



Weber couples tell
what makes their
relationships
special - Page 9



Big Buddha
spotlights
Warriors and
brings a little
craziness to
WHS -
Page 3



Warriorettes find their passion through dance - Page 16

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WARRIOR NEWS

January/February 2014

Since 1946

Volume 282

Issue 3

Odds 'n' Ends

Ahhh-Chooo!

The wet
spray
from a
sneeze
can
travel
as far as
five feet at a speed of 100
miles per hour.



Eat the Feet?



Chicken feet are consid-
ered a delicacy in China.



Pizza! Pizza!

The five top pizza sales
days in the U.S. are Super
Bowl Sunday, New Year's
Eve, New Year's Day, Hal-
loween and the night be-
fore Thanksgiving.

Beatles in America

On Feb. 7, 1964, the
Beatles made their first trip
to the United States. More
than 3,000 fans greeted
them
at New
York
City's
Ken-
nedy
Airport.



The Grey House

Formerly known as the
Presidential Palace, the
White House used to be
gray before the British
burned it in 1814.

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Warriors celebrate holiday with Quarters and Cans



**Photo top: Junior officers
Lauren Murray, Chase
Dahl and Matt Thorpe go
shopping for ugly sweaters.
Photo right middle: Jaden
Opheikens collects money
for Quarters and Cans by
getting spare change from
students in the parking lot.
Photo left middle: Sopho-
mores Haeili Rich and
Alyvia Quale, along with
senior Ashleigh Steed, par-
ticipated in a 5K run. Photo
left: After raising \$3,000,
Opheikens' head is shaved
by Lindee Bess**

Photos by Cara Darr, Jarom Ralph,
Brittany Slater and Levi Easley,

Taking vocational classes helps students gain future advantages

By **Landon Wood**
Assistant to the Chief

Almost everything humans do in
their daily life is made possible by
the result of another's skill or work.
Cars built by factory workers drive
over bridges built by engineers. Of-
fice workers sit in tall skyscrapers
welded by steel workers. Business
people type at desks built by manu-
facturing industries.

The world relies on people with
vocational skills to make the whole
process work. For students who
are interested in being a part of
that group who helps the world re-
volve daily, then early education is
the starting point. Mr. Carlson is a
WHS instructor who grooms teens
for careers in the manufacturing
and design industry. Students who
take his class can get training with
little to no expense. Through hard
work and a willingness to give it a
shot, they gain life-long skills.

Carlson teaches carpentry, wood-
working, engineering design tech-
nologies and architectural design.
These classes are rich in credit for
students wishing to graduate faster.

In Carlson's carpentry classes,
students learn many construction
techniques. "They learn job site
safety, hand tools, power tools, in-
terpreting construction drawings
and house framing techniques,"

said Carlson. Carlson added this
class is beneficial to those who are
pursuing a carpentry career be-
cause students are placed on a na-
tional registry that employers can
refer to when hiring workers.

The Engineering Design Tech-
nologies class also offers students
skill and experience. "Students will
get to explore C.A.D. (Computer
Aided Design) software that al-
lows them to design projects," said
Carlson. He added those who take
this class will also learn freehand
sketching, documentation, geo-
metric construction and basic di-
mensioning. This class is great for
determined engineers who wish to
continue building and designing af-
ter high school.

"If you take this class, you will get
to use the 3D printer, plus you get
C.A.D. software installed in your
personal computer," said Carlson.

Another vocational class taught
by Carlson is Woodworking. This
class teaches people to use power
machinery like the bandsaw or drill
press. If teens take Woodworking,
Carlson said they can actually fol-
low up on their skills by taking
Engineering Design or Carpentry
to cover all the bases in that field.
Plus, the class is also taught in ju-
nior high, so it's not unfamiliar to
students, allowing for quick adjust-
ments.

The last class Carlson teaches
is Furniture Design and Manu-

facturing. This class requires skill
because the assignments are larger
and more challenging. Students
are tasked with building cabinets or
desks and can learn much because
of the quality and difficulty of the
assignments. Carlson added proj-
ects are also enhanced through la-
ser engraving techniques for all the
students in love with lasers.

What many people do not know
about taking classes in this depart-
ment is they carry over to college.
"Students who complete all my
classes will have 18/24 classes re-
quired to get an associate's degree
at Weber State University, and
sophomores are even eligible for
college credit. A kid who wants
to go into construction can earn
390/630 required credits needed for
a certificate in construction through
OWATC (Ogden-Weber Applied
Technology College)," said Carl-
son.

Other than credit and the skills
acquired by these classes, Carlson
believes taking his classes will en-
hance students lives and they stand
to gain much by enrolling. "It gives
students hands on experience and
opportunities to work together with
classmates," said Carlson.

Another reason why he recom-
mends his classes is because it can
be mentally healthy. "It gives peo-
ple a chance to come to class, work
and wind down," he added.

Jacob Weir, senior, said he has

Students' scores qualify for national scholarship Three seniors receive prestigious honor

By **Aleesha Mauchley**
Assistant to the Chief

Those who take the PSAT their
junior year can get practice for the
SAT and if they score in the top
percent, they could be in line for
the National Merit Scholarship.
The PSAT can be taken in any year
of high school, but it must be taken
junior year to qualify for the schol-
arship program.

Mr. Johnson, WHS counselor,
says, "Based on last year's PSAT
test, we have three students who
are in the running for the National
Merit Scholarship. This scholarship
can be huge for these students. It's
very exciting to see three in a year.
There are many years we don't get
any. It is very prestigious."

Jake Heywood, Angelica Previte
and Reed Hepler, seniors, may be
recipients of this scholarship honor.
All three said they didn't study for
the PSAT, yet they were fortunate
to be top students with their score.
Heywood says, "I didn't study
for the PSAT because I was so busy
with *Footloose* last year! The test
ended up being a lot easier than I
expected; it was much easier than
the ACT which was the only na-
tional test I had already taken."

Previte adds, "I had hoped to be a
semifinalist, but I couldn't be sure.
By this year, I had almost forgotten
about the PSAT, so it was a pleasant
surprise."

Hepler was also stunned by his
test results. "I was told about it
[PSAT] by my teacher, Mrs. Rey-
na. She told me that I would have a
good chance of getting the schol-
arship. I thought it would be cool to
be a semifinalist, but I did not spec-
ifically plan to get it. It was a big
surprise," he says.

Heywood heard about this op-
portunity through Johnson, his

counselor. "Even though I felt good
about my test, I didn't expect to
qualify for the scholarship because
I was told that no one from Weber
had qualified for years, and I know
that there have been some geniuses
at Weber High in the last couple of
years."

Hepler understands how being a
semifinalist can be helpful for his
future. "A semifinalist, in addition
to having a chance to win the Na-
tional Merit Scholarship, is brought
into the spotlight of major colleg-
es," he says.

"Even if I don't get the schol-
arship, I could be offered other schol-
arships just because I was a semi-
finalist," adds Hepler.

Along with taking the test, a
semifinalist also has to submit a
number of things: an essay, a list of
their six most important extracur-
ricular activities and a high school
transcript, to name a few.

"This recognition has given me
hope that the future can be more
stable than I have always believed.
It is stress relieving to be less con-
cerned with money," says Hey-
wood.

"It also gives me motivation
to keep on doing my homework
because I have a serious case of
senioritis. I'm especially excited
about the scholarship possibilities
this could mean for me. Education
can be expensive, so I'll take all the
money I can get!" he adds.

As Heywood looks at his col-
lege plans, he says, "I would love
to be able to focus on my studies
as I can further my education rather
than having to work while going to
school, hopefully at BYU. I haven't
yet decided on my major or prefer-
ence in a future career."

"The funny thing about this op-

**Scholars continue on
page 4**



**Juniors JW Allen and Colby Nye use woodworking class
time to build a cabinet.**

Photo by **Brittany Slater**

gained a lot by taking Carlson's
classes. "I have learned many new
things. I've made mistakes, but I
learn to fix them," said Weir. He
also said he is very competitive and
the classes give him a chance to
shine and show off his skills.

"I really like competing and go-
ing to state competitions. It gives
me that sense of accomplishment,
and it makes me feel like I can do
more in this world," he said.

Weir also added, "I like design-
ing a project, then building it and
seeing my creation I made from my
head come to life."

Besides these reasons why stu-
dents should take engineering and
woods classes, Carlson also added
other suggestions to convince oth-
ers about the importance of these
skills.

"They literally acquire the skills
that entry level workers in the in-
dustry have. Students need to be
more technically trained. With
these skills, they can provide for
family, etc. A lot of the kids actu-
ally end up going to tech school or
universities, and it shows the sig-
nificance of the tradesmen in our
world," said Carlson.

Warriors give study techniques for classes

By Abby Wight
News Editor



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BIG O TIRES

AND SERVICE CENTERS

FOX 13's Big Buddha shares what makes him unique

By Erin Geiger
Editor in Chief

Cool School of the Week brought Big Buddha to Weber for a visit on Dec. 4. He was up to all sorts of reporting shenanigans and off camera, he was much the same.

Leroy Teo, known by most as Big Buddha, got started in the news business "by accident, really." "I started filling in for a reporter many years ago. They kept inviting me back to fill in and then offered me the full-time gig," he says.

At the time he was filling in at Fox 13, he was "already doing his dream job" of being a morning drive disk jockey. "This [job] just kind of fell into my lap, and I ran with it," he adds.

"It's definitely not monotonous; it's a different adventure every morning," Big Buddha says of his job. "It's visual radio; that's actually what it is." He says the best part about his job is that it's "not digging ditches. It's not the same people; it's not the same story every morning."

Surprisingly, the strange hours aren't the hardest part of his job. He wakes up every morning at three to prepare and polish whatever details



Big Buddha interviews Jake Heywood, vice president of the Chamber Quire, before Warriors perform Christmas songs for FOX 13.
Photo by Levi Easley

need to be done. Instead, he says the most difficult part is the production of the show. "We try to plan weeks, if not months, in advance to make sure we do a different story," he says. Another obstacle Big Buddha faces is trying to get people to open up on camera.

"There has to be more than just one element in the field I do," he says. In his feature reporting, Buddha has to come up with multiple segments to set up and film each morning which is different than news reporters, who interview once about the facts.

"I'm rarely not working. I'm constantly looking for things to produce, and I have to take notice of what's going on around me," he says. When he's not on the clock, though, he says he likes to relax. "I like to just listen to music and chill out. I like to do that, but I also have kids, and I'm heavily involved in

their extracurricular activities like sports and music lessons." He jokes he doesn't have much free time to "just veg" unless zoning out in church counts.

"My kids are typical high school kids. I have a son who's on an LDS mission, a daughter who's up at Utah State and a sophomore and eighth grader playing basketball," he tells.

Recently, Big Buddha's been trying to lose weight, but calls the weight loss process a "life-long journey and endeavor." He's lost about 120 pounds, which he jokes is about the weight of a newborn Polynesian baby. To lose the weight, he says he's been doing lots of exercise and "starving with rabbit food."

"I've been eating right—lots of greens," he says.

For those who want to go into reporting, Big Buddha recommends

taking writing classes. "Creative writing/journalism classes in college help out a lot. They help you find your niche in storytelling, so you can say things in a different way." He adds, "You may be telling the same story to other people, but you'll have a different perspective and those classes will help you develop your edge."

"Another thing that's really helped in my career is you make the interviewee the star." He continues, "As reporters and storytellers, we like to talk. We'll interrupt because we have some good quote in the back of our heads or a funny joke to tell, but my instructor told me you really want to make the interview the center. Ask open-ended questions, or questions that will trigger emotion, so the person being interviewed actually tells the story." He adds by doing this, it will make the interviewee look good.



Big Buddha covers the aftermath of the student body officers getting their heads shaved.
Photo by Brittany Slater

Caution! Take weather one mile at a time: drive safely

By Landon Wood
Assistant to the Chief

Winter is here. This means the ground is frozen and snow blankets the city streets. This makes for dangerous conditions such as icy roads and reckless or negligent behavior. U.D.O.T. (Utah Department of Transportation) reported that 18 people died in 2012 due to winter related accidents in Utah. That is 18 deaths too many in order to accomplish Utah's safe driving goal called Zero Fatalities. In a more elaborate national study conducted by www.icyroadsafety.com, there were approximately 477 deaths in the 2008-2009 winter season and at least 458 deaths in the 2009-2010 winter season. These figures are only a portion of the wrecks actually reported; some go undocumented.

Winter is by far the most dangerous season to drive in. There are several problems people have with driving in the winter. Some are minor and others are major.

Mr. Wardle, principal at WHS, said the biggest problem with winter driving is the speed used on slick roads and crowded lanes. "People drive way too fast. In the winter, even the speed limit can sometimes be too fast," said Wardle. He advises teens to slow down and take it easy this winter, so nobody gets hurt while trying to go to school or to a friend's house. He also encouraged Warriors to be prepared and to be aware of other drivers' bad driving skills or negligent actions.

Pleasant View Patrol Officer Brent Hollingsworth agrees and adds, "Just slow down, it's not a racetrack with clear conditions. Your car isn't invincible, bad things can happen." As a patrol officer, Hollingsworth said he will be on the lookout for dangerous drivers this winter and so should everybody else.

Tyson Lund, SBO President, also has advice for students who drive in the winter. "Slow the flip down. It isn't about getting going [picking up speed]; it's about slowing down. Plus it's uncool to drive unsafe."

Mr. Filiaga, auto teacher at WHS, said another problem with winter driving is the condition of cars. "Have good tread and good tires. Make sure to check the car's fluids like the coolant." Filiaga also advises how to handle winter roads, depending on the car one drives. "If

you drive a smaller car, then there's a limit that one's car can do and it's always important to know that limit."

