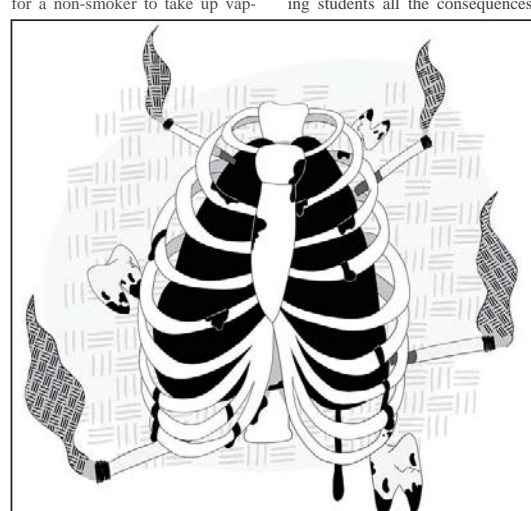
As teens, we grew up knowing the deadly effects of smoking. It was something we were taught in school. There should be no reason why teens still think smoking is cool. It's deadly and causes harm not only to the smoker, but also to everyone around them. Smoking is estimated to kill over 480,000 people a year just in the U.S. and an estimated 41,000 deaths because of secondhand smoke.

Smoking, for a long time, was seen as harmless and even as a sign of class. It wasn't until years later that researchers discovered the deadly effects of tobacco and nicotine. Nowadays, there is a common misconception that e-cigarettes/vaping is nontoxic and non-addictive. E-cigarettes are products powered by batteries that are filled with liquid which turn into vapor inhaled at the mouthpiece. It gives the user the sensation of smoking, and the e-cigs can sometimes, but not always, contain nicotine.

"There has been a lot of support for people to use e-cigarettes rather than traditional cigarettes because of the perceived safety of

the e-cigarette process," says Dr. David Thickett of the University of Birmingham about vaping. He also adds vaping has only been around for a short period of time so researchers know very little about it and are unaware of the long term consequences.

Vaping is often used to quit smoking by people who have a hard time getting rid of the addiction. However, it is not advised for a non-smoker to take up vap-



ing because it could lead the person to an actual nicotine addiction. Many teens may have the mentality of "Try everything once," but could trying something for the sake of trying cause an addiction? Of course it can. You're risking yourself to be addicted to something at an incredibly young age. It has also been reported that many teens do not realize they are using an addictive substance when they vape. They're gravely misinformed.

The most popular e-cig is the Juul. I only heard about this about a year ago and was surprised about how many teens were using it and were unaware of the true consequences. A single Juul Pod is made up of about five percent nicotine which is about the same amount as in a pack of cigarettes. By using E-Cigs, people are causing the same amount of damage, if not more, without knowing it.

Vaping is also becoming an epidemic. Even with regulations, thousands of people are left with an addiction that may end their

life. It has become such a big issue that the U.S. Surgeon General has called for an "all hands-on deck" to fight teen vaping.

Education is key to stopping teen smoking and vaping. If students are educated at a young age about the damage smoking brings, they will most likely refuse it when the opportunity presents itself when they're older. I don't think educators should shy away from showing students all the consequences

of smoking. They should also teach students that once they're hooked, it becomes an uphill battle to quit.

I also think teens should be educated about ways to quit, because there may be many teens out there who started smoking just to fit in with friends; however, now they can't seem to run away from their addiction. Harvard Medical School reported, "Once hooked, many teens do try to quit. Anywhere from 55 percent to 65 percent of smokers ages 12 to 18 have attempted to stop smoking, according to surveys. But most teens (like most adults) need help to kick the habit."

Students should also be taught about vaping dangers. Just because it is new doesn't mean it's good. Vaping is not as innocent as it seems and years from now, many will sadly be paying the consequences of their actions as teens. As teenagers, we are at a point in life that a lot of decisions will greatly affect our future. So let's make those choices count and make sure they are ones we won't regret later in life.

## Nordic looks at large expansion

Nordic Valley, a ski resort in Eden, Utah, has proposed an expansion plan. This expansion would give Nordic 3,360 new acres of skiable land, 12 new lifts, a gondola, and it would increase the top elevation from 6,300 feet to 8,100 feet. The proposed cost for this expansion is \$25 million. The questions people are asking are would the resort be able to make the money back, and is Eden too small of a town to excel from this expansion? The skier side of me would love to see this expansion happen, but the business side of me does not think this is the smartest idea.

I would love to see this expansion. Nordic is a dying ski resort. Nordic's target market right now are beginning skiers and families that are trying to get out for a less expensive ski day. Nordic is a great resort for those who are learning how to ski. Nordic has two small beginner hills. These hills are open and not very steep, so they are a good start for people to get their confidence up. Experienced skiers are not big fans of Nordic. It is a very small resort that doesn't have a lot of runs, but this expansion could bring new life to the resort. It could take some customers from Snowbasin who go there for the gondola and customers from Powder Mountain who go for the big open resort.

From the business side of me, I do not think this is a good idea.

With the expansion costing around \$25 million, I don't think the growth of business would increase enough to make the expansion worthwhile. Eden is such a small town, and Nordic is in a really inconvenient location to become a ski mecca. I don't know if the big expansion would really work with the small town vibe. Nordic will also always be competing with two big ski resorts around them: Snowbasin and Powder Mountain. Right now Nordic has really cheap lift tickets and if they do this expansion, they are going to increase their prices to be really hard for Nordic to get Powder Mountain and Snowbasin customers to switch over to their resort.

The big thing that is getting all of the attention from the community about this expansion is the gondola that would go over to the North Ogden side of the mountain. In the expansion plan it says the only thing the gondola will be used for on the North Ogden side is to transport people to the resort's base in Eden. A lot of North Ogden people are not for this. People have started to place signs in their yards that say, "NO GONDOLA." The proposed gondola would be 4.3 miles which would be the longest gondola in the United States. I think this would be pretty cool. The gondola would reduce the driving time so much for

people who live on the North Ogden side of the divide. To be able to just drive to the gondola and let it take you over to the skiing side of the mountain would be super nice. The hard thing for teenage skiers is finding someone to drive everyone up skiing that has a big enough car and is good enough to travel in the snow. This would be efficient for those high school skiers.

A few people have proposed that even if Nordic doesn't do the whole expansion, that they still should put in the gondola. Personally, I don't think this would be a good idea. Even with a gondola that goes from North Ogden to Eden, the Nordic ski resort still can't compete with Snowbasin and Powder Mountain. Just the gondola wouldn't be enough to attract a lot of skiers to change their pass from Powder or Basin to Nordic.

Whether the expansion plan passes or not, I give a lot of props to Nordic. They are trying to do something that will make them a prime resort in Northern Utah along with Snowbasin and Powder. This expansion could be the big break Nordic is looking for, but it also could be the thing that puts Nordic out of business once and for all. I think the expansion is really cool and personally, I really hope it goes through.

By Colton DeVries  
WHS Senior

## Professionals discuss methods for creating positive self-image

Self-image is a personal view of how we see ourselves. We often use words like "ugly, beautiful, smart, kind, selfish, dumb and talented" as ways to not only describe ourselves, but also others.

Self-image is developed from the early stages of learning. Childhood influences such as parents, nannies and caregivers have a major impact on our self-image. Our experiences with friends, teachers and other family members also add to our self-image. The relationships we have and make reflect back onto us and heavily influence the way we see ourselves.

According to Cleveland Clinic Medical Center, "The strengths and weaknesses we have adopted affect how we act today. We continually take in information and evaluate ourselves in several areas, such as physical appearance (How do I look?), performance (How am I doing?), and relationships (How important am I?)."

Self-image is not permanent, and we can learn how to develop positive, healthy and accurate ways of viewing ourselves. According to Mind.org, a healthy self-image starts by learning to accept and love ourselves. Improving your self-image takes time, patience and practice, just like any other skill that needs improvement. Improving self-image requires positive thinking and an attitude towards your-

self, others and the world around you.

To improve the way a person looks at another, you should try to respect yourself and understand your self-worth. Improvements can be made every day, simply by giving yourself a break, treating yourself kindly, accepting flaws, choosing the brighter side of things, trying to think more positively and focusing on what you can do instead of what you can't do. Another way to help is developing one's strengths, making a list of positive traits, not comparing oneself to others and saying positive affirmations every day.

It is important to have a positive self-image. When people have a positive self-image, it makes life a lot easier. The motive behind positive self-image is to make a self-loving attitude to become better performers in all aspects of life. The quote, "You can only make yourself happy," is truthful. When people have a positive self-image, they gain high self-esteem and happiness. These feelings often motivate others to try and gain more success in life like money, health, love and independence.

In today's day and age, social media plays a huge role in body image and how others perceive themselves and their bodies. Social media usage has dramatically changed in the last 10 years and still contin-

ues to increase. Pew Research Center indicates "in the 13-17 year-old category, 71 percent use Facebook, 52 percent use Instagram and 41 percent use Snapchat in 2015." It also reports teenage girls are using image-based social media platforms more frequently than their male counterparts; 61 percent of girls use Instagram versus 44 percent of boys. This increase in usage of social media, especially Facebook and Instagram, could negatively affect women in regard to their self-confidence and body satisfaction. While Instagram is one of the most popular social media platforms, it also is an "image based" platform and is very influential to youth, especially in young women.

When young adults see unrealistic body types on social media sites, it can damage the way they see themselves and their own bodies. This can cause unhealthy eating habits and mental illnesses such as eating disorders, depression and anxiety. By reducing screen time on social media, people are able to prevent these effects on a person's mind, body and health. Staying off social media platforms could make all the change in the world and help prevent negative body images while boosting a positive self-image.

By Riley Pickett  
WHS Junior

## Warriors experience stress from prospects of post high school life

After high school, students need to face difficult problems, ones we don't face in high school. Think about something simple, let's say you're writing a check for someone. Did you know that many high school kids struggle with doing a simple task like that?

There are many things we should teach students about what life is like after they have thrown their caps in the air. Schools need to teach students about life skills like paying a mortgage when we buy a home or how expensive having children will be. Schools teach us about safe sex, but they never present situations of when someone wants to have a child but she isn't able to. What happens then? We as a society have grown a lot; we are more advanced than how it was in 1955. However, we often teach the exact same way as we did in the 50's.

There are many ways to fix this dilemma, but the best way is to involve classes in high school with post high school situations. This could give kids opportunities to get a small glimpse into what lies ahead. More classes on money management, parenthood and how to balance home life with work life can help prepare teens for their futures.

Something as simple as having at least one year of career training in high school would be significant in today's world. "The mandatory classes I don't think will prepare me," said sophomore Emilee

White. She adds, "I think just a general class teaches you what you need to know when you're a grown up, like taxes, bills and money management are what we need." I agree with White. I think we need more classes to teach us about taxes, bills and money.

We could also learn about how to prevent mental diseases, how to help people with difficult mental states or how to help yourself



if you're in an abusive situation at home.