"Do not text while driving," said Mr. Carlson, an instructor for Weber's driver's education. As for first time winter drivers, "Give yourself a bigger window for turning. Don't let the people behind you rush you; just take your time. Feel confident in your driving; don't always think you're the worst driver, because there are many others on the road way worse. Finally, practice defensive driving," he said.

Wardle added teens who are worried about driving in winter conditions for the first time should practice their driving skills. "Practice driving in a safe areas, such as an empty parking lot, before you go out there and attempt to drive in unsafe conditions," he said.

Beside the preventative measures, what about the incidents that are bound to happen?

Lund said students should always be prepared with a car kit in case something bad happens such as a wreck or breakdown in cold conditions. According to Lund, this kit should include several items. "Make sure to have a phone, good quality coat, ice pick, brush for windows, gloves and a tow rope in case you get stuck."

The coat and gloves are essentials to combat the chance of frost bite or hypothermia which, according to the www.Mayoclinic.com, sets in at 28 degrees fahrenheit. The consequences of winter injuries can range from nerve damage to amputation.

Carlson said students should also be prepared and know how to handle the procedures when involved in any winter related accidents. "Make sure you stop, don't run and know that it's going to be okay. Pre-decide to take responsibility."

Along with safe drivers, Wardle also had safety tips for pedestrians. "Stay on the sidewalks and if it's dark, wear light clothing so drivers can see you."

Winter roads are bound to cause trouble for all drivers. Black ice and crowded roads lead to accidents especially when people don't pay attention or are operating their vehicle improperly. Carlson feels if all drivers follow these safe driving methods and are prepared for any kind of incident, then Zero Fatalities can easily be achieved and everybody can get where they are going safely.



Big Buddha takes picture of Student Body President, Tyson Lund before Lund gets a bowl cut with "W" shaved on the back of his head.
Photo by Levi Easley

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Scholars continues from page 1

portunity,” Heywood continues, “is that I consider myself much more of an artsy, theatrical kid than an academic student. I’ve been focusing more on auditions than standardized tests. All my energy was spent as the lead in *West Side Story*, and I have to cram school in there too. I do have a passion for learning and a passion for the arts. I’m hoping that I can find a good balance between these passions throughout my college life as well. The National Merit Scholarship will allow me to do so without worrying about the funds I need to do what I love.”

Previte also understands the benefits of the National Merit honors. “There wouldn’t be a dramatic im-

“To me the NMS just gives me security as I move forward.”

pact, but the award would certainly be beneficial. I could win a scholarship that would help me pay for college, and being a National Merit Scholar looks good on a resume. I plan to use it to pay for some aspect of college, whether that would be tuition, books, etc. I’m not sure; I would have to check exactly what the terms of the scholarship are,” she says.

Heywood adds, “To me, the NMS just gives me security and stability as I move forward.”

Hepler also has plans for his future. “After high school, I plan to serve an LDS Mission for two years and then go to BYU. I would like to be a concert pianist and/or teach choir. If I can’t do either of those, I would like to teach English or history. I love religion, music, history and literature. All of my life centers around those things. I will put any scholarship money I get towards BYU.”

Hepler’s love for music started at a young age. He says, “I have been involved in music since I was five when I started piano lessons. I have been a member of choirs ever since I was in fourth grade, and I am a member of the high school Chamber Quire. I love music for its expressiveness. Music is the language of the soul.”

As far as his appreciation for literature, he recognizes his grandma’s influence. “Nancy [Reed] Harrop used to teach English here. I love most books as long as they have a meaning; a message to get

across to the reader.”

As for Previte, her future may be in the science field. “I’m thinking about becoming a bioengineer or a neuroscientist because life in general and the brain, in particular, fascinate me.”

Previte adds, “I’m an avid reader with a dry sense of humor, and you’re unlikely to find me without a book in my hand.”

As far as college choices, “I’m applying to Stanford University, but my college plans aren’t set in stone. It all depends on where I am accepted and what I can afford,” she added.

According to nationalmerit.org, of the 1.5 million entrants, some 50,000 with the highest PSAT/NMSQT Selection Index scores (critical reading + mathematics + writing skills scores) qualify for recognition in the National Merit Scholarship Program.

Each year in early September, about 16,000 students, or approximately one-third of the 50,000 high scorers, are notified that they have qualified as semifinalists. To ensure that academically, talented, young people from all parts of the United States are included in this pool, semifinalists are designated on a state representational basis.

Then during the following February, some 15,000 semifinalists are notified by mail if they have advanced to finalist standing. High

“We would love to see more candidates next year. The PSAT only counts toward scholarship opportunities if taken during the junior year.”

school principals are contacted and provided with a certificate to present to each finalist. Beginning in March and continuing to mid-June, NMS notifies approximately 8,000 finalists if they have been selected to receive a Merit Scholarship award. The award is worth \$2,500.

Johnson says Weber is proud to have three students represented as semifinalists and hope they will continue to finalist standing.

“We would love to see more candidates for next year. The PSAT only counts toward scholarship opportunities if taken during the junior year. We will not accept any seniors, and we only want sophomores if we have not sold all tests. We will not turn sophomores away if there are tests available, but they will need to retest their junior year. if they want to qualify for scholarships,” says Johnson.

Warrior News staff learns life long skills

By Kierstin Pitcher
Assistant to the Chief

When people think of journalism, some may think of photographers trying to snap pictures of celebrities, or maybe the Sunday funnies. They may even think of Lois Lane trying to catch the next big story on Superman. Though these ideas may be good representations of journalism, none of them are fully accurate. At Weber High, not only are students given the chance to learn about journalism in a class that produces a monthly paper, but they also acquire life-long skills.

Senior Erin Geiger, who holds the position of editor-in-chief, says she first took journalism as a sophomore because, “I love to write and

“When you take this class you belong to something, and there are a lot of cute girls in this class.”

Writing is not the only thing students do for the paper; from photography to business, there are many jobs to be done.

“The staff experiences many aspects of the communication world,” says Mrs. Stettler, Warrior News advisor and journalism teacher. “Along with writing stories, there are other important positions that are the foundation of the paper. Students typeset/edit stories, design ads and pages, contact advertisers and use photography skills. This class is more than a class, it is a business and these kids gain much leadership experience from it.”

Hannah Nelson, junior and copy editor, is one of those students who



Erin Geiger, senior and editor-in-chief, checks spelling of students’ names and makes sure the paper is a success.

I knew it’d be a way to have my work be read.” Geiger continued to take the class throughout the rest of her high school career.

“I love it. It’s chaotic and stressful, and interviews can be uncomfortable and awkward, but once it’s [the story] put on the page, it becomes art, and all those other things don’t matter because of how great it has become.”

Editorial Editor Katie Montgomery, junior, agrees and says, “I really like to write, and I love seeing my stories run in the paper and I love hearing other people’s opinions.” Senior Landon Wood adds, “I like to get my opinions out there and report to the students about what’s going on.” Wood says that now he’s taken the class for two years he’s found there are other things to appreciate about journalism.

are a part of the paper’s foundation.

“I format the stories and I go in and fix all the mistakes,” she says Nelson. Nelson adds one of the things she likes about being a copy editor is getting to read the stories before everyone else. And as much as she enjoys her job, she adds her favorite part of journalism is, “the people. Everyone is really fun and creative. They’re all really funny and I enjoy their company.”

Senior Gabe Conroy also has a behind-the-scenes job. “I do business; I file stuff and make ad calls, and I help with editing stories.” These calls are to companies that advertise in the paper. Because of their support, Weber is able to have a paper.”

“It’s pretty cool because it’s different from regular English. I took it because I needed an English credit; I’d much rather take this than a



Scota Maccarthy, senior, works hard to edit and proofread pages before the paper gets printed.

Photos by Cara Darr

regular English class,” Conny adds

Cara Darr, assistant to the chief over photography, says, “I took the class because I wanted to be a photographer.” Since Darr has been on the staff for two years, she has begun to like writing more and is now looking into journalism as a career. Even though she enjoys both writing and taking pictures for the paper, she says her favorite part of the class is, “pizza on layout check day and the end of year banquet.”

Besides the fun, students enjoy being able to produce an award-winning paper. The staff has received numerous state and national honors. Last year they took first place with the American Scholastic Press.

Geiger says, “We design it from head to toe, umm wait... I mean from capital to period.” Montgomery adds, “I like how we are a monthly paper because it gives the students an opportunity to write better, and it gives the student body an opportunity to actually read and care about the paper.”

“The paper lets people know they’re important to the school, and

lots of the ads have coupons. That’s definitely important!” Montgomery says.

This class does not only produces a paper for Weber High and the area communities, but it also supplies the students with many skills that they will use outside the classroom.

“There are so many personalities in this class,” says Stettler, “and they all learn how to work with each other. This is an important skill. Making deadlines, working under pressure, getting out of one’s comfort zone... these are aspects teens will face many times after high school.”

Wood says, “It [journalism] teaches responsibility and prepares us for the work environment.” Conroy adds a skill he’s learned that he’ll continue to use the rest of his life is how to interact with people on a business level.

“I can talk to people now, before I couldn’t even order food at a restaurant, but interviewing for some 20 plus articles last year helped me find my voice,” adds Montgomery.



Sophomore staff members Anders Johnson and Emma Swanson design and layout pages for the school publication.



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Time Out

By Alea Spendlove
Staff Reporter

Many people have lost faith in our society in the last couple years. As technology improves, our thoughts get more and more turned inward, causing us to focus more on getting the new iPhone than the possibility of working in a soup kitchen, for example. While Christmas is a time for giving, there are many other times we need to help others. Nothing is worse than being unable to provide for your family and yourself.

The Interact Club, one of Weber High's many organizations, is fighting for a change. Their most recent project, Pennies for Polio, shows the extent to which the Interact members will go to make a change for the better.

Polio is a highly contagious disease, one of the most feared in the United States up until the vaccination was publicized in 1955. If someone in your household got it, it was almost certain that every other person in that home would

be infected. It's a virus that spreads easily from person to person, making it hard to control once it's begun to circulate. Its long-term effects include paralysis and, ultimately, death. As viruses aren't exactly alive, they can't be killed. The vaccine can't kill polio; rather, it is intended to make the symptoms less miserable as the body fights the virus. Of course, it's much better to get the vaccination than to let polio rage through your system unchecked, so even though it isn't a cure for polio, it's better than the alternative, nothing.

Treatment can be expensive, though, and while the polio virus is currently infecting Nigeria, Pakistan and Afghanistan, families can't always afford it. Unless a charity like Pennies for Polio comes along and saves the day, polio could not only ruin a child's legs, but also their family's livelihood.

So how does the money get from us to them?

First, the club had to make the money- and they did! Interact raised about \$400. Then the Bill and Melinda Gates Foundation pledged to triple match the amount we raised,

so their total zoomed up to \$1,200! With each vaccination costing only 60 cents, this means that over 2,000 children would be helped! The goal was around \$1,000, so the club met their goal. They need to be congratulated for their efforts to help, and a huge thank you to everybody who donated.

The money goes to the End Polio Now charity, supported by the World Health Organization, UNICEF, U.S. Centers for Disease Control and Prevention and the Bill and Melinda Gates Foundation. From there, it will go directly to polio-stricken countries for medical help.

Interact club is a great way to serve others. Look at us, with indoor plumbing, quality health care and heated houses. What goes around comes around, as the old saying goes, and who doesn't want to have charitable surroundings? To join the Interact Club, all you need to do is pick up an application in Mrs. Nichols' room (218) and then the giving begins! This club not only looks fantastic on college and job resumes, but it's a way of giving back to a world that's treated us so well.

His dream lives on: historic leader, civil right's activist remembered

"I am happy to join you today in what will go down in history as the greatest demonstration for freedom in the history of our nation." Martin Luther King Jr.'s voice boomed over thousands of cheers from men and women of all nationalities as he delivered the opening lines of his famous "I Have a Dream" speech. But aside from the speech that has been religiously repeated into our minds since first grade, what do we really know about the man who lead one of the largest civil rights movements this world has ever seen, even into his grave?

Martin Luther King Jr. was born in Atlanta, Georgia, Jan. 15, 1929. He was assassinated April 4, 1968, at the Lorraine Motel in Memphis, Tennessee; his age at the time of death was 39. Over 18 years of his life were dedicated to the bettering of the black community in the South as well as other areas in this nation.

When he was growing up, his father detested racism, not just because his race suffered, but also because Martin Luther King Sr. believed the act of racism and segregation was an act that went against God's will. So perhaps that's what brought Martin Luther King Jr.'s attention to civil right's activism. It also became heightened when Rosa Parks, the lady who refused to go to the back of bus, was arrested. Perhaps it was also the Freedom Riders who were inspired by Parks. They might have just been fed up with being told "separate is equal" when it obviously wasn't. On that note, Atlanta, Georgia, was anything but equal; separate, sure, but not equal.

MLK Jr. decided to become a change, an idea even, and for him it all started in the 1950s. Since he followed his father's footsteps, he

was a respected and liked Baptist minister. He was used to speaking to the masses, so talking to the people about inequality was really no problem for him. It was even noted how many comparisons and analogies he drew from the Biblical stories of Moses.

Instead of violent measures to make his point, he encouraged blacks to do sit ins. Young men and

testing. Following the teachings of Mahatma Gandhi, he was becoming the change he wanted to see in the world.

But as he said in his infamous stand at the Lincoln Memorial, "We cannot walk alone. And as we walk, we must make the pledge that we shall always march ahead."

Through all of the trial and tribulations that arose in the Civil Rights



women would enter an all-white establishment and sit down at the bar, regardless of what would happen to them. They would carpool to hurt the segregated bus companies, and they had peaceful marches where they silently protested the inequalities of their lives. They did this even when the police came and let loose their dogs with the intent to kill; even when the fire department came and blasted the protestors with their hoses that have over 100 PSI of pure skin-peeling pressure hitting unprotected people.

The "enforcers of the law" certainly didn't discriminate during this time; they attacked defenseless men, women and children, yet through all this, MLK Jr. was determined to stay peaceful with his pro-

Movement, despite black power and Malcom X, MLK Jr. stayed true to his word and continued to march ahead, always forging and being a constant reminder that the preamble of the constitution is "we believe all men to be created equal," not "separate is equal."

So when Jan. 20 comes around, don't just think of him as some old dead guy that got you a day off, remember this guy that was and still is a symbol of courage, hope and determination. Remember the man who rallied hundreds of thousands of people to say, "Free at last! Free at last! Thank God almighty, we are free at last!"

By **Scota Maccarthy**
WHS Senior

Student government officers suffer unneeded consequences

Controversy arose when the student government officers received new rules banning a popular picture communication app known as Snapchat. Snapchat allows a user to send pictures with some text to another person for up to 10 seconds, then the image disappears and it may not be looked at anymore.

Mrs. Pearce, student government advisor, and the school administration decided to make this rule for the officers after a few instances in which some officers abused their use of the app. The rule applied for all of the officers, not just the ones who misused the program.

Many of the teens in student government, including myself, were upset that we all had to be punished for another person's wrong choices. This was ridiculous. I, along with many of my fellow officers, followed the rule even though we disagreed with it.

Mrs. Pearce explained it is a better solution to take it away from the whole than to deal with the problems case by case. She also explains officers' choices with this and other media can affect their future, such as jobs. "There's also a protection issue that occurs with students. What you do on media, even though you think Snapchats disappear, they aren't gone," Mrs.

Pearce says. "And knowing that teenagers don't always think about that when they make their choices, if it's going to be a little bit easier for them to just know they can't use Snapchat, then maybe they won't make some of those choices and have a few more options open to them in the future."

However, I don't believe that taking away their privileges with Snapchat solves the issue of the future. If we have all temptation banned, then part of our agency is taken away. Officers know that if they abuse the rules set that they signed to, they will be punished. Taking things like Snapchat away also takes away our chance to make choices for ourselves and learn from the consequences.

Making a rule to ban Snapchat will not save the officers from misusing it. There is no way for administration or advisors to monitor whether or not the students have or used Snapchat, it being a private communication app making it easily accessible for students to get back. The kids who misused it in the first place will most likely not care about the rules anyway and get it back. The students who didn't misuse it are going to be the ones who still follow the rules; therefore, the obedient get punished while those who misused it are get-

ting away with still having the app, because of the lack of means to monitor whether or not it is being used.

Mrs. Pearce says problems could also arise with picking out individuals and punishing them case by case, and students will claim they aren't the only ones doing wrong and start a chain of "so-and-so did it too." However, Pearce also says, "It's never fun for the teacher to punish the whole, for the few." Understanding the reason behind punishing the whole group is very difficult for me. Officers know their code of conduct. We sign it and agree to the consequences of doing something bad.

Being punished case by case is expected by the officers. Being punished as a whole for a few of the group's actions is ridiculous and causes contention and brings unneeded attention to the issue, rather than quietly dealing with one individual's punishment. For the future, I hope that issues such as this one will be dealt with in a one-on-one basis; punish the persons abusing the truth. I have no problem being punished for my own actions, but I completely disagree with being punished for someone else's wrong doings.

By **Michelle Hartvigsen**
WHS Senior



Heavy loads bring questions about how much work is really necessary

Students wake up at the crack of dawn to attend a place where they attend four classrooms a day and sit in a desk listening to a teacher lecture for an hour and forty five minutes. Exhausted, they come home only to realize that school isn't over, and they have over three hours of homework to complete. Only difference is, they are in a different environment.

Some students are complaining that they have too much homework. Question is, how much is too much?

The amount of homework students have depends on the classes they are taking. Obviously, if someone is taking three AP classes, more homework is a given. However, should homework be a huge indicator of what your grade is for certain classes?

According to a Metlife Survey done in 2007, teachers give the amount of homework they do in order to get their students "college ready." Homework prepares students for what colleges will expect them to know.

Homework is a great idea, if you are planning to go to college. It gives a taste of what college will be like in one to three years. That way you are not bombarded with

all this homework and have a nervous breakdown. You are used to it; therefore, it becomes easier.

A huge debate between students and teachers is how much homework assigned is busy work, or how much the homework actually makes a difference on how well people learn the subjects.

Busy work is defined as work that has little or no contribution to the process of learning and gaining new knowledge of essential concepts. It's where a person sits down and does a project that requires them to do little thinking or maybe not even remember what they did in the first place. When completed, they feel like they wasted two hours doing something strictly for points in that class. They didn't gain anything from homework besides that.

Probably half of the homework I do is busy work. It's work that I always dread because I know that I won't gain anything from it besides a headache. However, it is also work that can be beneficial to me if I am needing points or extra credit. To me, it has a good and bad side. Sometimes reviewing and repeating work can also help cement concepts in a person's mind.

Yes, homework can sometimes be a drag. However, teachers and

some students don't see it that way. Whenever I've been in a classroom and the topic of homework comes up, almost every one of my teachers points out "this is nothing compared to what you'll have to do in college." They see it as preparing us for what's to come in the near future. In some ways I am grateful for it; homework is the prelude to university life.

According to the National Center for Educational Statistics, out of all classes, math homework is the subject homework is most frequently given. I agree with that statement because I find myself doing math homework more than any other subject I am taking. Learning math concepts takes practice; therefore, more homework.

Homework is a lot of things: stressful, helpful, a pain, a contribution to our future... the list goes on. The view of how students and teachers see it will always be debated, and homework will always be a part of teenager's lives for at least high school. So no matter how much it is liked or disliked, I think students should just do the work and realize it may help prepare them for life following high school.

By **Chase Doughty**
WHS Junior

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By Kierstin Pitcher
Assistant to the Chief

The holiday season brings with it a flutter of activity, excitement and giddy happiness. All of this can cause a sort of Christmas high. Consequently, when the season ends, people crash and experience holiday withdrawals. The top 10 holiday withdrawals include the following:

1. The “It’s over” withdrawal: This comes from a realization that the holiday season is over, and you won’t be able to participate in the holiday fun for a whole year.

When you begin to feel the sad strains of the holiday’s absence, the best thing to do is find something fun to do. It can be anything from going to a movie or playing a game of basketball. Whatever the activity is, make sure it is fun and enjoyable because, when you are having a good time, it’s hard to miss the past holiday fun.

2. The gift-giving withdrawal: It was a blast making people happy with all those wonderful Christmas gifts, but now they’ve all been given. It may not be the best idea to keep giving Christmas presents clear through July, but that doesn’t mean the giving has to stop. There are many ways to volunteer service and give of your resources and time.

However, if it is the literal gift giving that is missed, people can keep up on all the birthdays of their friends and family. Not only will this cure the withdrawal, but it will also help people gain stronger relationships.

3. The absence-of-color withdrawal: After all the lights and Christmas decorations get put away, everything looks bland and the world outside is grey and depressing. An easy fix to this is adding a splash of color. This doesn’t mean drastic changes are required like an extreme makeover. People can simply brighten the atmosphere by hanging a bright picture/poster in bedrooms or lockers.

TOP 10

4. The shopping withdrawal: Tons of money and time were spent in shopping malls and department stores, all in the name of Christmas. But now the money is gone, and there is really no excuse to go on another shopping spree. One solution for those dealing with shopping withdrawals is to look on the positive side; no more running around chasing deals and bargains. Instead, save for the item you’ve been wanting that might not have made its way under the tree.

5. Energy withdrawal: After all the energy expended in making the holidays perfect, it’s easy to feel a severe lack of energy once the season is over. Simply relax. People might not have the time for a power nap, but by being relaxed in their everyday lives, they can feel a significant energy boost. One way to relax is to breathe. Stopping and taking a few deep breaths can restore oxygen to the brain allowing clear thoughts and renewed focus. Another way to relax is by consciously relaxing the places in the body where tension and stress is held. Releasing this tension allows the body to feel more energized.

6. Kindness withdrawal: During the holiday season, it seems as if people are kind, generous, and happy. Sadly, after the holidays are over, people seem to become professional grouches. There really is no way to force others to be kind; rather, entice them through displaying the kindness and respect. It’s the Golden Rule, people tend to respond genuinely and with kindness when they feel it first extended to them.

7. Goodies withdrawal: Christ-

mas is full of wonderful treats and delicious foods, so when the season ends, regular food seems rather bland. Why not try spicing up your diet and change it up with a few new recipes. From Greek to Mexican, there is a whole world of new recipes. If trying different cuisine sounds daunting, find new recipes for old favorites like spaghetti. Recipes can be found in cook books, on the internet or swapped with friends and family members.

8. Vacation withdrawal: After an amazing Christmas vacation, going back to school can seem like a cruel punishment. To make the depressing task of returning to school easier, students can participate in school activities and make new friends. In doing this, students may find school not only be easier to attend, but might actually be worth looking forward to.

9. Christmas tree withdrawal: Taking down the beautiful Christmas tree can be positively heart-breaking! The best solution for this is a bandaaid approach-take the tree down as fast as possible. Leaving the tree up until February will only prolong the pain when it finally has to come down.

10. Entertainment withdrawal: Christmas can be so entertaining with all the festivities. When it’s over, some seem unable to entertain themselves and, consequently, suffer from extreme boredom. Get creative! Try a new hobby, read a book, join a band, learn a new language or apply for a job. The possibilities are endless and once you start thinking about options, it will be hard to remember ever being bored.

Tarzan’s performers prepare musical

By Jason Godfrey
News Editor

After the successful Drama Department performance of *West Side Story*, Productions is preparing the classic Disney musical, *Tarzan*.

Under the direction of Mark Daniels, Weber’s actors and actresses know this show will be amazing. “The fact that it’s a Disney show and that everyone knows the songs is what makes it exciting,” said Gabe Walker, senior, who plays Professor Porter.

Some of the leads in *Tarzan* are Jared Olsen, senior, as Tarzan; Paige Norman, senior, as Jane; Matt Taylor, senior, as Terk; Katie Vantassell, senior, as Kala; Chase Warburton, senior, as Kerchak; and John Child, senior, as Clayton.

The show begins with a young family washing up on a tropical beach. On the island, two apes, Kala and Kerchak, play with their own baby. In a series of events, the mother and father of the young family are killed, and the ape baby is killed. That leaves Kala and Kerchak to care for the baby of the mother and father. They name him Tarzan.

“It is the same plot as the Disney movie, with just a few more added songs into the play,” said Daniels.

The Production class is in full rehearsal, preparing this musical show. Olsen says one of the hardest things about being a lead “is having to memorize quickly,” Norman adds, “You have to be responsible for your part and be ready.”

As for Mr. Daniels, he says the most difficult aspect for him is “turning an animated film into a live stage show.”

Because of the many stunts in the show, the actors have been doing specific body building workouts to



Jared Olsen and Paige Norman, seniors, reach for each other in a romantic scene in *Tarzan*.

Photo by Mark Daniels

help build up their strength. “We have a workout program that we got at the beginning of summer. It’s a pretty intense half hour workout,” says Walker. Olsen adds the workout involves “specific core and back workouts for us to get ready to work with the ariel silks.”

So what goes into choosing a production? Daniels said, “I wanted to choose something the audience will like and also challenge the actors and they can have fun with it.”

One aspect the performers find fun is the scenery. “We’re hanging vines. It’s gonna be cool,” said Walker.

The vines, which will be used for the ariel performances, are what a lot of the actors are excited for. There are other aspects the performers feel the audience will enjoy with this musical. Taylor says, “Jared Olsen without a shirt on; the girls will like that!” He also adds, “Crazy acrobatics and all around awesomeness.”

With characters like Kala and Terk, VanTassell and Taylor will be portrayed as animals. Taylor said they will wear “special ape costumes. Like a spandex suit with fur.” Daniels adds, “We went to the zoo to observe the animals.” He feels this field trip helped actors get into character. Daniels also says he finds his “students jumping around

and acting as apes” as the most entertaining thing to him about the play.

Last November, Weber brought *West Side Story* to the stage. The actors consisted of students of all grades at Weber. However, *Tarzan* will only have actors in Daniels’ production class.

“The Productions Company is an auditioned class during school. The musical is an open audition, extra-curricular activity,” Daniels says. “There are less than 40 in the play and there were over 150 in the musical [West Side Story].”

So how can a student get into the Productions Company? Taylor’s advice when auditioning is to “have confidence and give it all you’ve got. Don’t hold back.” Walker adds, “You need to prepare a monologue and a song.”

For those interested, “Auditions will be on March 25 and look for a sign-up sheet on the drama door,” says Daniels.

Warriors and the public will get to see the Productions at their best as they present *Tarzan* on Jan. 29-Feb. 1 at 7 p.m. Tickets can be purchased online at whs.wsd.net for \$8-\$10. Because Weber’s musicals draw full house audiences, purchasing tickets early is encouraged.

“It’s going to be an incredible production as always,” says Olsen.

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By **Aleesha Mauchley**
Assistant to the Chief

It was thrilling. It was vivid. It was gripping. It was *Catching Fire*. The second movie in the *Hunger Games* trilogy came to theaters Nov. 22, 2013. The first movie, *Hunger Games*, got admirable reviews. It's incredibly surprising if a sequel gets satisfactory reviews; it's even rarer that the reviews are better for the second movie than the first.

I thought it was a fantastic movie. It truly was so stunning. It was a little less bouncy than the first movie, but it still had enough camera motion to make me feel apart of the action. The colors and the details were astonishing. It felt like I was sharing in Peeta and Katniss's world.

Even though I have read the books, I was still drawn into each scene of the movie. And for those fans out there who are picky about whether the movie stays true to the book, I don't think they were dis-



sappointed. I know I wasn't disap-

pointed. The movie starts out in District 12 with a glimpse of Katniss and Peeta's life after they survived the games. They are about to go on a victory tour through the districts and to the capitol. It was custom for the winners to do this.