Not only are students saying they don't feel like they are prepared for life, but parents have felt like this, too. Before they graduated, didn't know anything about how to balance a checkbook or how to pay taxes, and they were thrust into adulthood when they knew nothing

that will be crucial to learn for my future, but I'm being taught information that I will never use," said junior Kambrie Dahlin.

We need to have more classes in school that prepare us for the future, so we can better our society.

By Madison Rigby  
WHS Sophomore

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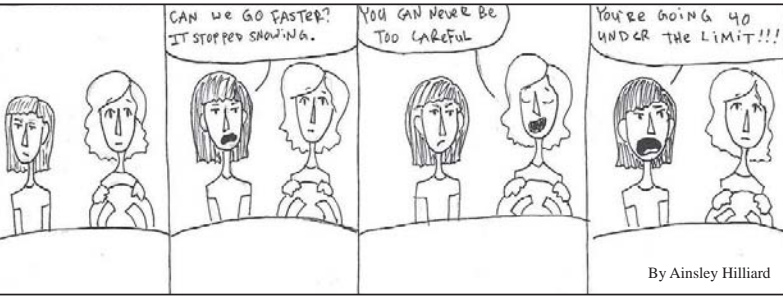
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# Drivers use caution as hazardous road conditions develop in winter

By **Christie Ross**  
Staff Reporter

As the chilly temperatures set in, roads get slicker and more at risk for danger. Are drivers ready for the battle?

According to NHTSA (National Highway Traffic Safety Administration), "Before driving your vehicle, clean snow, ice or dirt from the windows, the forward sensors, headlights, tail lights, backup camera and other sensors around the vehicle." Drivers Ed teacher Dave Green adds, "Being able to see the road is very critical to driving, especially during the winter when driving is more cautious. You need to be aware of your surroundings, because anything can happen while you are driving."

The NHTSA believes independent drivers should practice driving on snow-covered or icy roads, but not on a main road. "Sharpen your winter weather driving skills and know how your vehicle handles in snowy conditions by practicing in an empty parking lot." Sophomore Pilar Silva agrees and has practiced her winter driving skills. "I only drive on empty streets and in the parking lots where there are no cars. I don't want to crash into someone!" she says.

There are many ways to be safe on the road. NHTSA suggests drivers review car manuals. "As a driver, you familiarize yourself with the features on your vehicle—such as antilock brakes and electronic

stability control—and how the features perform in slippery conditions. For example, your vehicle pedals may pulsate when controlling traction," it reports.

For sophomore Aspyr Linke, she says, "There is absolutely one rule when it comes to safe driving in the winter, and that is not driving with food in your hands! Holding a Fizz drink in one hand and a slice of pizza in the other is definitely not safe." She adds, "You also have to be fully aware of all the things surrounding you and your car."

Green also cautions people about being aware of other vehicles, especially in the winter. "Not only is it dangerous to drive a car in general, but think about having to drive a semi or a huge vehicle that is different compared to a car. Those people driving those types of vehicles have other precautions and rules that comes with winter driving for them and their vehicle."

Another problem with driving is wet, black icy roads. "Typical win-

ter driving problems would probably have to be the fact that you can't see black ice that is on the road as you are driving. So, if you are going too fast and you suddenly brake, you are going to slide and possibly cause an accident, which can lead to injuries for you or perhaps others in a different vehicle."

Linke agrees that not seeing ice is dangerous. "It is very hard for me to see ice when I drive, and it is even harder in the morning when it is dark, and I am very tired while driving on my way to school."

Drivers are encouraged to be more cautious during winter months because accidents can easily happen. In Utah, there has been 224 accidents during the winter and more, according to Jacob Klopfenstein, a reporter for KSL news. He also adds, "Once a crash has been made, they all just keep piling after that. People just need to know to check the road conditions and just drive safe in these dangerous months."



# 2018 leaves many historical, unforgettable events, people

By **Greyson Fonoti**  
Staff Reporter

Each year is filled with events that will go down in history. People look at the past events as a way to learn or to remember great tragedies.

The loud headline machine himself, Donald Trump, has been the most recognizable face plastered all over magazines, newspapers and online articles. The fact that so many people dislike him, while others follow him with fiery passion, creates a perfect environment for media to thrive. Not only is he all over the news, but he has also been the main topic of talk shows, podcasts and debates.

One headline this year that manages to stand out is Trump's meeting with the notorious North Korean dictator, Kim Jong Un. After much anticipation, the two larger-than-life world leaders met in hopes



of creating peace between two bitter enemies. With both Trump and Kim Jong Un calling each other out in front of millions, the tension was great. However, as the two authoritarian-type leaders walked up to each other smiling and shaking hands, the image changed a little; it softened a bit. Along with North Korea's unexpected participation in the 2018 Winter Olympics, and meetings between North and South Korea occurring, hopes of peace suddenly don't seem so far away.

Getting right back into politics, the U.S. midterm elections were split between Democrats and Republicans, with Democrats seizing control of the House and Republicans retaining their majority in the Senate. The nation was shocked when right leaning states voted for left side issues and vice versa. For example, Utah voted to make medical marijuana legal, something conservatives were once hesitant to support. It seemed that everywhere you looked, the parties were in pretty close competition with many elections across the nation being nearly a 50/50 split. Historic as it was, it also represented the growing tensions between the two parties. As of now, the red and blue are mixing more like water and oil rather than a cohesive unit.

In other news, the government shutdown first began on Dec. 21. During President Trump's initial 2016 campaign, he made the promise of a wall on the border of Mexico and the U.S. in order to secure

the border. Trump also promised Mexico would pay for this wall. Of course, Mexico refused to pay, and this is where the problem arises. The 2019 U.S. budget was being decided and passed by the House and Senate, but when it reached the president, he opted to take around 5.7 billion dollars out of social services to pay for the wall. With a majority Democratic House and Senate, this was denied. Both sides went back and forth over what to do until eventually, a partial government was shut down due to uncertainty over where the budget's money would be used. This shutdown is affecting many of those who work directly for the government, such as IRS employees. Not only this, but if there is another shutdown, many government agencies could run out of money.

To step away from politics, let's talk about sports. Last year, the biggest game in America, the Super Bowl, ended with many shocked fans. To many people's surprise, the Philadelphia Eagles took a victory over the New England Patriots. The score was 41 to 33, not a blowout by any means. In fact, New England had a couple chances at winning the game, but didn't follow through. The victory was a historic one, being the very first Super Bowl win for the Eagles.

The Eagles were carried through the post season by their season backup quarterback Nick Foles due to an injury to starter Carson Wentz. Foles not only had a great game in the Super Bowl, but he also won Super Bowl MVP. His historic performance included a memorable trick play at the goal line named the Philly Special.

Foles' role in the Super Bowl win then lead to controversy over whether the Eagles should start Foles for the next year. The Eagles eventually picked Wentz to start the season, but it certainly was a Super Bowl to remember for Foles and all of Philadelphia.



The twenty third Winter Olympic Games, held in PyeongChang, South Korea also made sports headlines around the world. The games, proved to be very important when the two Koreas, North and South, who have been at odds for a very long time, entered the opening ceremony under one flag, a truly historic event. The U.S. also swept up plenty of gold. American super star snowboarder Shaun White won his third Olympic gold medal in the

men's halfpipe event. The 17-year old phenomenon from the U.S., Chloe Kim, also won a gold for the women's halfpipe event. This was followed by the U.S. women's hockey team upsetting Canada to take home gold.

In other world news, the royal wedding of Prince Harry and American actress Meghan Markle drew in huge audiences. The wedding drew around 150,000 people to the London streets, while millions more from around the world watched it live on TV. It was one of the biggest media events of the year. The couple was named the Duke and Duchess of Sussex, a historic county in Southeast England, by the Queen herself. Months after the wedding, the couple announced Markle was pregnant, causing more royal watchers to rejoice.

However, not all well-known personalities were popular with their fans. A polarizing trial took the attention of the nation when beloved TV star Bill Cosby faced



countless allegations of rape and sexual assault. His initial trial took place in June 2017, but ended in a mistrial. However, he was tried again on April 26, 2018. To many people's joy on Sept. 25, Cosby was sentenced to three, 10 year sentences for three counts of aggravated assault.

This event also tied right into the prolific "Me Too" movement targeting sexual harassment, especially in the entertainment industry which had been overrun with sexual abuse for a long time. People like Louis C.K. and Harvey Weinstein made headlines, as the public watched more men and women come forward to shed light on abusive behavior.

Moving on from disgraceful names smothered in controversy, it was also a time to reflect on honorable people who had unfortunately passed away. The groundbreaking professor Stephen Hawking, former U.S. President George H.W. Bush, along with his beloved wife, Barbara, influential Marvel Comics creator Stan Lee, and Vietnam war hero and former senator John McCain were a few of the people who died. However, their legacies live on.

2018 may not have been the most prosperous year, but it was certainly an eventful one. As we head into 2019, it looks like more of the controversial stories in the news will continue.

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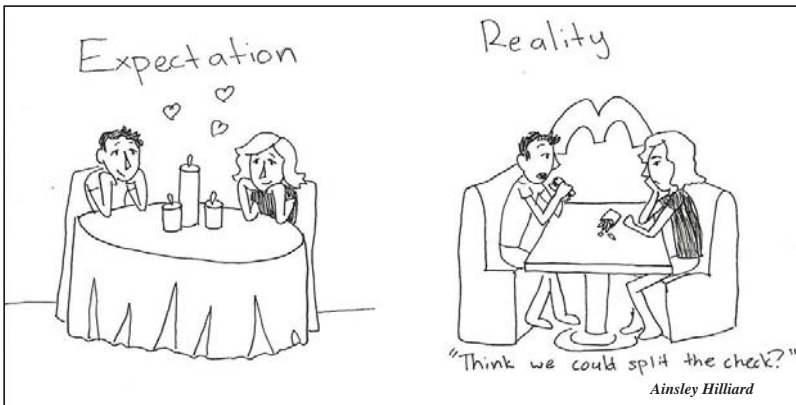
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# Important tips to help teens prepare for memorable dance

By Camryn Spelts  
Staff Reporter

Now that Warriors are coming into the Prom season, they need to get ready to ask or be asked to the dance. Not only is this an exciting part of the school year, but there is also a lot of planning that goes into this dance.

Senior Koby Spelts said, "A lot of planning meetings is super important for Prom because you can not just do it over text or else it becomes a big mess. Everything also needs to be planned in advance."

Grace Berry, junior, agreed with Spelts when he said planning is important. She said, "I think an important part of getting ready for Prom is making sure the day date is all planned out and that it's creative and fun." She also said that for her getting ready and doing hair and makeup is also important and a part of that is based around the dress.

Once Berry has her dress, she can start getting ready by having her nails done. "Usually I will get my nails done so the whole thing looks finished. I also do my own hair and my own makeup."

Sadee Henry, senior, also suggested tips to look one's best for the dance. "An important part of getting ready for Prom is hair and

makeup because when that looks good, you feel good about yourself, and it makes you feel confident and excited."

Henry added, "For Prom I usually like to paint my nails to complement my dress, get the dress that I love, find the hairstyle that would make me look the best, and the makeup style that makes me feel the most pretty and done up." She said it is important to feel confident in oneself and have fun.

Spelts encouraged people to make sure everything is ready a week or two before the dance. He said people need to get their tie/dress and things in advance because last minute shopping is not fun.

"One of the only things that you should wait to get is the flowers because they will die," said Spelts. He recommends that you order them in advance but pick them up the day of the dance.

"Another important part of Prom is matching. Making sure people coordinate and communicate is key in this," said Spelts. "The best way and the way I always do it is I have them cut off a small piece of their dress to make sure it matches perfectly. It is a tradition, so I would make sure that you match your date at least somewhat," said Spelts.

"To make sure I match my date, I send a picture of a small spot on

the dress, and then I can show their mom so they can help them choose the best thing to match," said Henry. She also thinks it is important to match because it is cute, and it shows everyone who is with who.

Berry will tell her date the color of her dress or she will take a picture of it up close so they can't really see the dress, which is similar to Henry. "I think it is very important to match your date because it makes the pictures look good, and the couple looks better together," said Berry.

Spelts said "Since people have to communicate so much with each other on Prom plans, it would only make sense to go to the Prom with someone you are close with and someone you know you will have a good time with." If not, he added it might be uncomfortable and that isn't fun for you or your date.

Henry said her best Prom experience was when she was a sophomore. She was with all of her best friends in a large group, and they went to someone's house and made breakfast together and then went ice skating.

"We partied together and danced a ton at the dance and then we went to a campfire after," she said. She had a lot of fun at that dance because everything was kept simple and people were comfortable with each other.

## Winter traditions can bring good, bad times during snowy season

By Madison Rigby  
News Editor

Warriors are bundling up for winter, but with winter comes traditions. There are many things families do during winter like snowball fights or warming up to a fire after sledding or going ice skating. Bad things can happen, though, like face planting into a hill of snow or a bad ice fishing accident.

Some families have winter traditions, such as sophomore Siatyl Fawcett. Her family goes to a night drive in where they can go around and see pretty lights. Tori Tazalaar, junior, says she goes to her grandma's house and builds big snow-forts once there's a lot of snow.

Everyone has favorite things about winter. Sophomore Emilee White says, "I love hot chocolate and looking at the snow falling. It's actually my favorite season." Calder Davis, senior, says his favorite thing about winter is "I think just the feel and look, like when you're inside next to a fire with pajamas and a blanket!" Tazalaar adds, "When it's snowing really hard, you can just curl up next to a fire and read a good book."

Classic winter activities everyone seems to like are skiing and snowboarding. However, others have more winter ideas. White said, "I know this might sound insane, but I love taking my dogs on walks during winter time, so I feel like that's my favorite activity because I love the feeling of snowfall on my coat and seeing my black dog covered in snowflakes." Fawcett enjoys sledding. She says her family and neighbors go out every year to parks and sled down hills.

Many students enjoy summer better because there's no school, but what would they say completely ignoring the school factor? Davis said, "Winter, I honestly like the cold." He continues saying he likes it when it's cold outside and

he likes going outside and being in layers when it's cold.

Fawcett added, "I mean, I love winter don't get me wrong. It's gorgeous and has the best holidays, but I'll have to choose summer because of the memories."

Not everything about winter is good. "I love winter, so it's hard to think of the worst thing but I really only want winter in December because in January it's mushy snow," says White. Davis adds, "Trying to drive on the icy streets-it sucks!" Tazalaar also doesn't like ice. "Slipping on ice because it hurts, dude! LOL!" She says.

With many bad things connecting to winter, comes bad memories or a bad experience. Fawcett says, "I have fallen on my butt many, many times over the past few years due to ice." White adds, "Oh yes, one time I was at a stop sign for a school bus getting ready to get on the bus when my neighbor grabbed a piece of snow but really it was ice and threw it at my eye." That caused her to get a black eye.

"Well it wasn't my experience, but my brother a few winters back got a really bad concussion while sledding! He was in the hospital for a few weeks!" adds Davis.

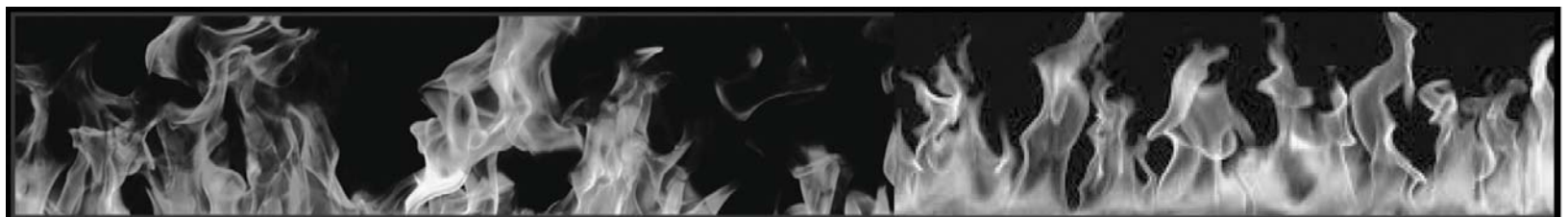
Tazalaar seems to have had a similar experience. She says "One time I tried to go sledding down a really steep hill in my neighbors backyard by myself. But instead of my sled following the path carved out by the previous sleds, I launched off the ide at a turn and flung into their fence."

While some may not enjoy winter, it can come with great memories. Davis says during his sophomore year a loved one passed and although it was a sad experience, it brought everyone closer. Fawcett says seeing snow fall always leaves great memories.

With winter also comes the inevitable snowman. There are many ways to build a snowman. Davis said, "Well, first of all you need snow. Then you gotta have the coal for eyes and a carrot for the nose! And you roll three big snowballs and voila! Oh, and a top hat and a scarf and sticks!"

White said, "Build a snowman with your friends and having a party together while building snowmen. I think it just brings you close, and you have a lot of fun."

However, Fawcett jokes, "Alone, so you don't have any brothers to kick it down."



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# Creative asking makes dances memorable

By Mallory Hoggan  
Copy Editor

Opening the door just a month before a dance, a teen may glance down to see a wide poster board and candy laid out before him/her. On the board it might say, “Go to the dance with me? Pop the balloons to figure out who this is.” Then, it suddenly dawns on the person, “How am I going to respond?” Asking and answering has become so much more; it’s no longer just a simple call or walking up to that person and seeing if they want to go to the dance. Now, people have to be very prepared and have their idea work perfectly so as to get the answer they want. There are many websites such as Pinterest to help with this dilemma, and junior Abby Limburg says it is probably the best website to use.

“I think asking and answering has become so much more creative all because of websites like Pinterest,” Limburg says. Junior Kaitlynn Munns agrees with Limburg. “I think the most helpful site is Pinterest because that app is my favorite; it’s so creative and has plenty of good ideas,” Munns adds.



There are many ways to ask people to dances, and this is just an example Limburg thought of. “I asked my date to a dance once with shoes and a note that said, ‘Thanks for walking into my life. Ten months and running. Harvest?’”

Another example that is pretty easy and cute on how to ask another person to a dance is what junior Kayla Piche decided to do. She simply made a poster and put some candy on it that correlated with what it said on the poster board. Since there are so many different ways to ask someone to a dance, people can look up sayings and smart mottos to put onto a board and that’s exactly what Piche did.

Another suggestion on ways to ask creatively is by asking friends who have previously gone to dances. Along with the asking part, then

comes the worry and anxiousness a person may get when they wait for a reply.

Munns got her reply, and she says that her date answered her back with a note that said, “I don’t mean to sound cheesy, but I’m not going to let you go solo! Yes, I’d love to go with you.” Along with this note, there were Cheetos, solo cups and her favorite drink.

Sophomore George Martinson was previously asked to a dance, and he decided to reply with a sign that said, “I would have a jolly time going to the dance with you.” Around this saying, he put Jolly Ranchers in a way so that they would shape the word “yes.”

With so many unique ways to ask and answer people, it can get a little difficult to decide on what the best way to ask would be. Problems

can also pop up as well and sometimes people can accidentally make a mistake while asking/answering, whether it be on how they wrote the word on a poster, or if they delivered it to the wrong house.

Piche had one of these accidents. “I had accidentally put the poster and candy that I was going to give to my date on his neighbor’s porch instead of his,” Piche says. After his neighbor had explained to her that it was the wrong house, Piche was able to deposit the poster board and candy successfully to the right person.

It can also be difficult to know when a person should ask a hopeful date to a dance, but Munns has found the best time to start preparing is about a month before, just so people can get a group and get plans down, too.

# Faculty shares past, present yearly goals

By Erin Hansen  
Feature Editor

About 4,000 years ago, the Babylonians started their new year with a 12-day festival known as Akitu, reports history.com. However, their new year started not in January, but in mid-March with the spring harvest. During Akitu, the people either crowned a new king or reaffirmed their loyalty to the current king. They also promised their pagan gods that they would pay back their debts and anything they had borrowed.

These promises were considered some of the first New Year’s resolutions, and if the Babylonians kept their promises, they would be in the god’s favor. Years later, the first day of the new year became a traditional time for people to think about the past mistakes they made and vow to be better in the future.

Today, most people, instead of making promises to gods, make promises to themselves and their loved ones. Kimberlee Arthur, child development/interior design teacher, said her past resolutions have been more specific goals, but her goal for 2019 is going to be a little more general than it usually is. “My resolutions for this coming year are to be more healthy, to make more memories with my daughter; to enjoy the little things and things along those lines,” said Arthur.

Brian Lattin, Spanish teacher, is considering a resolution for 2019. “I’m not much of a New Year’s resolution person, nor do I really set them every year, but my resolution for 2019 is to pay off my mortgage and be completely debt free at 30 years old!” said Lattin. Lattin plans on accomplishing his goal by continuing his long work hours between his two jobs every day. He also added, “Resolutions I have had in the past have been to spend more time with my family and to be more balanced in how I spend my time.”

Kimberlee Bushell-Kelson, biology/chemistry teacher, said her upcoming goal for 2019 is to lose her temper less, but she adds not all resolutions are easy to accomplish. Kelson said losing her temper less has been a resolution of hers in the past and a difficult one at that. She believes it’s had to be a continuing goal for her because she usually doesn’t get overly upset about things, but she has the tendency to let things build and end up losing her temper.

Some resolutions can have a positive effect on not only the person making a resolution, but also on

those near them. A previous resolution of Kelson’s involved keeping her phone nearby at all times. Whenever Kelson was thinking of someone, she would send them a message to let them know that she had them on her mind.

Even though many people around the world make New Year’s resolutions every year, there are a few who normally don’t. Weber High counselor Weston Johnson said, “Giving up Dr. Pepper was always really hard for me. However, when I got diagnosed with diabetes, I gave up all pop and have not had a soda now for almost six years.” Despite the occasional cravings, giving up Dr. Pepper is one way that Johnson said he has strived to do just a little better.

Making resolutions is not something that Johnson usually does. “I believe you strive every day to learn just a little more and do just a little better. So it’s an ongoing thing, not just a resolution once a year,” said Johnson Kelson agreed, “I think we should just be constantly trying to improve ourselves. It’s a process not an event.”