Before they depart, Katniss receives an unexpected and unwanted visit from President Snow. He gives her some instructions that he wants her to not only convince the district of her love for Peeta and the reason behind her actions in the last game, but he also wants her to convince him she truly loves Peeta. If not, her family and everyone she cares about would be in danger.

Katniss can't fool the districts, though, and the uprisings continue. That is when the new head game maker presents President Snow with an idea for the 75th Quarter Quell game: Victors from each District will face each other in the upcoming game. Each Quarter Quell gets a new twist to it, but this year the Quell will be used to eliminate the uprisings and destroy Katniss Everdeen.

Shock from the announcement of the third Quarter Quells game rippled through the movie and out into the audience.

Both Katniss and Peeta plead with their mentor Haymitch to save the other. Reaping day comes and Peeta volunteers. Katniss and Peeta are thrown back into what seems like the events they just went through: the tribute parade, training and the final assessment.

There are some changes, though. This year they will need allies if they plan to survive. All the other tributes know each other from previous games. This is a major setback for Peeta and Katniss because not too many of the tributes want to be their allies.

As they are released in the arena, Katniss and Peeta team up with Finnick Odair and Mags, both from District 4. As they team up with more people and figure out how the arena works, they devise a plan to kill the rest of the careers.

Unknown to Katniss and Peeta, there is more at work than this plan. This was never about the games, it was about the revolution and Katniss is meant to be the mockingjay, the face of the rebellion.

As the story unfolds and viewers escape to Katniss's world, this would not be possible without the wonderful acting. Jennifer Lawrence steps into Katniss's shoes like they are her own. She makes you believe in her conviction and in her plight. She doesn't want to be the face of the rebellion. She feels like she is half crazy already; having dreams and visions about the horrors of the first games.

Josh Hutcherson, playing Peeta, made you feel his distress and his pain. He feels betrayed and helplessly knowing that Katniss's "love" was just an act. However, he is so devoted that he volunteers in place of Haymitch, played by Woody Harrelson.

The main actors and the supporting cast also did an amazing job. Returning to *Catching Fire* are Liam Hemsworth as Gale, Elizabeth Banks as the colorful Effie Trinket, Lennie Kravitz as Cinna and Donald Sutherland as President Snow. New additions to this sequel take the movie to greater heights. Academy Award winners Philip Seymour Hoffman (Plutarch Heavensbee) and Jeffery Wright (Beetee of District 7) added such intensity to the film. One other character that stood out was another tribute from District 7, Johanna Mason, played by Jena Malone. She took her killer attitude and made audiences hate her as well as cheer for her survival.

Though this movie isn't a particularly happy movie, it doesn't mean it needs a bad rating. I will admit I did cry when certain people died, but I would give it five stars out of five. The cliffhanger ending leaves the audience wanting more, and they will eventually get more.

Mockingjay will be divided into two parts, so fans will have more thrills yet to come.

FEATURE

Groundhog Day reveals forecast for spring, Warriors share opinions on unique holiday

By **Elizabeth Josephson**
News Editor

Halfway between the winter solstice and the spring equinox--it's Groundhog Day! Rooted in Medieval times, this holiday is supposed to predict the end of winter. It is meant to answer the question, "Will the weather turn mild, or will winter last another six weeks?"

According to history.com, the first official Groundhog Day celebration took place on Feb. 2, 1887, in Punxsutawney, Pennsylvania. A group of local businessmen went to Gobbler's Knob to see what the groundhog would predict.

If the groundhog sees his shadow, legend says there will be six more weeks of winter. The idea is that a sunny winter day will be colder and drier and an indication of more wintry weather. A rainy overcast day, with no shadow, indicates an early spring.

Punxsutawney Phil, a very old groundhog, lives in Punxsutawney, Pennsylvania, today. His full name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary.

By **Megan Thongrit**
Contributing Writer

I've been to Texas Roadhouse many times. Every time I go, it's always a fantastic experience. From the food to the atmosphere, everything is amazing.

Texas Roadhouse is a steakhouse with over 300 locations. The location I visit most often is the one at 3969 Wall Avenue in South Ogden. The first Texas Roadhouse was opened on Feb.17, 1993, in Clarks-ville, Indiana, by Kent Taylor. Their goal is to "give your family a place to go for great food and good times at a fantastic price."

Even the pickiest of eaters can find something to eat at this restaurant. Just because it's called a steakhouse doesn't mean people can't find other phenomenal dishes on the menu. The menu is split into 12 different categories: Just for Starters, Salads, Hand-Cut Steaks, a Fall-Off-The-Bone Ribs, Texas Size Combos, Chicken Specialties, Country Dinners, Dockside Favorites, Legendary Sides, Burgers and Sandwiches, Kids and Ranger Meals and desserts. All the steaks and meats can be cooked to suit you. When people order a meal, they get to decide what sides they want to go with it. The sides include a baked or sweet potato, chili, a house or caesar salad, apple sauce, steak fries, fresh vegetables, mashed potatoes, seasoned rice, green beans, sautéed mushrooms and sautéed onions.

The kids menu at Texas Roadhouse is called the Kids and Ranger Menu. It has everything from

Phil is placed in a heated burrow underneath a simulated tree stump, and he leaves his home during the early morning to make his prediction.

The dignitaries who oversee Phil's prediction are formally dressed, including top hats. They are known as the "Inner Circle" and conduct the ceremony in the Pennsylvania Dutch dialect, or as they refer to it, "Groundhogese." This is because German immigrants (Pennsylvania Dutch) brought this tradition to America.

Groundhogs are also known as woodchucks. They are marmots (large ground squirrels). Most groundhogs live six to eight years; Punxsutawney Phil is more than 125 years old and owes his longevity to magic punch that he drinks every summer at the Annual Groundhog picnic. Phil is a large groundhog at 22 inches long and 20 pounds. Groundhogs have grayish fur, with red or brown tips. They have short tails, ears and legs and strong jaws. They can whistle when alarmed and are quick. They are very clean animals that hibernate in the winter.

Ward Hedges, junior, has heard about the famous groundhog. He says, "They have this groundhog

that tells us if there's going to six more weeks of winter or if it is going to end soon in this town called Punxsutawney in Pennsylvania."

Hedges enjoys celebrating the holiday. He says he celebrates Groundhog Day "all the time. Me and my pals, we go hot tubbing, and shoot off some fireworks at midnight. It's a real blast."

"I wish it were a bank holiday, but we just watch the news about the groundhog. It is kind of a fun tradition," says Sam Good, sophomore.

Both Clara Stokes, junior, and Hilary Kendrick, sophomore, remember celebrating Groundhog Day in elementary school. Kendrick said, "We would color papers with groundhogs and paste them on bags."

She does not believe, however, that a groundhog can predict the end of winter because Groundhog Day is "just a silly holiday that has to do with the weather."

Stokes agrees, asking, "How can a shadow predict it?"

Haylee Chugg, junior, doesn't think a groundhog can predict the weather because "they're just animals. They don't have psychic powers."

Hedges, however, disagrees. "I



By **Hannah Lagerquist**
Contributing Writer

I love to travel. I love foreign places, full of mystery, culture and things to discover. Unfortunately, all those places I want to visit, like Italy, France and China, but it costs too much for a 15 year-old girl on a budget. Luckily for me, certain restaurants are so good and authentic that they are enough to sate my appetite for adventure, at least until I can buy my own plane tickets.

Zucca Trattoria is one of those places. Located in South Ogden, this corner establishment is outfitted with floor to ceiling windows that look out on the beautiful Utah mountains. Walking in the door, you are greeted with the sweet scent of freshly baked antipasto. The décor is done in warm, earthy colors, making you feel like you are in the middle of an Italian vineyard or perhaps an olive orchard. You also observe the three shiny award plates hanging on the wall: "Best Restaurant in Northern Utah."

The menu is seasonal, offering

believe they do because centuries ago they were given powers enabling them to be the world's best weathermen."

According to past records, though, the groundhog has been right less than 40 percent of the time.

Groundhog Day is also the title of a 1993 movie, starring Bill Murray and Andie MacDowell. Murray is a weatherman who is not too happy about covering Groundhog Day in a small town in Pennsylvania. The movie chronicles his attitude change as he begins living the day over and over and over.

About the movie, Kendrick said, "It was kind of long for me; it was frustrating to watch because the same thing kept happening, so I was getting a little bored with it."

Hedges and Good, however, enjoyed the film. "It was pretty funny," says Hedges. Good adds, "I liked it. I thought it was funny and had a good message, when he is trying to live the day over and over until he gets it just right."

This year the event will take place on Sunday, Feb. 2, and can be viewed live at 6 a.m. EST on the Pennsylvania Tourism Website. At 7:20 a.m., Phil will leave his burrow and a prediction will be made.

dishes with fresh fruits and vegetables. Because of this, they keep the menu small. This is not a bad thing, however. Chef Elio Scanu has cooked beside some of the most prominent chefs in the world, including George Locatelli, Eric Ripert and Marco Pierre White. With this kind of background, you know that anything you order will be great. Some of my favorite dishes are the Bruschetta Napoletana, the Caprese Salad and the house-made Papardelle Pasta. They even have gluten-free pasta available upon request.

Of course, anything made with this much care is not going to be on the dollar menu, but it is infinitely cheaper than a plane ticket and so worth it. Entrée prices range from the low teens to the high 30s.

The clientele at Zucca is chic and laid back. As far as dress, I would not recommend sportswear, but jeans are completely acceptable. The staff is very polite and alert, arriving just as frequently as you need them; no more, no less. If you are looking for authentic Italian food, a warm, cozy atmosphere and friendly people, look no further than Zucca Trattoria.

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Attending Quarters and Cans Ski Night, Jacob Schvaneveldt snowboards at Powder Mountain.



Leo the Lion, REAL mascot, poses with (left to right) Officer Hollingsworth, Megan Price, Emily Swenson and Tyson Lund.



Student officers Dawn Gross and Avanlee Jessop shop for local families with donated money.



Ms. Williams helps students Brigham McKay and Brooke Pierson design their quilt for Quarters and Cans.



Thomas Ulrich gathers car change in the parking lot for Quarters and Cans.

Warriors break Quarters and Cans record

By Michelle Hartvigsen
Feature Editor

Weber High's annual Christmas fundraiser, Quarters and Cans, has been successful in the past, but this year has brought new records. Last year's kick-off assembly raised a total of about \$4,300. This year, however, Weber broke that record substantially.

A total of \$5,103.21 in cash was raised during the kick-off assembly. Students, teachers and the community all donated to help achieve that amount. Different rewards were given as the money level increased, including the male gym teachers dressing up in tutus for three days, the senior class officers eating jars of mayo, teachers eating bugs and even a special appearance and performance by Justin Bieber (Jaden Opheikens) and Bruno Mars (Nick Sosa) accompanied by football players as backup dancers.

A special showing of *Catching Fire*, the second movie in the *Hunger Games* trilogy, also had success. Showing two days earlier at Cinemark Theatre than the midnight premiere the public was offered, many took the opportunity to see the movie. Weber raised \$971 through ticket purchases.

Locally famous "Big Buddah" made an appearance not once, but twice at Weber High on Fox 13 News. Quarters and Cans got a spotlight on the Cool School of the Week on Channel 13. Student Body President Tyson Lund had his hair cut into a special bowl cut with a

"W" shaved into it, matching the other SBO boys' hair which had been cut earlier, in result of raising a certain amount in the kick-off assembly.

The hair cutting didn't stop there, however. After reaching the \$3,000 mark where the boys had to get their bowl cuts, a donation to match the \$3,000 was made later. The agreement if that number was matched, the boys had to shave their hair entirely off. Fox 13 made another visit to Weber to catch this event on camera.

"I thought my hair was priceless, but apparently it's valued at 3K," said student body officer Jaden Opheikens. Lund added that he never realized how horrible his receding hairline was.

Officers carried around personal cans for students to donate too, but they also took cans to local businesses to collect money. These cans raised a total of \$19,870.51.

There was also a competition among the first period classes. Classes competed to see who could bring in the most cans of food and other non-perishable items. Ms. Williams' class took first place with Mr. LeDuc's class taking second place.

These food items, along with other donations and Christmas presents student government purchased with donated money, were all put in packages and delivered to 22 different families in Weber High's boundaries. Special needs kids were also helped within the Weber area. They were given various things, such as clothes and technology equipment which will



SBOs and students play foosball and ping pong in the commons to help raise money for Quarters and Cans.

be of assistance to these students in college. There were also donations of 35 iPads along with other items such as coats, toys and other equipment to assist in learning. They were donated to the special needs, or Life Skills Units, among Green Acres Elementary, Valley Elementary and Bates Elementary.

The total of cash donated by the students was \$20,744.21, averaging about \$11.52 donated by each student. The total overall for Quarters and Cans, which included cash, gift cards, food, business donations, and other items donated came to a grand \$51,110.72, making a new record for Weber High.

Quarters and Cans turned out to be very successful for 2013-14, beating last year's \$17,000 by a huge amount. Many families and students were helped out immensely. However, student government and administration are determined to have even bigger goals to help even more people and make a bigger impact in the future. Mrs. Pearce, officer advisor, said, "It was fantastic. The officers worked really hard to get the community involved. The students did great and made a huge difference."

Photos by Jarom Ralph, Levi Easley, Brittany Slater, Cara Darr and Aleesha Mauchley



Kelton Stokes and Kayla Green buy new shoes for those in need within the community.



Riding the ski lift at Powder Mountain, Adam Salvo snowboards for Quarters and Cans.



Students donate to Quarters and Cans by paying to throw pies at local Officer Child.



Shopping for less fortunate families, Megan Price looks for children's shoes.



Couples share their relationship tips

By **Aleesha Mauchley**
Assistant to the Chief

High school is a time where many teens experience everything from a first kiss to a first heartbreak. There is so much to learn as teens make new friends and look forward to building relationships. To help Warriors as they strive to impress a certain girl or guy, a few Weber couples share their stories on how they were able to build a special friendship with a special someone.