Making, committing and accomplishing goals isn’t always an easy thing for some people to do. Sometimes resolutions also take more

*“I believe you strive every day to learn just a little more and do just a little better. So it’s an ongoing thing, not just a resolution once a year.”*

than just one year. Johnson said doing better every day and having faith in himself is something that helps him with his goals. For Kelson, making goals is based on self-improvement and hard work. “I just notice things about myself that I don’t like, and I make an extra effort to lessen or remove them completely,” said Kelson.

Arthur understands struggling with goals and has made some of the same resolutions more than once. She added, “I absolutely have some of the same goals over and over. Some things are long term goals, and I need more than a year or two to accomplish them. There is nothing wrong with having a goal over and over again. If I failed this year, I set the goal again for next year and try to implement some changes that might help me be more successful the following year. Life is a learning process and I don’t need to be perfect at the end of any year. I’m just a work in progress.”

# Dining out adds to Prom experience

By Lexi Hodgson  
Editorial Editor

Prom is a night full of excitement and big expectations. There are many things people need to think about while planning for this night, and dinner is a big one.

There are many great places people can go for Prom dinner. Graycliff Lodge in Ogden Canyon is a favorite Warrior choice. This restaurant used to be an old boarding house; however, it now has a classic atmosphere for dining. They have tables set with tablecloths and fine china, next to a warm fireplace. They also have an enclosed porch with rocking chairs and wind chimes. Specialties on their menu include steaks, grilled halibut, fresh Pacific oysters, chicken breast and many more options. Their prices range anywhere from \$18 to \$50. They accept reservations, and they are located at 508 Ogden Canyon.

“Graycliff is a very cool spot. It feels old and vintage, but not overwhelming; it’s a unique place,” said Gabe Aurich, junior.

Maddox, located in Brigham City, is another place teen’s go for Prom dinner. People can make reservations or just walk in. They serve American-style food at good

prices. They are known for their large portion sizes and famous steaks and chicken. They prepare food from complete scratch recipes. Maddox, on the weekends, serves groups of 12 or larger. They offer a special menu comprised of their most popular entrees, making group dates easier to prepare for. Their prices range from \$8-\$30.

“Maddox is a good place for dates because it’s not too serious but still nice enough for a Prom date,” said Jasmine Perez, junior.

Brock Mott, senior, said, “My date and I went to Twigs Bistro and Martini Bar in Farmington Station.” He chose this place because he liked the aesthetic, and he heard many great reviews from his family members. Mott said, “I weighed the options on the menu for both my date and me. I want us to both be satisfied.”

Mott added how great the staff was. “The staff was super helpful and will accommodate most group sizes, assuming you schedule a reservation,” he said. He would recommend this restaurant to others because the food was good, and the atmosphere was inviting and lively.

There are also several dining experiences closer to Weber. Aurich said he took his date to Ogden Pizzeria for a more casual dance date. He chose it because both he and

his date enjoyed pizza. The Ogden Pizzeria is a family owned business and has been around for 40 years. Along with the large selection of pizzas, they also offer salads and pasta. It’s located on 936 Washington Blvd, and open from 11 a.m. to 9 p.m. and closed on Sunday. They do not accept reservations.

Paulina Ibarra, junior, said her date took her to Cafe Rio, it had great food at inexpensive prices.

Cafe Rio, located in North Ogden in Lee’s Plaza, is another idea for dinner. Their hours are 10:30 a.m. until 11 p.m. They do not do reservations. Their menu consists of burritos, salads, enchiladas, tacos, nachos and many other meals. They also have daily specials for everyday of the week except Sunday. Their prices range for \$3-\$11.

Another popular Prom restaurant is Olive Garden. Perez said she went to Olive Garden for her Prom dinner. “The food was good, but it was really crowded and loud there,” said Perez. She also added, “A lot of big group dates were there. If we hadn’t gotten a reservation way early, I don’t think we would have got to eat there.”

Olive Garden is in the Riverdale Shopping Center and is open from 11 a.m. until 10 p.m. They have reservations, and recommend people to arrive early on dance nights.

For their menu they have soups, salads, breadsticks and many different pasta dishes like spaghetti and meatballs, seafood alfredo, chicken parmigiana and lasagna. Their prices range from around \$5 to \$25.

For those looking for prime rib, chicken and steak dishes, The Timbermine, at 1701 Park Boulevard, has a nice selection for any appetite. The restaurant atmosphere is an added plus as people sit in a rustic mine filled with fun decorations. Serving Ogden for over 30 years, the restaurant also caters to large groups which is perfect for dances. Their hours are 5 p.m. to 10 p.m. on weekends and meals range from \$18 to \$40.

When going to dinner, TripAdvisor reminds people to always make sure to be polite. The tip is usually 15-20 percent of the pretax bill. According to TripAdvisor, the average waiter is paid \$2.13 an hour and is expected to make up the rest in tips. “This is why tipping is not mandatory but is always very appreciated by your waiter/waitress,” it reports.

However, be sure the tip was not already included in the bill. “Always read the bill. If there is a tip included, it will be on the bill breakdown,” said TripAdvisor. Usually tips are included with groups over six.

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# Fundraiser surpasses goal

## Warriors assist making holidays merrier

By **Madison Rigby**  
News Editor

Quarters and Cans is an annual fundraiser at Weber High that commenced in the 1980's. The event helps raise money for families in need during the holidays. Student body officers and faculty members encourage students to donate towards this fundraiser; this went as far as to playing the song "Baby Shark" in between classes to remind students to donate and reach certain money goals.

"We helped multiple families, and those families all received Christmas presents, and some of the families received financial help. Man, those families were touched!" said student government advisor Mrs. Butler. Quarters and Cans helped 11 families have Christmas.

"It went really well. We raised over the budget we needed," added Butler. Quarters and Cans raised almost \$30,000. "Way more than we expected!" said Butler.

Student officers did many things to raise the money including caroling, selling shirts and bidding on a date with students. Officers also carried around personally decorated cans for students to drop money in, and there was a two hour assembly that started the fundraising event. Officers also did "Flex Miracle Minutes," an opportunity for students to donate towards the cause during their study period. Special events were created such as Donut Day, Ashtray Day and dodgeball tournaments to collect money. Many local businesses also donated to Quarters and Cans.

Garrett Dickson, junior student officer, said, "I think it's been really fun. I love it because it's all going

to a good cause and we're helping families and we're helping many more people."

Being a student officer, Dickson had to inspire other students to donate as well. "It's all going to good things and families. If the students are helping, it's helping directly to them [the families]."

"I think that it's important for students to realize that there are people out there, that not everybody has everything," added Butler. "It may be hard for them to see that some of the people in our community need a little uplifting. It's also really cool for students to raise money for these kinds of things,

*"It's just so cool to see Quarters and Cans visually affect an actual family."*

for students to experience service, and to see the season of loving and stuff."

Senior officer Emma Sowby agreed and said the fundraiser was a great opportunity to learn. "I think it's good for kids to learn about others and serve others. It helps us as officers because this was like a month of work. We were doing a lot of events. FFA (Future Farmers of America) and HOSA (Health Occupations Students of America) helped us, and it was so cool!" she said.

Students traveled to Walmart to purchase Christmas gifts for families in need. "We thought we spent a lot of money, but there was still so much more to give. I couldn't wait to deliver it [gifts] to the families," she said.

Quarters and Cans not only

helped the families in need, but it also had positive effects on the students. "I think it affects a lot of people. It affects the kids here at Weber because it's a way to show charity; it's a way that they can help out. It affects us and the way we think of the Christmas season," said Student Body President Koby Pack. "It's just so cool to see Quarters and Cans visually affect an actual family," he continued.

Sowby and Pack encourage Warriors to always be willing to serve. "Service is the most important thing a person can do to help others, but you change just as much as the other person you're serving," said Sowby. Pack added, "Students should get involved because it's fun! I can't speak for all of the students, but I can speak for me and other people in student government, we had a blast! I would much rather be here, with good friends having a good time rather than doing something else boring, you know?"

Pack says getting involved at Weber is the best thing because people have the chance to serve others.

Pack also added another bonus to serving others is it introduced him to many new people. "It's amazing just to give back to the community. Every club here at Weber had a service project of some sort, so any time you get involved at Weber, you will probably end up helping someone along the lines," said Pack.

When Christmas 2019 happens, Butler hopes the tradition of giving continues. "Students should get involved because it's a good cause. It helps people in this community, not in another state or community, but it helps students at Weber," said Butler.

Photos by Kyrsten Acker and Lorelei Grover



Senior class officer Tasi Fewell serves hot chocolate to junior Kenson Williams as the school raises money for Quarters and Cans.



SBO Caleb O'Neil counts change from a miracle minute.



The Christmas Box charity organization accepts Quarter and Cans donations from the Weber officers.



Coach Hardy prepares to block during the faculty v.s volleyball team game.



HOSA makes food packs to donate to area elementary schools.



Juniors Shelby Fronk and Alyssa Hansen play against the faculty to help raise money.



Student body officer Paige Aardema and Hannah McKay add money during a Flex miracle minute.



Sophomore officers perform skits to increase student donations.



Seniors Morgan Erickson and Emma Wolthuis enjoy Christmas caroling.



The boys' basketball team participates in a charity dodgeball tournament.



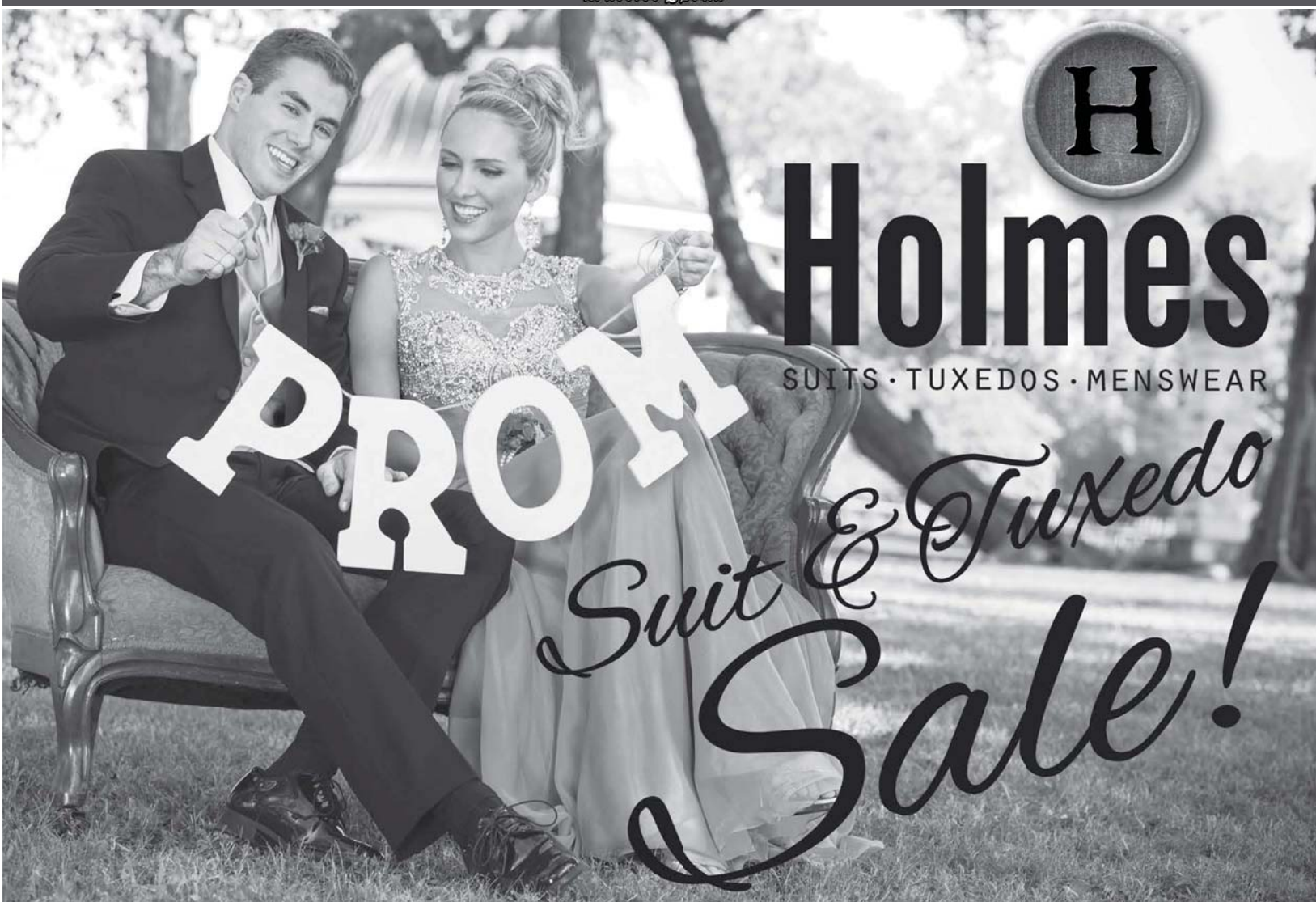
Helping with donations, the basketball players get waxed by officers.



Seniors Caleb O'Neil and Lizzy Garner offer Chick-fil-a to Warriors.



Senior Manuel Diaz offers Coach Hammer a pie.



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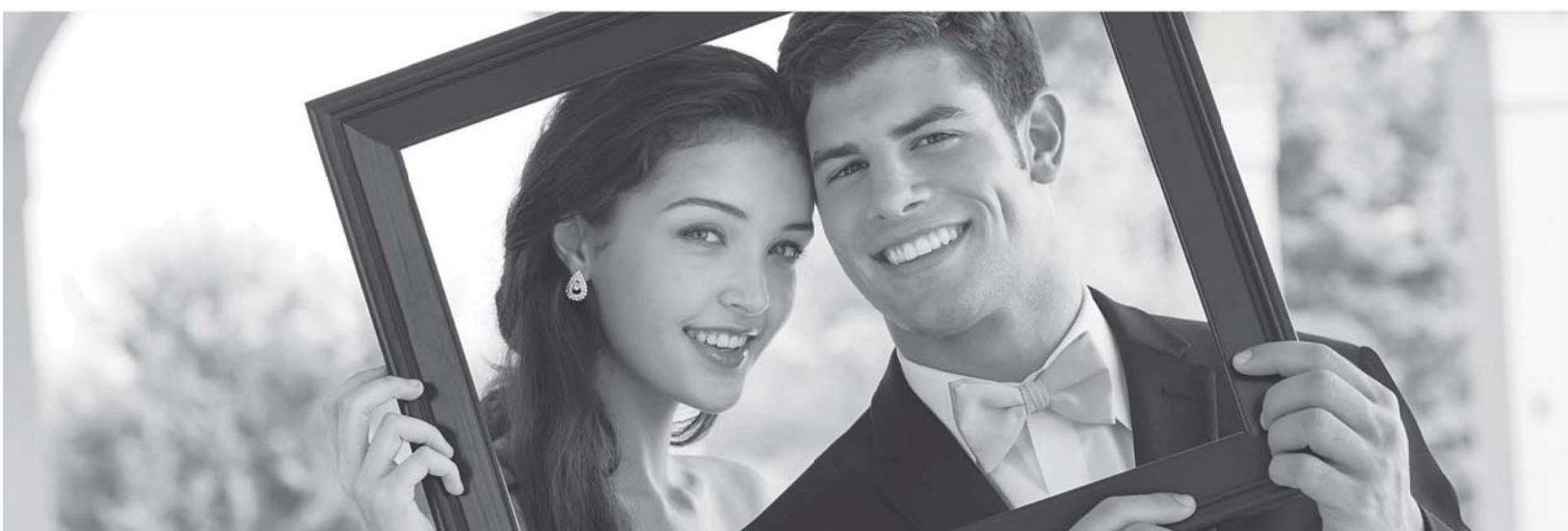
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# Staff members reflect on benefits of journalism

By Caelan Roberts  
News Editor

All year long, students involved with *Warrior News* write stories on all the activities and student interest groups in the school. However, they never really see the limelight. Well, since we're super vain, it's our time to shine. Ladies and gentlemen, no longer will we stay behind the scenes. No longer will we talk about football, FBIA or teachers. Instead, this story is about our favorite subject - ourselves.

"The Warriors on the staff really do put in a lot of time creating a newspaper not only for the studentbody, but for the community to enjoy," said advisor Cindy Stettler. Stettler has worked with the school newspaper for 30 years. "Each year I am amazed by the talent these students bring to the class and their dedication to create something that not only showcases Weber High, but also is a well-crafted newspaper."

Senior Kyrsten Acker, editor in chief, has been in *Warrior News* for three years. "I oversee all the photography, design and typesetting. I pretty much do my assignments and mentor students with their work," said Acker.

Senior Kathleen Mejia, also an editor in chief and a three-year staff

member, assists students with their writing, and is also over advertising/business. "I do things a little bit differently than what Kyrsten does. I work on ad calls; I work on those for weeks and weeks. I try and get advertisers, have them send their ads, find out how big they want the ads and what they want on them."

Being one of the head people on the news staff has challenges. "Having to make up other people's assignments when they don't do them," said Acker is one of the jobs that comes with being editor in chief. "It's really tough, especially when I have to do my own and all my school work, but I manage," she added.

Mejia also has to balance a lot of responsibilities as editor in chief. "It's just juggling a lot of things at the same time," she said. "I may be writing my own article, doing someone else's and then I'm also doing ad calls and trying to help out other students." She added time management was key. "If I just organize my time, it's not too bad," she said. "I put them priority first. Usually ad calls are what I do first because they have a certain time, and then I work my way down, and my stories I do last."

Students involved in journalism have several reasons for joining the class.

"Initially, I joined it because I really liked just writing," said soph-

omore Madison Rigby, who is a news editor. "I like creative writing and stuff like that. So I joined journalism, and now I'm really into it!"

Mejia added she didn't even know she'd be writing for the newspaper when she signed up for journalism. "I thought I'd get to learn about new writing styles," she said, "and then they were like, 'Oh yeah, we're putting out the paper.'" She immediately enjoyed the class and took it two more years.

This is senior Colton DeVries' first year on the staff, and he is one of the assistants to the chief. "Mr. Godfrey is the person who encouraged me to join this class. I have always loved writing and sports. Godfrey let me write an article for his website about the Jazz, and he was impressed with it. I took his advice and joined the class, and I have loved it all year. I get to write about sports, and I really enjoy it," he said.

In his second year on the staff, William Michels, assistant to the chief, has always enjoyed writing, but he didn't think he'd take a writing course. "Journalism was just a backup option," he said. "I decided to stick with it after I met some of the friendliest and most genuine people in the class. Also, Mrs. Stettler brings in snacks for us, and how can you say no to free food?"

Sophomore Amari Pierson joined the staff as a photographer and a designer for the paper. "I take photos of whatever she [Stettler] wants me to take photos of," she said. "I edit them, print them off and then give them to her. For design, I make the layouts for the pages, and I do ads."

"I like being able to see that I've actually created something, and I've made a contribution to the school. It's just fun," added Pierson.

Rigby mentioned some of the benefits of being in *Warrior News* are meeting new people, gaining social skills and "you get an English credit for senior year." She also said she learned to get her work done faster and more efficiently.

Mejia added a benefit she enjoys is writing editorials because she can put her opinion in them. "Usually you can share your opinions just with your friends or your family or maybe in a class," she said, "but actually getting to write it down and have it published is great. If you're working with the *Warrior News*, you're a published author. You have stuff out that everyone can read." Mejia added *Warrior News* looks good on college applications.

Mejia also likes how she is able to communicate easier because she has been in journalism. "I've learned to express myself," said Mejia, "by putting my thoughts into words, actually sitting down and writing. I've learned to sound more educated." She also said she's learned how to converse better with others.

Michels has also enjoyed the benefits of journalism. "The class itself is a peaceful environment. Usually everybody is working on what they need to do, but it never

feels out of place to ask for help," he said. Michels added, "Thanks to journalism, I've become a more open person. My first year in the class, I almost always tried to only get people I knew for interviews. It took a while for it to dawn on me that most people don't lash out at you just because you're asking them some questions. Even now, I still tend to apologize while interviewing people."

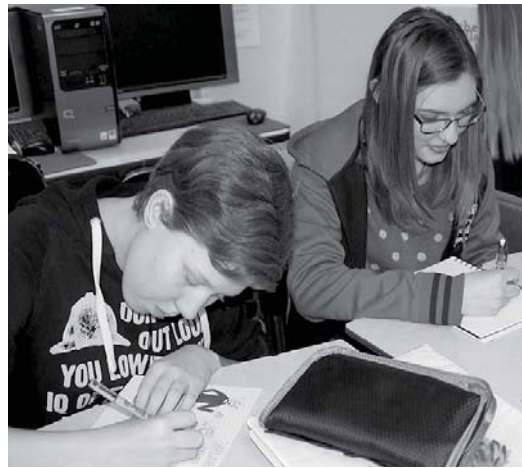
Acker believes she has learned better time management and being in *Warrior News* has helped her become an overall better writer. Photographer and sophomore Lorelei Grover added, "I've learned a lot about having the confidence to go out in public and just do the thing you're supposed to do," she said.

However, being on the school newspaper doesn't come without difficulties. Pierson said there is pressure that comes with working on the school newspaper. "Making sure that everything is the way it's supposed to be," she said, "because this does get sent to over 2,000 families."

*"I've learned to express myself by putting my thoughts into words, actually sitting down and writing. I've learned to sound more educated."*

"The class is set up differently than other classes because we are working with the advertisers and need to definitely meet all deadlines, so we can get their ads out in time for certain activities and events," said Stettler. The class is treated as its own business where students work together to complete the school newspaper. Even though the students have most of class time each day to complete their assignments, "some people will procrastinate and then get overwhelmed. Time management, organization skills are important... the kids quickly learn this," she added.