Taryn Brakefield, junior, and Braxten Chadwell, senior, met each other through mutual friends. They say their relationship lasts because they are honest with one another.
Photo by Brittany Slater

Unspoken topic of abusive relationships explored, explained by experienced teens

By **Erin Geiger**
Editor in Chief

According to womenhelping-women.org, one in three high school relationships involve abuse and only 33 percent of teens in those abusive relationships told anyone. Abusive relationships are actually happening, and with such a high statistic, almost everyone knows or is someone who is/was involved in an abusive relationship.

Two of the most common forms of abuse are physical and emotional, and while many think females are usually the victims, abuse also happens to males. The website loveisrespect.org reports “One in 10 high school students have been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.” The statistics for teen abusive relationships are the highest of all the types of teen violence as well. It’s common. It’s going on right now. But most aren’t aware of just how prevalent it actually is.

Psychology teacher Mrs. Cale thinks most relationships don’t start out abusive. “Most relationships start out with a lot of happiness and excitement. They start out with a lot of shared experiences, which tie you to the other person.” She adds, “As the relationship grows abusive, there’s still a lot of hope and memory attached to the relationship.”

For some people, it may seem downright stupid for victims to stay with their abusers. But once again, this is common; 80 percent of girls who were physically harmed continued to date the person who hurt

Warrior News: How did you two meet?
Braxten Chadwell, senior, dating Taryn Brakefield, junior: At school through a mutual friend.
Connor Holst, senior, dating Katharine Daines, junior: Friends at school.
Dustin Kingsbury dating Cassie Shupe, juniors: We worked at North Shore together, and I thought she was so cute! It took me four months to finally start talking to her!
Shupe: We are both lifeguards at North Shore. I helped him with his

training. He was so shy around me. It was cute!
WN: How did you start going out?
Chadwell: I made a poster asking her if she would go out with me.
Holst: I just asked her out.
Kingsbury: I messaged her asking her if she worked the next day. We then began to hangout and on June 18, we went to Salt Lake together on a date.
WN: What is the first cute thing you remember him/her doing?
Chadwell: Wearing my sweat shirt.
Brakefield: Writing me a letter that told me everything he loved about me (we were only dating a week).
Holst: Taking care of me when I hurt my ankle by bringing me ice packs and making sure I was comfortable.
Daines: I was standing in this huge puddle and even though he didn’t want to, he came into it and kissed me.
Kingsbury: There are so many, it’s hard to remember! When we first hung out, we went ice blocking and she asked me to hold her hand down the hill. I loved it!
Shupe: I had a really bad day one time, and he surprised me the next morning with a candy bar, card, necklace, bracelet, CD of my favorite music and a stuffed animal!
WN: What is your favorite thing about him/her?
Chadwell: Everything about her.
Brakefield: That he isn’t afraid to show the real him.
Holst: She cares how I feel about things.
Daines: How caring he is. He is always really sweet to me and always listening.
Kingsbury: Everything! I love how she can always put a smile on my face and help me when I’m down. She’s amazing and cute!
Shupe: How tall he is; if you know Dustin, you know he’s tall! But it means there’s more of him to cuddle with.
WN: What do you like to do to-

gether?
Chadwell: Watch movies and cuddle.
Brakefield: Watch *Duck Dynasty*.
Holst: Go and get ice cream together.
Daines: I really just like being around him in his arms watching T.V. and just hanging out.
Kingsbury: Spontaneous things! We do the most random and fun things together! It’s always a blast!
Shupe: We are spontaneous. We love doing anything as long as we’re together.
WN: How do you solve your problems in your relationship?
Chadwell: We talk them out.
Brakefield: We try to talk it out but since we are both super hard headed, it ends up in a screaming match. Thankfully, we both say sorry and get stronger as a couple.
Holst: Talk about them with each other.
Daines: We talk things out and figure out what we need to do to fix the problem.
Kingsbury: We have never had a single problem in our relationship. It’s so amazing and incredible!
Shupe: Honestly, we have never had any problems.
WN: What do you think makes for a good relationship, and what is required to make a relationship last?
Chadwell: Communication, understanding and honesty.
Brakefield: Making a relationship last requires communication and honesty. A good relationship needs honesty, communication and common interests.
Holst: Caring about what the other person wants more than what you want and putting everything you have into your relationship.
Daines: Communication! That is really important. You need to be able to talk to each other and let each other know things because you need to be close to each other and feel like you can trust each other with anything.



Dustin Kingsbury and Cassie Shupe pose with their hands showing how they feel about each other. They like to do random, fun activities together.

Photo by Cara Darr

Kingsbury: Accept them for who they are, care for each other and always make time for them.
Shupe: Accept them for who they are and don’t be afraid to be yourself around them.
WN: If you could do anything for him/her, what would be one special thing you would do?
Chadwell: Get rid of her medical issues for good.
Brakfield: Oh my heck, get him ungrounded! I hate that; it’s been forever since we’ve hung out.
Holst: Have more time to spend with her.
Daines: I want to always be supportive of everything he does. I like to go to all of his swim meets.
Kingsbury: I would buy her the husky she has always wanted.

Shupe: Get him an unlimited supply of fire grilled steak salads from Cafe Rio. Ha-ha.
WN: What is your favorite memory together?
Chadwell: Going to the Christmas lights together.
Brakfield: It’s really a toss-up between going to the lights our first Christmas together and going to Prom.
Holst: Spending all day with her at Lagoon.
Daines: Our day date for Homecoming and basically the whole night.

Couples continues on page 10

them, according to newschoiceinc.org. A recent Weber graduate called Jane* says there were two reasons for her staying with her boyfriend. “I thought it was love, and he was so controlling because he didn’t want to lose me,” she says.

A WHS senior called Sue* says she too stayed with her boyfriend because she thought she loved him. “We’d been together for so long, and I felt like I couldn’t give up on him. I felt trapped sometimes and obligated to try to make things

“I thought it was love, and he was so controlling because he didn’t want to lose me.”

work,” she adds, “I had this crazy hope that things would get better between us.”

Cale adds it can be difficult to know when to end the relationship. “It’s easy to overlook an act of abuse because we want to forgive and move on. It’s sometimes hard to recognize that the relationship is in a place where it probably needs to be terminated.”

Sue says she was with her abuser for about three years. However, he was “different” during some of that time. “He wasn’t always mean and nasty to me. There were times when he was the sweetheart that I fell in love with,” she says.

On teensagainstabuse.org, it reports that due to how unpredictable the abuse can be, it’s important for

everyone to be educated and learn about the signs.

“I knew the whole time that he was [abusive]. I just didn’t ever admit it because I didn’t want to believe it,” Jane tells. Jane’s boyfriend was both physically and mentally abusive during the years they were together, and she says the things he would say to her would “make her feel bad.”

Sue’s scenario was different, though, and she says things “changed.”

“I don’t know when things switched, but one day I realized how unhappy I was. I didn’t smile in the hallways anymore. I didn’t joke around and laugh like I used to. I didn’t look forward to seeing him,” she says. “I think that’s when I realized how bad things had gotten.” Sue also reports her boyfriend only bruised her once from grabbing her wrist, and her relationship was emotionally abusive for the most part.

With part of someone’s life being so unhealthy, things are bound to change for them. Jane says she was “depressed and defensive.” She adds, “I wasn’t honest and I would fight with my mom a lot.” Sue also experienced depression and felt like life was “heavy” at times. “I was a little jumpy around him, and I would second guess everything I said and did. I tried to cover things up and lie about what was actually going on between us,” she adds.

Sue and Jane both fall under 33 percent of victims who didn’t tell anyone they were being abused. “I think some of my friends and mom kind of guessed it, but I only told one person about it at the very

end,” Sue says. Jane adds, “I had family members and friends recognize it and try to talk to me about it, but I would just pull away.”

Cale feels the tie that was formed in the relationship can make the person feel “a sense of loyalty.” She adds, “They might feel that if they tell others about their partner, they’re being disloyal to the good parts of the relationship and the good parts in that partner.”

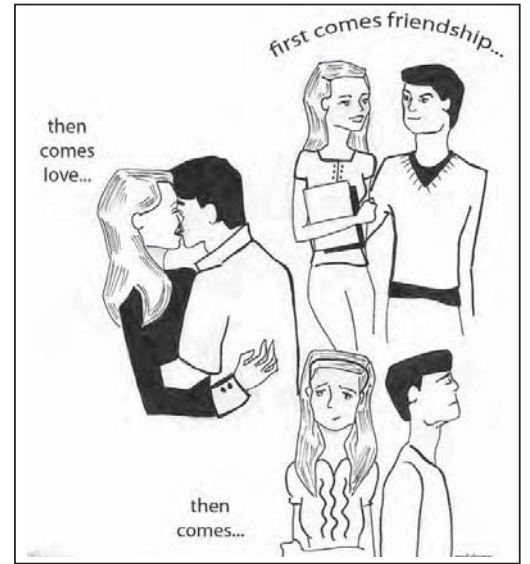
There’s also a type of guilt, shame and embarrassment the victim can feel due to their partner. “Even though it’s not correct, the victims can adopt a mindset where they feel responsible for their partner’s actions,” Cale says.

Part of breaking the cycle of abuse is helping the victim “realize that their partner is responsible for his or her own actions, and that nothing excuses a behavior,” Cale says. “Date abuse is a real concern in the psychology field because it’s so underreported.”

Breakups are difficult for everyone, no doubt, but recovering from a bad relationship poses different types of challenges. “I still feel really cautious about guys,” Sue says. “I think I have a different kind of wall up, and I don’t want a title on my relationships anymore. I don’t want to have a ‘boyfriend’ because I’m paranoid I’ll lose control again,” she adds.

Jane says she is “cautious and guarded” and has a hard time being open and trusting others. She adds, “In a way, it’s almost helped me too. I’m more aware of what to watch for, and I know what I want now.”

“I jumped out on a limb one day



and told my seminary teacher and friend that I thought I was being abused. It was amazing to finally say it out loud and have other people truly know. I could finally turn to someone for help,” Sue says. Jane adds, “Honestly, the two people who really helped me a lot were my mom and best friend. They knew how upset I was but they were also honest with me and there for me every day. I needed that honesty.”

On the website love.allwomenstalk.com, there is a list of the top eight ways to recover from one of these abusive relationships. The steps are as follows:

1. Build a support group to surround yourself with love and encouragement.
2. Avoid relationships for awhile to let things settle, process and rebuild.
3. Find yourself and do some soul-searching.

4. Use self-affirmations to re-establish and remind yourself of confidence and self-worth.
5. Give it some time to feel secure and sturdy once again.
6. Get some professional help to deal with the deep, lurking issues.
7. Talk about it.
8. Keep a journal that documents your journey. It may be useful to look back on after the chaos has died down, and others may find it helpful in their struggles.

“Don’t be scared to go to anyone about it. The people getting involved only care about you, so let them in,” Jane advises to those involved in an abusive relationship.

“You should always be able to find happiness and have a voice in your relationships. No one should make you feel lesser, especially if that person has a piece of your heart,” Sue adds.

*Names have been changed to protect identities.



Junior Katharine Daines and senior Connor Holst show their love and admiration for one another as they embrace on school grounds.

Photo by Brittany Slater

Couples continues from page 9

Kingsbury: We have so many it's hard to choose just one! We have done baptisms for the dead, going to Salt Lake, going to Lava Hot Springs, our paint fight, our hike to big rock, Homecoming, watching movies and *Duck Dynasty* and dances; those are some.

Shupe: On the Fourth of July during the finale of the fireworks, he leaned over and kissed me. It was our first kiss!



WN: What is the sweetest thing he/she has ever done?

Chadwell: Asking me to Prom.

Brakfield: I was overly sick one weekend; he called my mom and told her that he was coming over and brought me flowers and my favorite candy.

Holst: She made a collage of pictures to tell me how she feels about me.

Daines: I had hit a car, and I was crying because I thought my dad was really upset at me. I locked myself in the bathroom and he stood outside until I unlocked the door and then he just helped me until I stopped crying and told me

everything was going to be okay. Kingsbury: There are so many sweet things she has done, it's hard to choose the sweetest. I love how she always comforts me in my times of need and gets me treats.

Shupe: He buys me flowers on the 18th of every month; a celebration of another month together!

WN: What is one thing he/she does that drives the other absolutely crazy (either in a bad way or good way)?

Chadwell: Singing annoying songs. Brakfield: When he tickles me all the time.

Holst: She doesn't like making decisions.

Daines: He doesn't plan.

Kingsbury: How she cares for me and shows it by doing things for me, and I absolutely love her smile! Shupe: When he looks at me, he gets this look in his eyes that drives me wild!

WN: If you could only say a few words to him/her a day, what would you say?

Chadwell: I love you.

Brakfield: I love you.

Holst: I love you.

Daines: I love you.

Kingsbury: She is my everything and I'm lucky to have her and I love her.

Shupe: I love you.



Dating etiquette: Teens discuss what to do, avoiding those pesky habits

By **Hannah Nelson**
Copy Editor

A date with someone can be memorable in a good or bad way. It could've been days, weeks or even years ago, but you always remember certain aspects from all your dating experiences.

"I remember Prom night of 2013. My date was backing out of my driveway from picking me up," says junior Sierra Vashro, "and he ran into the truck behind him. We left a cute note saying sorry and went on our way."

Some dates can make great first impressions and lead to another date with the person. This can lead to a fun relationship. "I knew I would date her again because it was fun, and the girl I went with was really nice," says Logan Beddes, junior.

However, any date can go bad. They can turn awkward from ruined kiss attempts to overbearing chaperoning parents.