For every issue of the *Warrior News*, staff members make calls to



Working on artwork for the *Warrior News* are Savanna Henderson, junior, and Ainsley Hilliard, senior.

local businesses to see if they'd like to advertise in the latest issue. "Basically, we have to call businesses and see if they want to place their business in our paper, so we can actually have a paper," said Rigby. Stettler added, "Our ad costs are quite inexpensive. The kids create a professional paper, and it is mailed to all student homes. The entire family sees the paper, so that means advertisers are seen by over 2,000 people. The paper is also delivered to area junior high schools, and it is on Weber's website; that's even more exposure."

Even though there are some challenges, the work always has paybacks. Acker said journalism teacher Mrs. Stettler made being on the newspaper worthwhile and fun. "Stettler is really the best teacher ever," she said. "She always makes all my assignments very accommodating, especially when I can't do something, or sometimes time gets a little crunched. She's always very helpful, and with photos she always picks it up if I can't make it."

Acker added taking photos for the paper has allowed her to attend school events she wouldn't normally be able to go to. "The shopping with the officers, I wouldn't normally be able to go to that if I didn't take pictures," she said.

Rigby mentioned one of the things she enjoyed most about being in *Warrior News* was actually learning about other groups in the

school. "I like learning more things about different clubs and organizations in the school," she said. "You also get to know more about people and more about teachers you interview."

Students who've been involved with *Warrior News* for a few years have made unique bonds with their peers in journalism. "I've made a lot of friendships through the years with the past editors," said Acker. "We've always had fun. We've gone out to dinner together a lot, too."

Mejia added her friendship with Acker was one of the best experiences she's had while in *Warrior News*. "I met Kyrsten here, and now we're really good friends."

"As an advisor, I have had so much fun introducing students to a style of writing, and I have had a chance to see them develop their talents in a variety of creative ways," says Stettler. "It is so rewarding to see what they do with a story, design project, or a camera and then see them open a newspaper knowing they created it."

Another aspect Stettler enjoys about her job is hearing from past staff members after they leave Weber. "As teachers, it is fun to see the next adventure Warriors will explore after they leave Weber," she said. And it is great to hear they may have taken something from your class and used it as a stepping stone for their future."



Sophomore Amari Pierson designs an ad for an upcoming issue.

Photos by Emily Bischoff



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Senior Kathleen Mejia interviews Mr. Lattin for a news story as junior Melaya Rasmussen writes her article.

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# Swim team sets goals, prepares for state

By **Kathleen Mejia**  
*Editor in Chief*

"I don't know what I would be doing if I wasn't swimming," says senior Autumn Jessen about being on the WHS swim team. Many students have been swimming at Weber for many years, and it has become a big part of their lives.

Jessen adds, "I have been swimming since my freshman year, so this is my fourth year on the team. I've definitely grown as an athlete over the years. I've learned a lot of endurance these four years I have been swimming. I used to panic when I went into the water. I could not get my head underwater without plugging my nose."

Jessen developed her love for swimming at a young age and her family has inspired her to keep on swimming. "I took swimming lessons and that was about it. My freshman year my mom told me I was going to be on the swim team. My mom swam when she was in high school, and my brother was also on the team. My whole family has done it so far. I decided to continue swimming, and I've just

found it a lot of fun."

Senior Caleb Richardson has also been a longtime member of Weber's team. "I enjoy swimming because my dad was a swimmer, and he got me into it. I also like all of the connections that I have and all of the friendships I've made on the team. It has also given me something to do."

Head Coach Bill Cruff has worked with swimmers for over 15 years and likes watching athletes develop their skills. "I enjoy interacting with the swimmers and see the improvements throughout the season. Also seeing the swimmer's reaction when they accomplish things that they might have not thought [was] possible," shares Cruff.

Richardson has set specific goals for himself this season. "For this season my goals are to get the two school records for the 50 freestyle and the 400 free relay. Those are just the main goals, but I want to help other swimmers achieve their goals as well," he says.

Junior Zoe Tenney also sets high expectations for herself. "I am trying to drop 12 seconds off my 500 freestyle, but overall I just want to have fun." Jessen adds, "My goals

are to do the very best I can and see how good I can get by the end of the year. Last year at Region, I dropped three seconds in my hundred backstroke, so that is a lot of time to drop."

Richardson was able to accomplish many things on the swim team while only in his freshman year. "My most memorable achievement was lettering in swimming for the first time freshman year. That was really cool because I never thought I would ever letter in swimming. You have to reach a certain amount of points and in swimming it has to be 80 points," says Richardson.

Cruff is also familiar with the goals swimmers have set. He says, "Both the boys' and girls' teams would like to place in the top three at region and have all of the relays qualify for the state meet in February. They would also like to improve on the team unity this season."

To prepare for meets, swimmers have their own techniques to get them ready. Jessen says she likes to stay positive right before a meet, and she also likes to carb load. Similarly, Tenney says, "We have a pasta party before meets to prepare. I just jump around and

shake my hands right before I jump into the pool." Richardson likes to get ready a bit differently. He says, "Usually I try to hype myself up by listening to cool music. I have a playlist that is called 'Swim Hype' and that just gets me pumped up."

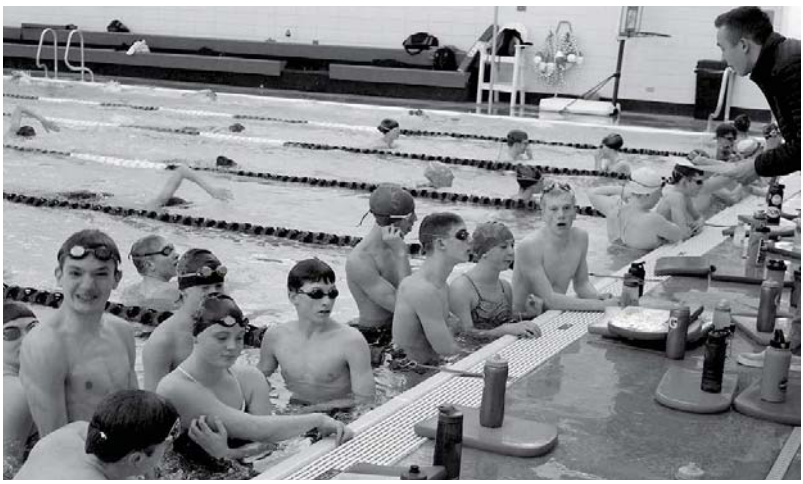
The WHS swim team has been practicing tirelessly since September. Richardson says, "We usually practice for an hour and a half everyday, and we just do a lot of workouts. A lot of it is in the water but sometimes when someone else is using the pool, we just stay here and workout. It's mostly just a lot of running."

"We are pushing really hard right now at practice. We push during the end of the year so when we hit region we can taper a little bit, and then swim better," says Jessen. Tenney adds, "It's been a great season overall. Weber, as a team, has actually won a lot of the swim meets. We won City County which was a big achievement."

Cruff adds, "We prepare for each meet differently. Some swim meets we work hard the weeks prior to the competition and do not worry about the specific times. A couple swim meets during the season we prepare specifically for them to swim the best we possibly can. So far, the swimmers have exceeded where I thought we would be by this time of the season. The new swimmers to the team have made great improvements and have pushed the rest of the team to continue to improve."

As for competing in swimming in the future, Richardson plans on continuing while in college. He says, "I am going to start looking for schools that offer a scholarship for swimming. I'm not interested in one school in particular, and I'm still looking around. All of the schools that have a great swim team are in California, and they are all really good swimmers."

Tenney says she enjoys swimming and plans to swim, just not competitively. Jessen adds, "I don't think I will be on the team when I get to college, but I will go swimming for exercise or maybe work as a lifeguard."



The swim team gets last minute tips from their coach as they prepare for practice.  
Photos by Lorelei Grover

## On The SIDELINES

By **Aspyn Thomas**  
*Staff Reporter*

No matter if you're on the field or some kind of court, every team has a coach. The coach leads the team into games and leads their practices, but there's so much more that plays into a coach's job.

To start off, each coach needs to find out the teams' strengths and weaknesses to determine the plays, moves or the formations they are going to use during a game or a match. This can help them figure out who to play at certain times for different situations. Depending on one's weight class, wrestlers can be placed in the correct class to help win the match.

"The biggest struggle in coaching is making sure that each person has gone through every potential scenario and situation. The last thing you want as a coach is to have your team in a key situation in the game and not practiced for it. Our job as coaches is to make sure everyone is prepared for anything that can happen," says Coach Anderson, corners football coach. Cloee Marble, girls' soccer coach, adds, "I've actually learned this year that the hardest thing for me as a coach is having to sit certain players because they're not technically good enough on the field. I wish I could play all my players, but I just can't. Everyone thinks they should be playing and that isn't always the case so feelings get hurt."

Even if it's an individual sport, the athletes need team energy, says Coach Hardy, wrestling coach. He also says the way coaches do their practices affects the team by getting into a good routine to gain muscle memory. However, Hardy adds sometimes the routine varies so athletes can get used to new things.

"One of the most important things as a coach to do is to improve the team by conditioning and motion. If you run out of gas, you'll get beat by almost anyone," says Coach Hardy.

Coach Anderson agrees and says as he works with the football team, he wants players to think ahead and plan for possible changes in the game.

"Just like in life, every decision has a consequence whether good or bad, big or small. Something that takes place early on in the game can influence decisions later on. Players and coaches have to make adjustments as the game goes on, and they have to be able to learn from their mistakes and try to repeat the results from their success," says Coach Anderson.

Warrior coaches also believe the good representatives for their team are players who are kind on and off the field. They know how to behave themselves and are good role models for everyone else.

"As a coach, everything we do affects our team. Coaches are the biggest example, and their team will reflect what the coach puts into everything," adds Coach Anderson. He also feels that by being the person the coach wants his/her players to be, such as a person caring for everyone and setting an example, will help athletes be their best on the field, court, etc, and will also be a good person away from a game or a match.

Another important attribute coaches should have is to be even tempered and ready for a change. "The most important thing that we can do as coaches is to not get too high when things are good or too low when things get bad. We have to stay level headed in every situation. We will watch film on every game that we play, win or lose, and make coaching adjustments to every play. Watching film is critical because players can see exactly what they did and how it impacted the game," says Coach Anderson.

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# Seniors lead team during season

By Colton DeVries  
Assistant to the Chief

Winter time is officially here, and for Weber High this means it's time for basketball season. Warrior basketball has been making a name for itself these last two years under head coach Ryan Jones. Weber has turned into the scrappy, defensive team of Region one.

In Coach Jones first two seasons with the Warriors, they have made it to the playoffs both years. It is year three for Coach Jones, and this year the Warriors want more than just a playoff appearance; they want a region championship.

Weber High has two starters returning for their senior seasons in Hudson Schenck and Braedon Iverson. With two key players coming back, Weber thinks they can be the region champs and make a deep playoff run. Schenck and Iverson both agree, "Winning the region championship is our number one goal."

Iverson and Schenck are definitely two players to watch for this year. Schenck said, "My goal is to average 18 points and six assists per game to help us win region."

Last year Schenck averaged 9.9 points per game and 5.4 assists per game. After working hard this off-season, though, Schenck thinks he can achieve his goals and help Weber become one of the top teams in the state. Iverson added, "My goal is to average 15 points and eight rebounds per game. I really want to contribute more to the team on the offensive end this year."

Schenck and Iverson have been through it all together. These two have been playing football, basketball and tennis together ever since they were six years old. Schenck said, "Honestly, playing with Braedon is like playing with my brother. We have played every sport together for as long as I can remember. It is crazy to think this is our last time we will play sports competitively together. It is time to go out and make it count."

After everything these two have been through, basketball season is their chance to make one last run together.

"Playing with Hudson has become something I will always love. It is like playing with my brother. I know what he is going to do and have complete trust in him. In every sport we played together growing up, he pushed me to do my best and helped me get there," said Iverson. Iverson added, "Hudson is truly one of my best friends and just being able to play with him is



Junior Max Triplett battles against the Logan Grizzlies as he tries to force a jumpball.

a blessing. I know he is always going to have my back in real life, on the court or on the field. It is really comforting knowing he is out there with me because of our history and the type of person he is."

For Weber to make a run this year, it will take more than just Schenck and Iverson. Coach Jones has several players ready to step up. He said, "Some players to watch for this year are senior Logan LaFeber and junior Max Triplett. Both of these guys got a little bit of playing time last year, and both will be able to help us a lot this season."

LaFeber and Triplett have both been on the team since their freshman year and are excited for an increased role this season. LaFeber said, "I'm really excited for this season and being able to play with all of these guys one last time. We all want a region championship, and it is time to go compete for it."

Triplett has made big strides in his game since he came to Weber. When Triplett was a freshman, Weber hired a new coach named Matt Sparrow who was a former WHS student and basketball player. Triplett said, "Coach Sparrow has taken me from the bottom to the top. When I came to Weber my freshman year, I didn't really know anything. He taught me the game from the role of the big man on the court. Coach Sparrow has helped me so much in my game, and I am glad he is a coach here at Weber."

Coach Sparrow has loved coaching Triplett and is really impressed with how far Triplett has come. Sparrow said, "Max is a totally different player than his freshman year. He has been so good at accepting our hard coaching, and you can see it paying off. As long as Max keeps working hard, his future in basketball is very bright."

Freshman Cannon DeVries is also another player making a name for the team. DeVries said, "As a freshman, I look up to Hudson so much. Hudson has always been super good to me. In football, he was one of the seniors who always helped me. In basketball, he and I have similar games. I couldn't wait to be on the team with him this year and compete against him in prac-

tice, so he can make me an even better player."

DeVries is also the first player from Weber High to be selected for the Utah Exum Elite team. Exum Elite is a statewide basketball team that is sponsored by Adidas. The top eight kids in the state from each age group get picked for this team.

"Playing for Exum Elite has definitely helped me get better. I am now used to playing against the best guys in the nation. I think this is going to help me a lot in high school basketball, because now I am prepared to play against the best competition," he said.

The team showed how prepared they were for the season as they hit their first game. Weber took on Salem Hills on Nov. 28. Salem Hills had a big third quarter as they out-scored the Warriors 14 to 5. Weber had some ground to make up going into the fourth quarter. In the final quarter, Schenck and senior Brandt Opheikens combined for 13 points to help the Warriors scrape by with a one point victory and a final score of 43-42.

Schenck led the way with 20 points and four steals. Opheikens added nine points and 12 rebounds. Iverson also had 12 rebounds and five steals to help the Warriors to victory.

Weber took on Skyview in their final road preseason game. Going into this game, Weber was 0-3 on the road and were looking for their first road win. Weber battled with Sky View early and the game was tied at the end of the first quarter. Right before halftime, junior Mason Falslev got two steals and a big dunk to give Sky View a six point lead going into halftime. Weber

slowly chipped away at the lead through the third and fourth quarter, and Weber was down by three with 10 seconds left. Sophomore Quinn Bennett set a screen for Schenck as time was going down. Schenck hit Bennett for a wide open, three-point shot, and Bennett hit it to send the game into overtime.

In overtime, the game was tied with three seconds left. Junior Alec Neilson inbounded the ball for the Warriors, and he got it to Schenck. Schenck got the shot up right before the buzzer sounded, and he sunk it. Weber beat Sky View by two off a game winning shot from Schenck.

Schenck led the way with 27 points and six assists for the Warriors. Triplett helped by adding 17 points, eight rebounds and four steals.

The Warriors have also been a strong force during region season. During the Weber vs. Syracuse game on Jan. 16, the Warriors controlled their home court. At halftime, Weber had pounded the Titans 43-27. By the end of the fourth, Weber took a 74-57 victory.

Opheikens led the Warriors with 17 points and 11 rebounds. Schenck added three steals, three assists and 12 points. They were followed by Triplett, LaFeber and Iverson, all scoring 11 points.

Two years ago Weber High lost in the first round of the playoffs. Last year the Warriors won in the first round but lost in the quarterfinals. In year three for Coach Jones and the last run for Schenck and Iverson, fans will see if the Warriors make that next jump and make it to the semifinals and achieve their goal of being region champs.

## Who rules the slopes? Warriors weigh in on skiing vs. snowboarding

By Caelan Roberts  
News Editor

Many people don't know there is an age-old rivalry taking place just a short drive from their own homes at ski resorts. The competition to rule the slopes is constantly happening between snowboarders and skiers.

The average onlooker may think the two sports are quite similar, but avid skiers and snowboarders know better. The rivalry is friendly, of course, but it's real. It could come in the form of a casual comment or a race down the slope. Sophomore Jayme Mylott said, "I prefer skiing, and I think skiers definitely rule the slopes." He added he had no problem with snowboarders or snowboarding. He had only chosen skiing because it seemed easier to him when he was a kid. "When I was little and I first started skiing, I was scared of skateboarding. I figured snowboarding would be similar to skateboarding, so I chose to ski because it was less scary."

Senior Ryan Johnson said he prefers snowboarding. "With skiing you can go fast and all, but I've been doing snowboarding since I was six, so I can do more tricks and stuff. I just think snowboarding is more fun. I've tried both, but I prefer snowboarding."

Everyone has their reasons for choosing a side. "Skiing is easier; you don't have to take off your equipment when you go on the ski lifts, and it's definitely easier to stay on your feet," said sophomore, Brandon Rasmussen. "Snowboarders tend to fall down a lot and then make giant piles of snow which no one likes. The skiers just cruise on past without a problem, without destroying the slope."

Johnson added another reason he prefers snowboarding is, "when you go off jumps, your board doesn't come off your feet," said Johnson, "You also don't break your ankles as much."

Rasmussen said his favorite part of skiing was its varying intensity levels. "I enjoy it because it helps me relax and enjoy the environment while also moving stupidly fast," he said. Mylott loved higher intensity skiing. "I love the adrenaline rush of going really fast down that mountain," he said.

Johnson said he also enjoys the people he meets while on the mountain. "I feel like snowboarders are all friends with each other," he said.

These winter sports can be an avenue for several different goals in life, ranging from huge to small. "I guess my ultimate goal with skiing is to go to the Olympics someday," said Mylott. "I think I can achieve that goal with hard work and dedication."

Rasmussen added he didn't have any major goals for skiing except to "go every year and have fun with it like I always do."

"I'm just trying to learn new tricks, as many things as possible, and just become better and more efficient at going down the mountain," said Johnson.

Skiers and snowboarders also have to choose the best place to go when they're heading up for a day on the slopes. "I'd have to say [Snow] Basin is the best place to go," said Johnson. Some resorts are less accepting than others.

"Places like Alta don't like snowboarders for some reason," said Mylott. "I really like Powder Mountain right now."

Powderhounds, a ski website made by skiing and snowboarding aficionados, gave several different "Powderhounds Awards" to ski resorts in Utah. According to these awards, the best overall skiing terrain belongs to Snowbasin, Alta and Park City Mountain. For skiers and snowboarders just starting out, the Best Beginner Terrain award was given to Brian Head and Alta. Alta was actually featured in four of these awards: Best Expert/Extreme Terrain, Best Powder and the other two already mentioned.

Although they have a rivalry, skiers and snowboarders all really have the same goal in mind. They just want to have fun "going down," said Rasmussen.



Senior Braedon Iverson goes up for the layup to score two points for the Warriors.

Photos by Kyrsten Acker

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# Practice makes perfect basketball

By Abigail Christiansen  
Staff Reporter

During high school, there are lots of extra curricular activities to choose from. Some students participate in plays or various clubs, but there are also many sports they can choose. From golf to football there is a wide variety of athletic activities that Weber students enjoy. At the moment it is basketball season, and that means the girls' basketball team is busy with region games and hoping for a state tournament.

They practice almost nonstop for the entire season. In fact, many of the girls practice throughout the entire year. Coach Mark Hansen said, "We are in the gym from April to July and from September to March. It's three times a week in the summer and off season and every day in the season except for Saturday and Sunday; sometimes Saturday and some work on their own time, too."

The girl's work hard to get as good as they are. "You can drop all the x's and o's you want and all the strategy you want, but it all comes down to can you play?" said Hansen. "Can you put the ball in the basket? Can you shoot it? Can you dribble it? Can you pass it? Can you pivot? The fundamentals have to be there to be successful. We want to win we want to be able to win every time we play. If you want to be successful, you have to put in the time and get better with your skills."

Kira Coleman, sophomore, understands what is needed to build her skills. "It took so much, and it was a really slow process. I started at the bottom, and it took a lot of hard work to get where I am. If you don't work hard, you get nowhere. To work hard it is the most important thing when playing basketball.



Sarah Pollard, junior (left), and Emma Post, senior (right), block Ogden players with the hope to gain control over the ball.

Photo by Emily Owens

If you don't give 100 percent, you are going to lose, you are going to be slower, you are going to do worse. Hard work is important. Practice like you play," she said.

There are many girls who have worked several years to be where they are with their sport. Freshmen Jazmyn Bennett stated, "I have been playing since I was eight, and I started Junior Jazz and my dad has been my coach. Then I moved on to a comp team, and I have done youth tournaments. I have worked with college coaches and camps. I think I spend more time doing basketball then I spend on doing my school work which is okay because I still get good grades, but I have been doing it since day one. You just have to put in the work."

Sarah Pollard, junior, said working hard teaches life skills. Those who work hard now, will learn skills for anything they need in life.

There is more needed than beginning talent when it comes to playing basketball. When players are good at their game, they keep working on their skills to get better. "Well, if you don't work hard, you can't let your talent get the best of you. You have to practice for that talent. It doesn't come naturally," Jazmyn said.

Basketball can be a huge part of people's lives whether they are

coaching or playing on the team. Hansen said, "It's been in my life forever. My dad coached, and I have been in the gym since I remember. It's just been something I have wanted to do. I've been coaching girls' basketball for six years. I didn't know what to expect. I thought I was going to coach them just how I coach the boys and that doesn't quite work. I have learned a lot, they are responding to me and we get to know each other."