"I met his parents! It was on Prom night. We all went to his house for dinner, and his parents were there. His mom and dad had

prepared our dinner at 11 p.m! It was far too sweet. They were very hospitable as well as sleepy, so after we ate, they went to bed. It was nerve-racking considering I had never met his parents, but that night went swimmingly," says Vashro.

Some dates can be much worse than just meeting a dates parents. They could have their down sides with accidents that nobody could've predicted.

"We got in a car accident," says

"My pet peeve is when the guy doesn't make conversation; I think it is just rude."

Abby Lang, junior. "I guess the music he was singing was more important than driving. It was extremely awkward after the accident: a 40 minute car ride to the Valley with nothing but the sound of something broken in the engine to break the silence."

Many who have been on a date could also have a pet peeve about what shouldn't happen. It could be

from a date chewing with his/her mouth open to texting all throughout the date.

"I hate it when he is late to pick me up, even if I'm not ready yet," says Alyssa Bernal, senior.

"My pet peeve is when the guy doesn't make conversation; I think it is just rude," Vashro adds.

"When the girl pulls out her cell phone and starts texting," Beddes says.

Some dates are fun with the perfect date or setting while others find that there was just something a bit off.

"If I can change something about one of my dates, I would change the people I went with because they teased my date and me the whole time," Beddes says.

The dream date that everyone wants to go on varies for every person. They dream of the perfect date setting, activity or person. This can be with someone's crush or favorite celebrity.

"I would go on a date with Andrew Garfield! I would have him fly me around New York with his super spidey powers," says Laing.

"I imagine my first date ice skating with Randi Wiese," says sophomore Kade Petersen. "I don't think

she'd go with me, though."

"If I had the chance to date a celebrity," Vashro says, "I would want to go ghost hunting with Jensen Ackles and save the world from the apocalypse."

There are also unique ways to ask someone on a date that can be very important. Teens can thank them in the usual straightforward way they can be a little dramatic.

"When I ask someone on a date, I would tie a balloon to her mailbox with hundreds of feet of rope with a note inside," says Petersen.

Another problem that may occur with dates is the cost. However, Warrior teens feel inexpensive dates are often the most fun.

"For a cheap date, we went to Wendy's and then danced in the parking lot of Smiths until really late," says Bernal. "It was the cheapest but most memorable date ever!"

"The local music shows we go to are the cheapest," says Vashro. "I get in free because [my date] plays in it. I always enjoy them because of the music and people."

Each date is different and can be a lot of fun. They don't have to be expensive, but they should be enjoyed and remembered for years.

Cold weather brings inexpensive winter fun, students share ideas for memorable dates

By **Aurora Stevens**
Staff Reporter

High school is the time and place for all teens firsts. This includes driving, dances, football games and yes, dating.

Dating is how many teenagers find someone they really like and want to know better. It also helps them see the qualities for a future partner. High school is the official place for people's first date. Junior high relationships don't count where all teens do is text each other, hold hands in the hall and have mom drive them around.

Many teens want to go out on dates, but they just don't have enough money. They want to make sure a date is fun and not lame because it's cheap.

"The perfect winter date would

be the guy picking you up, going ice skating and getting hot chocolate and then just walking around," says sophomore Vivica Maldonado.

The most common, inexpensive winter dates are building a fire together, ice skating, catching a movie and, of course, going sledding. Don't throw out the idea of sitting on a cold tube dragging it down the hill. Make it fun.

"Sledding in the park definitely would be fun! I'd probably do it!" says sophomore Thomas Ulrich.

However, some teens just aren't up for a cold sledding date. Another date idea that isn't too expensive, yet different enough, is snowshoeing. Teens can basically go anywhere with snowshoes strapped to their feet.

"Snowshoeing would be fun! You get exercise, it works your legs and there is snow! Plus after you're

done, you can get hot chocolate and cuddle," says sophomore Megan Thongrit.

Another inexpensive winter date could also be "going to a movie, and getting hot chocolate after! It'd be cozy yet you could make it fun," says junior Essence Williams.

Finding a band that the couple doesn't know (that has cheap tickets) and go and see them, can also be fun, reports marieclaire.com. "It's getting out of comfort zones and being very adventurous," the site reports.

Mikaela Frongner, senior, says a perfect cheap winter date would be "sledding and hot chocolate!" Frongner says she would much rather go out and enjoy the snow than stay inside. "It gives you an even better reason to cuddle up with your date!"

Kaycee Nay, senior, adds, "Either a Jazz game or walking around

to see the Salt Lake lights. either is good." It doesn't matter to her if she is inside or outside for her date.

"I do love getting dressed up in boots and coats, though!" she adds.

"Going on a winter date must consist of these two things: hot chocolate and staying close to your date!" says Thongrit.

If teens really don't have a lot of money then Warriors suggest to just have a date at their house. They can bake some cookies, and pop in a movie.

The site also suggests taking a drive to see Utah sites as a good, fun date idea. It's fairly inexpensive, too. Teens could also stop at a restaurant or coffee shop for dessert. It's a perfect way to end the night.

This winter, Warriors feel teens shouldn't have to spend big bucks to impress dates. It's all about having fun and creating memories.

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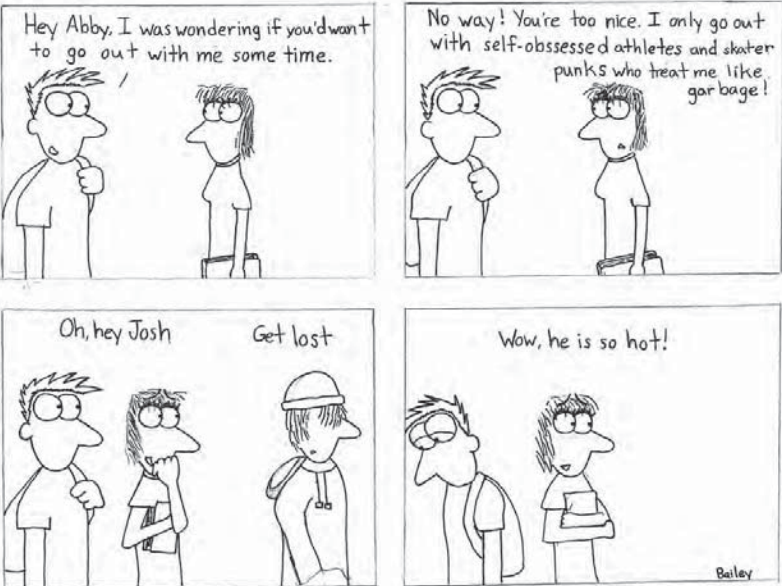




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Stalking through social media is not worth potential consequences

By **Miriam Gameros**
News Editor

Whether it be on Facebook, Twitter or Instagram, everyone has stalked someone through some sort of social media. It's so easy to get information about that special someone through social media: their favorite shows, favorite bands, maybe sometimes how they feel. It's just the admitting one is a stalker that is the hard part.

Social media contributes to modern stalking. Modern stalking doesn't necessarily mean the literal definition which is to pursue or approach stealthily in an inappropriate manner. It's pretty insane what many people can find out from a certain person's Facebook page.

"Stalking someone on Facebook isn't as crazy as it sounds," said sophomore Hunter Adams. "I think it just depends on who the person is, and how crazy he or she is. You can find out how someone may feel throughout the day, either through a tweet or maybe a status update. That way you can text them and ask them why they feel the way they do. And who knows? Maybe they end up going out. But that's just a crazy idea," added Adams.

What if the stalking goes too

far? "I've seen those crazy movies that have the cyber stalker and everything. That's some crazy stuff," said junior Juan Moya. "I watched a movie once about some psycho stalker who stalked this girl from her Facebook, and ever since then I've made my Facebook private."

"The whole stalking crap is a little too intense. What if they go too far and kill people off just so they can be closer to whoever they are stalking?" added Moya. "Hopefully that's just in movies. Otherwise, I really hope someone like that doesn't have a crush on me."

Sophomore Karen Martinez also feels the same towards too much stalking. "People go too far with stalking when they know too much. If they know their whole family, then that is just too much," said Martinez.

Forget about the amateur stalking, how about actually asking that special someone out. "People just need to have the bravery to ask whoever they like out," said senior Aaron Soto. "You know... if people actually liked someone as much as they said they did, they'll do anything to ask them out. Am I right, or am I right? I'm right," said Soto.

The issue may be that someone considers the person of interest is out of their league. "What if this

super nerdy kid likes this super hot girl and he asks her out? I mean, I'm not trying to be rude or anything but once you actually think about it, the chances of her saying yes are slim to none," said Moya.

Maybe people are just too frightened to talk to that special someone, so they never do. "Honestly, I think that people are just afraid of rejection," said senior Bert Whitt. "They might think that they just won't talk to them. People tend to over think the situations," said Whitt.

Today's teenage society believes if someone is too attractive for them, they'll just give up and never see broad daylight again. Then they go back and stalk them again. It just seems to be a cycle.

"People need to realize that they only get one chance, and if they end up wasting too much time just looking through Instagram pictures or something, then that chance might pass by without them noticing," said Martinez.

All in all, Warriors agree people need to get their act together and go ask that significant other out.

"People need to stop dreaming and start doing," said Soto. "And if you ever get caught stalking by the person you are stalking, get prepared for the consequences and forget about that dating chance," added Martinez.

By **Chandler Moore**
Staff Reporter

You're walking to lunch. The bell has rung and you're with your friends. When you're about to take a seat at an empty table, you see that picture perfect couple, the one that everybody knows and no one thinks their relationship will ever end. They are made for each other, and everyone wishes they were them.

Couples are seen every day, but they didn't just start dating. They had to flirt and let each other know they're interested. But how do people put themselves out there when they aren't sure someone likes them? These questions could go on for days, but in the end there's only one way to find out. The only other barrier is not knowing how to. Here are the Top Ten ways to let someone know you are interested.

10. *Be their best friend.* This is a hard one to accomplish for a lot of people who fear the "friend zone." But what many people don't know is that in the end, you fall in love with your best friend, not just boy/girlfriend.

9. *Be their shoulder to cry on.* You want them to be able to trust you, so when they are comfortable enough to talk to you in their weakest moment, instead of flirting with your words, show them your soft side.

8. *Compliment them.* This is a subtle but very effective way of flirting. Both boys and girls love hearing kind words from anyone, and it makes them feel good. Even



something as small as "that color looks nice on you" will be just enough to plant that idea of affection in their head.

7. *Show them you're interested.* When you give someone your undivided attention, they can tell you want to be involved; that you want to know more about them. This is especially true in a group of friends.

6. *Body language.* Most of the time the best way to show someone you like them is just by the way you stand, move or look at them. Even if you've never talked to them, a smile as you walk by will stick with them, and they will think about you.

5. *Play hard to get.* This works best if you already know they like you, and you want them to fall a little bit harder. I wouldn't suggest it with someone you're still testing the waters with because they might think you don't like them, and they will give up.

4. *Hinting.* The best way to flirt, if you're shy, is by giving little hints that show you like the person. It doesn't take a lot of confidence, but less is more in this case. Something like a cute comment in the middle of a conversation or a flirt-

tatious hug before saying goodbye; it's the little things that matter.

3. *Pursue.* It's very easy to go too far when pursuing someone. Show affection and confidence but don't make them uncomfortable. Sell them the idea of liking you without scaring them off.

2. *Be spontaneous.* It's very charming for both guys and girls to do daring and spontaneous things for the people they like. For instance, call them when they are used to texting and bring them a gift that they may have mentioned. Even do something as big as bringing them flowers just because you saw them while shopping with your mom. It lets them know you are thinking about them.

And last of all, the number one way to flirt is by *being yourself*. No one is going to like you for anyone but yourself, and you know yourself better than you know anyone else. Don't try to be anyone else but yourself. So flirt with the right person and this will be easy.

Flirting is hard and for some people, it might as well be a foreign language. Just relax, and it will seem as natural as starting a conversation.

Kissing can be difficult at first, tips to overcome awkwardness

By **Landon Wood**
Assistant to the Chief

The love season is approaching. With Valentine's Day and love in the air, people are bound to lock lips. It's a given. Inevitable and nerve-wracking, many people unfortunately aren't good kissers. Kissing takes a lot of practice, and many people don't get enough experience because kissing too many people can sometimes be frowned upon in society. This means sloppy kisses and making bad impressions.

A kiss can be vital to a successful relationship, and there are many things to take into account when going in for a mouth hug. One wrong move can spell disaster or awkwardness and that second date is wiped out. On the other hand, a good kiss could open a whole can of love-appropriate love, of course. There are many pointers to kiss effectively.

"No sucking face" said Madison Muno, junior. Muno's definition of sucking face is when people just eat the kisser's face with their mouth. She described it like a French kiss, but with less experience and not-so-steamy results.

"Kiss slowly and smoothly, gentle and with calmness," added Muno. Muno also said appearance plays as a key factor in succeeding

in getting a kiss and giving a kiss. "People who have good teeth and good lips are good to kiss," she added.

Mikaela Matzl, senior, elaborated on the issue of sucking face. "Don't eat the cake." Eating cake is a metaphor. When people eat cake they go face first. Her advice is to slow down, kiss lips first and not bonk heads with people. She also agrees with the soft lips theory.

"The person has to have soft lips." However, Matzl does know of other appealing qualities other than the lips and teeth. "They also have to be fun and can't be all somber," she added.

For many kissers, there is the issue of who turns their head what way and making eye contact.

"Always go to the left, it's better, and it's easier. Most people naturally go to the left," said Muno.

Matzl also added, "Close your eyes when kissing. Open eyes can sometimes be creepy, and that's a turnoff."

Karlie Zamora, senior, advises kissers on how to initiate a kiss and to not over kiss. Over kissing is when people kiss way too much. They aren't necessarily sucking face or eating cake, but just spend too much time with lips locked. "Be careful on first dates. My advice is to not kiss and to wait until you know the person better," said Zamora.

For those who do decide to kiss on any date, Zamora said it's important to consider the other person's strength. "Do not be aggressive when kissing. People can get rough when they touch you, especially when kissing," she added.