When students are on teams, they spend much time together, and they end up very close to one another. Junior Lexi Shaw said, "I feel like we have bonded together; we know what each other can do, we know our strengths, we are constantly picking each other up and we are there for each other."

Playing as a team and staying connected is one of the many reasons that our team plays the way it does," added Pollard. Senior McKaylee Nye agreed and said, "I think it really helps that we all like each other and we all get along really well and that plays where we are able to share the ball and work together as a team."

As the girls work on region, they have powered past many rivals.

Weber faced Mountain Crest on Dec. 13, and they were ready for a win. Even though they trailed 12-8

at the end of the first quarter, the Warriors rallied and outscored the Mustangs 31-18. The final score was Weber winning 39-30.

Pollard brought in 19 points and Nye added seven more to the final score.

Taking another win, Weber defeated Taylorsville on Dec. 18. At the half, Weber was behind 18-17, but then the Warriors took control during the second half defeating Taylorsville 64-51. Shaw led with 14 points and Pollard added 11.

Weber had another impressive win as they faced Northridge on Jan. 2. Once again the Warriors were trailing, but the team rallied during fourth quarter and defeated the Knights 31-29. Senior Ashley Lund added nine points with senior Paige Aaradema and Pollard each scored eight.

As the girls finish region and prepare for state, Coach Hansen knows his team has the potential to be great. Coach Hansen stated, "We have a great bunch of girls. They like each other, and they like playing with each other. They are very committed to the team and committed to getting better. I have seen smiles on their faces every day. I love watching the team and watching the individuals get better at something they want to get better at."

# Runners experience Foot Locker contest

By Colton DeVries  
Assistant to the chief

On Dec. 1, the Weber High cross country team headed to California to race in the Foot Locker West Coast National Qualifier against runners from 12 other states. There are four different Foot Locker qualifiers around the United States. The top 10 racers from each of the qualifiers will race in the cross country national championship.

Ryan Ortega took over as the cross country in 2016. Coach Ortega has had one of his runners qualify for the national championship race in both his years as a coach. The two runners were Talon Hull and McKenna Lee. At the national championship, Hull placed fourth overall. Hull is now running at Washington University on a cross country scholarship. When Lee ran in the national championship, she placed 30th and is now running at

***"This year all the runners have worked hard, and I am excited to see what they can do at this meet."***

Brigham Young University on a cross country scholarship.

Going into the meet this year, the cross country team practiced hard to get ready. Coach Ortega said, "Even though the cross country season technically ended right before fall break, all the runners have been practicing three to five days a week to get ready for the Foot Locker meet. We meet three times a week as a team, and the two other days are optional for whatever runners can make it. It has been fun to watch all of them working so hard. A lot of times once the season ends, a lot of people will stop practicing as hard and start to take it easy, but this year all the runners have continued to work hard, and I am excited to see what they can do at this meet."

Weber's top runner during the regular season this year was junior Sami Lee. Ortega was impressed with Lee's performance this year and couldn't wait to see what she was able to do at the Foot Locker race. Ortega said, "On paper, Lee is our best chance to make it to the national championship this year. Out of the runners competing in the West Coast qualifier she is between the top 20 to 30 racers. It is going to take a very good race to get her into the top 10, but with how hard she has been practicing I think she might just do it."

Lee ended up placing 51st place at the race. She ran a time of 19 minutes and 18 seconds. Lee said, "I achieved my goal, so I am very happy with how the race went. My goal was to beat my time from last year which I did. Even though I would've loved to place higher, it's

about improving. Now I need to train hard and get ready to improve again next year."

For all the big cross country fans out there, another runner they watched for is senior Zach Eriksen. Erikson is a runner for Idaho Falls High School and signed to run at Brigham Young University after he graduates from high school. Erikson placed fourth out of all juniors last year and placed 12th overall in the national championship race. Erikson said, "Missing the cut by two people was absolutely heart-breaking. After that, though, I never wanted to have that feeling after a race again. I worked so hard for the last year to make sure I make it to the national championship this year. I run six to seven times a week and I am ready for the qualifier. Even though I placed so high as a junior, I am still going to have to run a very good race to make it to the national championship. Every year we get so many new fast runners and everyone works really hard in the offseason to get better. I am just hoping that all my hard work will pay off."

In the race, Erikson was in 11th place with 150 meters left in the race. He mustered up all the strength he had left and sprinted his heart out. He ended up passing the racer in front of him at the very end and finished the race in 10th place. Tenth place was just enough to push him into the national championship. Erikson said, "I saw my dream slowly fading away as I saw the finish line 150 meters away. I didn't know if I was going to pass the other runner. I just got a second wind though at the very end and barely passed him.

Every runner runs races for their

***"I run for the social aspect of it. I like to make friends and just have a good time at the meets."***

own reasons. Some people run for the competition, some run for personal achievement and some run for the social aspect to make more friends and just have fun. Junior Anderson Songer said, "I run for the social aspect of it. I like to make friends and just have a good time at the meets. Going into the Foot-locker race, of course, I have some goals for myself, but I'm just trying to have a good time with my teammates."

The runners were all excited to go to Foot Locker and have some fun as a team and compete. Coach Ortega said, "It is always fun to just go out and compete. We have a lot of talented runners, and it's fun being there as a team." Lee added, "It was so fun being together as a team. The best part of the trip was just being as a team. That is what it's all about, having good times with good peeps."

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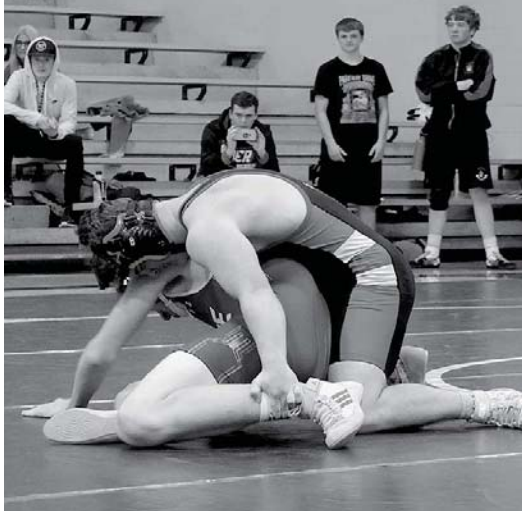
# Wrestling team prepares, trains young athletes for region meets

By Caelan Roberts  
News Editor

Being a student athlete always comes with complications, but wrestlers face their own set of challenges. The sport of wrestling is unique to any other sport, and so are the team's preparations, mind-sets and expectations.

"The team, all the guys and gals coming together, are working hard," said senior Tyler Long. As for why he likes wrestling, "I don't know, I just like thumping on guys," he added. Sophomore Braxton Rigby said, "It's fun. You get to throw people around."

Senior Christina Smothers is one of the few girls on the predominantly male wrestling team. "It's hard to be a girl in a big male ego sport because they go so much harder on the girls," she said, "and we're trying to change boys' minds on what we're actually capable of." She added not all boys accept girls wrestling but, "The ones who do always help us out and support us."



Sophomore Kaleb Woolsey is ready to take down an opposing wrestler.

Rigby said Coach Hardy is what he considers the best part of the wrestling season. "He's just hilarious." Hardy has been coach of the wrestling team for five years. He also teaches psychology at Weber. Smothers added her favorite part of the season was meeting new people who also love wrestling.

Long, who has been wrestling since eighth grade, also referenced that a lot of the wrestling team are underclassmen. "We have a relatively newer team; a lot of younger guys and girls just kind of growing up as a team and seeing how it goes," he said. Long added because of the younger layout of the team, he has taken a leadership role this season. "I am just kind of helping them [the younger wrestlers] out; getting them through the ropes," he added.

"Our strengths this season are in the guys that have been wrestling for a while," said Hardy. "They bring experience and motivation to the rest of the team." He added that most of the team was "young and green," but they didn't let their inexperience deter them.

The team has both weaknesses and strengths, but Long sees that as a positive thing. "A weakness is the newer team, but it's also a strength because we can just continue to build from there," he said. He added he thinks a lot of the younger wrestlers are "studs," and he's excited for the future of the team.

"A strength is we have an amazing, hardworking coach," Smothers said, "A weakness would be that we have a hard time bonding because we're all so different."

Hardy also referenced injuries as a problem among some of the top wrestlers. "My expectation for the team is to continue fighting and working hard until the end of the season," he said. "At the beginning of the season I figured we could be in the top five teams at state. Now I would like to see us in the top 10."

Smothers was one of the wrestlers that had to miss time, as she suffered a shoulder injury earlier this season. "It took three weeks off my training to make sure I was okay and able to wrestle again," she said. "I was going through physical therapy to fix it."

Long added the varsity and junior varsity wrestlers have been separated into a different room than the extras, and it's helped them as a team overcome their weaknesses. "It helps because they're learning more of the basic moves they need to learn, and down with the varsity and JV we're learning the newer and more effective moves for our level that we need to succeed," he said. "I think it's helpful at both levels."

Each wrestler also has their own sources of inspiration and motivation. For Long, it comes in the form of his parents. "They've always pushed me from a young age," he said. "My dad, he got me into working out when I was little, and it just helped me."

Hardy added the wrestlers inspire him. "I'm inspired by anyone who has the guts to step into our room and work their heart out," he said. "To see kids, regardless of their skill level, give up their time and energy to mold themselves into something better and stronger is inspiring to me."

Being a student athlete requires



Working on a win, junior Bridger Harris battles for a successful pin during a tournament.

Photos by Lorelei Grover

a lot of time, dedication and hard work, but Long said that it doesn't faze him. "I kind of like it. I like the pressure of being a student and an athlete. I just feel like it's worth it."

Although it may be worth it, being on the team still takes a physical and mental toll. "Running. We run every day," said Rigby. "You just have to push through it."

Some wrestlers also have certain techniques they try to perfect. "I like to do a blast double and a sweep single," said Long of his preferred moves when wrestling. "Usually with a double, you'll drop to one knee and then go with both arms, but with the blast double I go into the hit without dropping my knee and blast them on their back. I'm kind of a powerful wrestler; I like to wrestle like that."

Preparation for wrestling meets is a big part of being on the team. "Just get mental reps, go through the moves," said Rigby. "Just think about the moves you want to do."

Long added music helps prepare and relax him before meets. "I just throw on some good old Beethoven or Mozart, and kind of jam out and chill out. I don't like to get all hyped usually, but it depends on what mood I'm in."

Hardy added that preparation mostly working their hardest every single day. "Right before the meet, our varsity wrestlers warm up in the wrestling room with the lights

off to eliminate distractions and to get focused," he added.

It's important in any sport to have a goal, and Long has some high expectations for the wrestling team. "State baby, we want it," he said. "As a team it could take a little while because of the newer aspect but there's a couple guys that could take it this year." Smothers

added her goal was to come back from her injury, "and take first in state again."

Hardy said that his goal for the team is to continue to build up the entire program. "In order to do this, we have rebuilt our youth program," he said. "My goal for this team is to bring it back to the top of the ranks."



Successfully defeating his opponent is sophomore Lee Woolsey.

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