Matt Allen, senior, also had some pointers to locking lips.

"Don't lead with the tongue. You can't just go in with the tongue out. That's bad stuff." Allen agrees with the concept of turning the head to the left when kissing because it makes things seem normal and most people naturally do that in return.

Cole Dean, junior, discourages tongue kissing. "Kissing people with tongues can choke people and make people uncomfortable."

Besides the actions of kissing, there are also other smaller tips to being a good kisser, and one of them is readiness and anticipation.

"Always have chapstick and a pack of gum," said Dean.

Tanner Stocker, senior, added, "If you don't have good breath at the time of kissing, then at least have a mint as an alternative to gum, and maybe breath spray. Being ready is the key."

This Valentine's Day may be the first time one receives a special kiss. Warriors' personal experience are applied, then people cannot go wrong and will have a great experience kissing that special person.



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By Erin Geiger
Editor-in-Chief

Chick flicks, romance, rom-coms—it doesn’t matter which title you give them. Just about every girl loves them, myself included. Now’s the time of the year when watching these movies is a little more acceptable, even for guys with a slight soft spot. I’ve picked my top five favorite romance movies, although it was difficult, and I’ll tell you just what makes them so great.

Here are the rules: I will list the movies in no particular order. I will then give my personal review on them; this means it’s my opinion. I may or may not include spoilers, so if you haven’t seen the movies, some plots twists could be ruined for you. (Not to mention you’re crazy for never seeing them.)

The Notebook This movie may be 10 years old, but the story is still applicable today. Ryan Gosling stars as Noah, a poor country boy who meets Rachel McAdams’ character, Allie. He falls in love with her at first sight. Allie’s parents disapprove of their summer fling, though, and take Allie back home; her mother is so against them that she hides all the letters Noah writes her. It’s a pretty classic storyline, until you factor in Allie getting engaged to another man.

One of the things that make this movie so tender is how it’s told as a frame story. A frame story is when the main story is told with a smaller story around the edges— just the way the younger Noah and Allie’s story is told by the older man. The unfaltering devotion Noah shows



Allie is something to make every lady jealous, and the ending alone will make you cry a week’s worth of tears. The best things about *The Notebook* are the attractive characters and the passionate relationship they possess through the years.

A Walk to Remember

This is another Nicholas Sparks story that’s lasted for over a decade. Mandy Moore and Shane West act as Jamie and Landon, two teens in high school who don’t seem to fit together. Jamie is more on the nerdy, religious side while Landon is the trouble-making bad-boy. After Landon gets caught hazing, he’s told he has to join the school play and tutor. Of course, he lands the lead role in the production alongside Jamie, who he asks to help him with his lines. She agrees, but only on the condition that he doesn’t fall in love with her. He laughs it off, but karma bites him in the butt and he does end up falling for her.

Watching the unlikely pairing of the two is something everyone roots for, especially after it’s revealed why she told him not to fall in love with her. There’s something about a bad-boy falling completely in love with the sweet girl who’s never been in love before that wins everyone over. Both characters evolve through the movie, right up



Now Playing

to the giant lesson that is laid on you in the end. You will most likely cry during this one too, but you won’t mind because the Jamie and Landon pairing is so darn adorable.

Titanic Alright, I know this movie is crazy-long, but it’s also crazy-precious. I believe this is one of those movies that everyone has seen and remembers well. Leonardo DiCaprio and Kate Winslet star as Jack and Rose who, as we all know, fall in love. He’s a poor artist who ends up on the Titanic by chance, and Rose is a wealthy, betrothed ginger—a strange match to say the



least. However, she’s so unhappily engaged and controlled by her parents, that Jack offers the perfect relief from her usual life. Unfortunately, people find out about their relationship right around the time the Titanic smacks into the iceberg. As you’re all probably aware, the Titanic sinks. (I apologize if I just ruined the whole plot for anybody.) The music from *Titanic* also gained a lot of fame from this movie, too, especially “My Heart Will Go On” by Celine Dion. It’s a great chick flick because of their unlikely combo and how happy they both make the other person.

How to Lose a Guy in 10 Days

This movie has a comedic approach, landing it in the romantic-comedy section. It all starts off with a journalist, Andie Anderson played by Kate Hudson, who has to write a column on how to lose a guy in 10 days. Through an awful setup by his colleagues, Ben Barry, who’s played by Matthew McConaughey, agrees to a bet that he can make a girl fall in love with him in 10 days. On the tenth day, Ben’s boss will judge if Andie actually loves him and if she does, Ben gets to oversee his company’s next big project. It’s a terrible coincidence they both pick the other person for their 10 day adventures. The things Andie does to try to ditch Ben are atrocious, and that’s coming from a girl! I couldn’t help but feel sorry for him, because I wouldn’t wish those things upon anybody. I must admit, though, there were times when her shenanigans got to be too much for me. They were on the cheesy, over-the-top side, and I actually found myself rooting for him to run as far as he could. I got so wrapped up in the story, that I almost forgot it was a chick-flick until an hour and a half in. Thankfully, the love side of the film came to the rescue and reminded me why I love this love story so much. Hey, I can’t complain with McConaughey on a

motorcycle or his dashing charm while he’s just standing there! There’s a great cast and the story line is different than any other I’ve seen.

The Proposal

Both genders equally enjoy this movie because of how hilarious it is and who the head actors are. This recent 2009 movie stars Ryan Reynolds and Sandra Bullock as Andrew and Margaret. Margaret is Andrew’s controlling beast of a boss with an expiring visa, and Andrew is her sweetheart assistant who can’t say no. Margaret commands Andrew to pose as her fiancé until the visa mess blows over, but it escalates when they take a trip to Alaska to stay with Andrew’s family. They continue the charade while there, where they fool his family and, as it just so happens, convince themselves. It doesn’t seem possible at the beginning of the movie, but they balance each other out and make the partnership work well. (Not to mention they’re both attractive people who together make a sizzling couple.)

This film was nominated for multiple categories by a few different groups including Teen Choice Award and MTV Movie Award.



The Proposal was given Best Romantic Comedy by Teen Choice and was nominated for Best Lip-lock and Best Dance, among other things. It’s a silly plot executed by brilliant actors; as cheesy as it may sound, you can feel the chemistry between them is there. I literally yell at the screen for them to get together sooner than they do, because, come on, that’s one ridiculous power couple!

Male or female, serious or funny, it doesn’t matter much—there are great romance films for just about everyone. Guys, you can make it through one of these movies for your lady, I promise. And if you go into it voluntarily or suggest it, you might even earn more points!

Girls, if you haven’t seen one of these, you aren’t fully educated in the chick flick art. Both genders, study up—they really are worth watching.

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Traditional dating takes back seat while technology takes spotlight

By Michelle Hartvigsen
Feature Editor

Butterflies, sweaty hands, pounding heartbeats and nervous yet excited smiles are all familiar side effects of the experiences known as dating. Upon entering high school, many teenagers start to get to know one another better and start their own dating experiences. With this new world opening up, comes questions; questions about what to do, how to do it and the desire to know what is going through his or her date’s head.

The first hurdle to overcome is finding the courage to ask someone on the date. Traditionally, this is the boy’s job. However, more girls are starting to take the initiative and plan something to treat the boys to. Jenica Lilly, senior, says she has done this, but she prefers when the boy asks. “They don’t seem to take the initiative to ask girls on dates anymore, though,” Lilly added.

Girls asking the boys out on dates is not the only thing that has changed over time, however. In a world full of new technologies, texting is a main form of communication among many people, including asking others out on dates. Although it may be the easiest and fastest way of asking, people, such as Tyson Lund, senior, would disagree with this method.

“Absolutely, at least a phone call, but try to do it in person. It shows that you are a gentleman and that you care,” said Lund.

Being respectful and courteous of one’s date is a must, but chivalry is dying according to Baylee Brian, senior. Being chivalrous and respectful applies to both the girls and the guys. Traditionally, the boy goes to the door to pick up the girl, meets her parents, gets the doors for her and lets her order first, among other things. Girls accept these motions and are gracious.

The problem is that these motions are not as common anymore.

“I just feel like the guys don’t treat the girls like they used to. When you hear about your parents or older people going on dates, it seemed like it was more special,” said senior Carrie Tolman. “The girls don’t expect as much anymore, and the boys act more casually, but being classy is a good way to show respect and let a date know they are cared about.”

Showing a date he or she is cared about and that a person wants to be there can be done many ways. Brian says if her date pulls out his phone for an unimportant reason, it makes her annoyed and feel like she isn’t interesting enough.

Sam Wiesenberg, senior, adds dates should be confident. A lot of girls, and some guys, feel embarrassed to eat in front of their date or eat very little. Wiesenberg says

this is ridiculous that girls are embarrassed by that, and he’d be impressed if she actually ate more than he did.

When in conversation on a date, there are several things to keep in mind. Some feel talking too little can make the other person uncomfortable, but the other extreme can have the same effect. The substance of the conversation is also important. Tolman says swearing is unattractive and doesn’t like it when her date talks bad about others or about other girls. Lund says to make sure boys are actually getting to know their date, and to do something on

nothing went as planned, and they had to be spontaneous and figured it out as they went.

Figuring out what to do on the date may not be the most difficult part, however. Knowing how to read a date’s signals and know when to take things further by holding their hand or giving them a kiss takes confidence and a keen eye. Although everyone is different in how they give these signals, Lund says to just go for it. “If they like it, great, if they don’t then you’re learning.”

“Basic rule of thumb: Watch where his eyes go. If his eyes go to



the date that allows that to happen.

A date doesn’t have to be the usual dinner and a movie. Wiesenberg says thinking out of the box is always fun. He added hiking, ice skating, four-wheeling and other outdoor dates are popular and allow people to interact and get to know each other.

If the outdoors isn’t a favorite idea, playing games or cooking together can also successfully be used to bond. An expensive date doesn’t always mean that it’s best.

“Cheap dates are usually the most fun because you can be crazy and creative,” said Lilly. Brian said one of her favorite dates was when

your hands or your lips, he wants something,” said Brian. She also says to be forward, but be careful and it’s only good in moderation.

Brian also advised new daters, “If you want to date someone, do it. It will either be a blast or you’ll learn from it.” Tolman said to date lots of people and stay in bigger groups because it is more comfortable.

Through all the advice and tips, it all comes back to being respectful and courteous when dating. “The guy’s overall job is to make the girl feel like a princess and to compliment her. She deserves it,” said Lund.

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Being creative is more than fun, can score fantastic date as well

By Michelle Hartvigsen
Feature Editor

The exciting, nerve-racking, sometimes adrenaline-pumping experience of asking a person to a school dance is familiar with many students who attend high school. The process of asking or answering someone to a dance rarely has only a short conversation involved, but a creative, sometimes very extravagant way to pop the question.

Brigham McKay, junior, thinks asking creatively is worth the effort. "Overall, my opinion of extravagant asking is that it just adds to the dance experience. Some of the most memorable experiences I have of dances are getting together with my buds and thinking and putting into action some of the crazy ideas for asking a lovely lady to a high school dance," says McKay.

Using a creative way to ask or answer someone to a dance can make dances more fun and makes people feel special," according to junior Mikah Meyer. Asking in person would lose a "vital part of the anticipation," says senior Jacob Howell.

Some may think being creative with ideas means putting a lot of money toward the experience. Mrs. Randolph, history teacher, disagrees. "You don't have to spend a lot of money to be creative," she says. "It's all about creativity. You don't have to be extravagant."

Meyer and McKay agree humor is the best way to go when asking someone to a dance. "Something funny, nothing too cheesy, and unique, non cliché," says Meyer. Coming up with unique ideas makes the recipient feel more special, according to McKay.

However, Mrs. Wells, bookkeep-

er, says students make too much of an event out of asking someone to a dance. "Back when I was young, it was not such an elaborate process. It was just a phone call," she says. Wells adds part of the reason kids put so much effort into the process is the competition aspect of it. "I think it adds more stress than there needs to be," says Wells. Randolph agrees there is competition among students to "one up" each other, particularly with the day dates.

Not only has time changed how things are done, but the asking and answering process also varies in different locations. Hayden Felt, senior, says things were done dif-

ferently in Illinois, where he lived before moving back to Utah over the summer. "They do the same thing as here, but the girls don't answer like they do here. They just call them up and say yes or no. They also don't do a day date or anything. They just go to the dance," says Felt.

One advantage to doing a creative ask to a dance is that asking in person puts pressure on those being asked, and it also creates nerves for the one asking. Daniel Jeffs, senior, says asking creatively relieves those nerves. McKay says not asking in person gives the person being asked time to get things in order and give a good answer instead of being put on the spot. According to Jeff, however, there are good ways to ask in person. "Instead of an elaborate scheme, my brother would go up to a girl, give her a flower, and ask her then," says Jeffs.

Meyer disagrees and says asking in person would be "awkward and it's not as exciting." Meyer's favorite creative way to ask was when she put a Christmas deer with chocolate covered raisins "swarmed about" his porch along with the clever saying, "Hey 'deer.' I've been 'hunting' for somebody to go to the dance with. It will be so 'fawn.'"

McKay contributed several of his favorite ways of asking and answering. Putting the name on pieces to a puzzle, doing a play on words such as giving them a log saying, "Wood' you go to the dance with me?" or putting the name in a hay bale, snow, pumpkin, bag of flour, bag of leaves or other places where the date had to search to find out who is asking.

"Back when I was young, it was not such an elaborate process. It was just a phone call."

Another idea McKay mentioned was when a previous Weber High student, Brady Layton, put a deer carcass on a girl's porch saying, "Oh 'deer!' I would 'die' if you didn't go to the dance with me!" This idea may not be for everyone, however. Felt says to not ask "using something gross like a dead animal or doing something that isn't funny or something mean or insulting."

Asking and answering someone to a dance may be filled with many different emotions. The process has changed over time and through different areas, but the creative traditions at Weber High continue. Although the time and money spent in doing so may add to the effect, making the person that is asked feel special seems to trump everything else.

Day for showing love, Wee Weber children bring new perspective to heartwarming holiday for everybody

By Cara Darr
Assistant to the Chief

Valentine's Day only has flowers, chocolate and true love, right? Not necessarily to everyone. Often times, so many people are focused on "Single-Awareness-Day" or their significant other that they don't realize how small children

with a heartwarming smile.

Feeling the love of the holiday can be felt at any time of the year, according to three-year-old, Lisa Crooke*. Crooke says her family goes fishing on Valentine's Day as a tradition and on other days of the year just for fun. "We catch fish, then we eat them," Cooke* excitedly explains. "It is so gross! I don't know why we do it, but it is fun."

She adds she would enjoy Valentine's Day more if everyone sang songs, "like Christmas carols, but on Valentine's Day," she says. "It [singing] just makes everything really happy and good."

Of course, a young boy's view will be different from a young girl's on a holiday about love. Mike Saunders*, three-year-old, enjoys simpler activities on the holiday. "Valentine's Day is just about playing. I just like to color every day, so I guess that's what I would do

see the love-filled holiday. They may know that Valentines are given to loved ones, but local children and Wee Weber students don't understand what all the fuss is about during Valentine's Day.

Four-year-old, Lilly Smith*, doesn't have a favorite part about the holiday and doesn't get too excited over it. Miley Long*, on the other hand, adores the time of pink hearts and love. Even though she is only three, she has a firm belief in expressing love at this holiday time.

"The best part about it, [Valentine's Day] is sending Valentines to every person. You just get to be loved in every way," says Long

on Valentine's Day," he says. Saunders* adds all the love can make the holiday "real boring."

"I guess I like Valentine's Day, but Halloween is better because there's a lot more candy," he adds.

Ethan Scott*, six-year-old, doesn't understand why everyone gets excited for a holiday about love. "It's really just a day about having fun," says Scott. He adds he really likes all the chocolate he gets, "The candy is pretty good, though!"

Scott also adds all he really does is hand out Valentines to his friends, nothing special.

Smith also thinks candy is vital to Valentine's Day. "My favorite

candy is Cheerios. It's great because Valentine's Day isn't the only day I get Cheerios. I have them every day. I can't live without them!" She adds she would be really sad if no Cheerios were given to her on Valentine's Day "because they just taste so good."

Long says she likes the candy and sweets, but love is even sweeter and more important than treats. She gets her point across by saying,

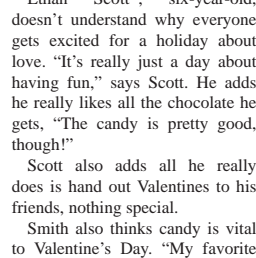
"My other favorite part about Valentine's Day is just sitting at home. We (my family) just sit around and love each other. We just sit there and hug each other."

Young or old, Valentine's Day is filled with love no matter what. According to children, love shouldn't only be shown on this holiday, though. Love should be shown every day.

"Valentine's Day is about having fun just like every other day and holiday," says Smith.

*names have been changed to protect the identity of local children

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Losses don't stop team
Girls' basketball works hard to improve season

By Alexis Rague
Sports Editor

The WHS girls' basketball team is getting ready for the upcoming season. The team has set several goals for a great year and is focusing on strengthening the team as a whole.

A fresh season can be full of expectations and hard work and conditioning can sometimes be the best thing to focus on at the beginning.

The team opened their season with a rough start. They played their first game on Nov. 17 where the Bountiful Braves beat the Warriors with a 53-47 score. The Warriors then faced more hard losses throughout December: Herriman (54-24), Lone Peak (50-33), Alta (75-34), Soda Springs (53-27),

Stansbury (38-34), Bonneville (52-26), Bingham (43-33), Roy (63-45), and Viewmont (54-22). Despite their consecutive losses, the team has shown incredible effort to play good games and keep up the intensity. However, the team is still focusing on finishing strong and getting ready for the upcoming games.

To keep conditioned, Brittany Slater, sophomore, says that constant practice absorbs their week. "We practice after school, during school and on Saturdays. We run the drills that help us improve and condition," says Slater.

Head Coach Mark Hansen agrees to improve this season, the team is going to focus on the basics. "We are going to work hard on fundamentals: offensively, defensively and rebounding." Also, Hansen says they are going to work hard on improving their weaknesses.



Junior Abbie O'Neill attempts to steal the ball away from Lone Peak, while Karon Garrett, senior, prepares to assist.
Photo by Cara Darr



Captains Abbie O'Neill and Karon Garrett defend against the Lone Peak Knights. Weber was unable to take the lead and lost 50-33.

Photo by Cara Darr

"Our biggest weaknesses would be playing offensively with balance, handling the basketball and getting good shots. We work on that all the time," says Hansen.

Captain Abbie O'Neill, junior, agrees she has difficulties with shooting and playing offensively. "Offense and shooting is kind of weak for me; and keeping the pressure on," says O'Neill.

Captain Karon Garrett adds working on basics is important, but

"To be a successful team, they would have to come together as a team. They would have to bond, and I believe we have that unity as one of our strengths."

so is team bonding. "We work hard at practice, not just on drills, but on relationships, too," says Garrett.

Like her fellow captain, O'Neill agrees she is going to work hard on her basics and team bonding. "I really want to work on my shooting and ball handling this season," says O'Neill, "but I also want to embrace the little new sophomores on the team!"

Like all athletes, the Weber High girls have their weaknesses and

challenges, but they also have profound strengths that make them a successful team. Coach Hansen says the team has some strong points defensively and at rebounding. However, Hansen says the team's overall athleticism and cohesion are their primary strengths.

"To be a successful team, they would have to come together as a team. They would have to bond, and I believe we have that unity as one of our strengths. I truly believe that," he says.

As team captains, Garrett and O'Neill have some personal goals set in place for the upcoming season. For both captains, striving to be the best they can be is one of their primary goals. "I want to play the best that I can for my team," says Garrett. "Being a captain, I feel like I'm the one the team looks toward, so I have to do my best."

O'Neill agrees she is going to work hard for herself and her team. "I'm going to try my best in everything and try to encourage my team to be the best they can be," she says.

Despite a rough season so far, Hansen enjoys coaching his team. "I think the best part about coaching is you get to work with young people and see them grow. How lucky can you be to have that job and to be able to do that? I get to see them grow both as athletes and as human beings."

X-Games showcase skills, women get more involved

By Claudia Schneider
Staff Reporter

When people think of sports, the most common activities that come to mind would be football, basketball and soccer. How many people would recognize skateboarding, snowboarding, skiing and BMX as sports? Extreme sports are fresh, with the number of participants growing each year. The X-Games, a twice a year event dedicated to athletes showcasing their extreme sports abilities, is held with as many as 150 athletes competing each year.

Since the X-Games developed in 1998 and was first televised in 2002, it has affected extreme sports in many ways. Thousands of children and teens sit at home dreaming to one day compete and push their talents to the next level. The X-Games has put many favorite athletes in the sports news such as Tony Hawk, Tanner Hall and Shaun White. Annually, the events attract thousands of spectators with both the summer and winter games. Countless firsts and never before seen tricks have been witnessed at the X-Games over the years. At the 1999 summer games, skateboard legend Tony Hawk landed the first 900 in competition after 10 failed attempts. At the 2006 summer games, motocross rider Travis Pastrana became the first rider to land a double-backflip in competition.

Jonathan Brandy, freestyle snowboarding athlete, says, "Getting an invite to compete in the games would be the greatest thing that could ever happen to me. I've been watching the games my whole life and to be one of the riders there would be unimaginable." For Brandy, along with many other X-Games athletes, it's not all about getting medals at the event; it's the whole environment of being there and being chosen to be there.

Brandy also adds, "What I really want to see from the games is them open up to more women's events such as women's street snowboarding."

Laura Ferri, X-Games enthusiast, agrees and has actually started petitions in hopes of expanding more events for women. "Within the next year, I want to be sending in pages of signatures to open all events to have a men's and women's category. There is no such thing as a men's only sport anymore; women are catching up in the sports world and contests need to be advancing with that."

Ferri has seen more women interested in the games and wants them to have opportunities to participate. "The speed women are advancing into sports that men have been open to do for a long time is startling. Who knows what they [women] could be doing in 10 years compared to guys," Ferri says, "and I don't want male dominated competitions to hold them back."

When the games first started, none of the events were women specific and now 35 percent of the events are. Shortly after the X-Games opened their skiing and snowboarding events to women, so did the Olympics. Amazing women athletes have hosted themselves at the X-Games including Sarah Burke, Kelly Clark and Torah Bright. After competing at these games, they all went on to win Olympic gold medals. Just this past X-Games Elena Hight threw the first ever double backside rodeo in the Women's Snowboard Super pipe.

The X-Games is and always will be a large platform for the craziest and biggest athletes that action sports can offer. From tricks thrown at the last minute to shock the crowds and perfect scores for a perfect run, each year will only advance itself further until each sport breaks the laws of physics. The 2014 X-Games will be held in Aspen, Colorado on Jan. 23-26. They can be watched live on ESPN.

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Swim team
dives back
into action:
prepared for
competition

By Alexis Rague
Sports Editor

The Weber High school girls' and boys' swimming team opened up their 2013-2014 season with a good start. Although the WHS swim team is nearly half-way into their season, the Warriors are working very hard this season to prepare for the January-February Region 1 and 5A State Championships. They are ready to show the competition what they're made of.

The swim team has several goals set in place this season. However, Head Coach Cruff says their primary goal is to place first at Region 1 meet at Viewmont and to get a lot of swimmers to qualify for the 5A State Championship at BYU. Captain Allison Nordhill, senior, along with Captain Jonathan Brasher, se-



Coach Cruff instructs on proper stroke arm motion to sophomores Rachel Minert and Holden Froerer.

Photo by Levi Easley

nior, both agree the main goal is to get to region.
"We want to take region this season, but that's going to be a challenge for us because Fremont is a really good team," says Nordhill. "But we can overcome them [challenges] and make it to region by improving and working harder."
The current standings for the We-

ber swim team are strong. The boys placed third (496) at the Grizzley Invite, placed second (136) at the Region Relays and snatched first against Syracuse and Northridge at Weber High with 105 points.

The Warrior girls had identical standings, placing third (452) at the Grizzley Invite, placing second (126) at Region Relays and taking first place against Syracuse and Northridge with 110 points.

Although they were not a dominating factor at the Viewmont Thanksgiving Invitational, the Warriors were still able to grab 11th place for the boys (115) and 18th place for the girls (48) out of the 22 competing schools. Then after coming second (137) against Box Elder, Weber was able to come back with stellar results at Layton, taking first with a combined score of 188 and taking second place at Ben Lomond with a combined score of 130 points.

However, to achieve their Region and State goals, the swim athletes say they must keep up their perseverance and commitment.

To prepare for upcoming swim meets, Mckenzie Memmot, junior, says she keeps her focus during practices. "I work really hard and push myself. I stroke and make sure I hit every flip turn," says Memmot.

Nordhill agrees that the team is very committed to practicing every day, even on Saturdays. "We also do dryland here at Weber when

we can't go to Ben Lomond (that's where we practice). We practice and work hard and we're all motivated to do well."

To also keep up their intensity, the team focuses on improving areas they feel weak in. "A key aspect for a successful team is a team that builds upon to improve what they didn't do well on the previous swim meets," says Cruff. His personal goals for the team this season include improving how they finished last year's State finals and helping the new swimmers.

For Brasher, his personal goals are to improve his sprint freestyle, but overall, he wants his team to succeed as a whole. "I want to swim every yard at practice and for all the guys on the boy's team to get at least a 3.0 and to work hard."

Despite working hard to be their best, the swim team has some natural strengths like their cohesion as a team. "This year, we have strong leadership from the captains to try and unify the team," says Cruff. "We're working hard on becoming a united team." Brasher adds he enjoys being captain and encouraging his team to do their best. Nordhill also agrees the team's unity is definitely a strong point.

"We're becoming closer and getting to know everyone. And I'm very proud of our team for that," says Nordhill. "We just stick together and support each other even if we have a really bad race or not."

On The
SIDELINES

By Chase Doughty
Editorial Editor

Athletes are all around us, whether they are the people we walk with in the halls or the people we watch at home on T.V. As far as being role models, there are some athletes who can be positive motivators while others are not.

Some athletes are difference makers. They not only focus on what they do on the court or field, but what they do outside of that. Athletes seem to enact a role model status with a wide-ranging cultural script. Well, that comes with being a public figure. They are constantly watched not only when they are playing but what they also do in order to help others around them, or just their lifestyle in general.

Children have the tendency to mimic what they see or hear. For instance in sports, an athlete may influence them to be more active, or if a child sees a teammate helping another up, it can teach or show them humility.

Conversely, athletes can be a negative influence on people. An athlete could be getting in trouble with the law, cheating or even doing drugs. While many athletes didn't even sign up to be a role model, whether it is expected or not, they are primarily focused on their execution on the court or field.

The indisputable quality of that they are playing for the whole team above themselves is, to me, the best quality a role model, that an athlete, can have. Their character will ultimately decide what kind of reputation they will have. Athletes, who choose their words wisely and show good sportsmanship, tend to have the best reputations.

Often called "the nicest player in the NBA," according to the *NBA Preview*, Kevin Durant, of the Oklahoma City Thunder, is one of the best role models out there. He is a kind, soft-spoken man who not only is humble on the court, but he also takes it to the people of the Seat Pleasant Community. As a part of the "Kevin Durant Charity Foundation," he has recently donated \$150,000.

Durant isn't the only one making an impact on the people who support him. Tim Tebow, of the Pittsburgh Steelers, promotes that God is the most important part of his life.

In college, he had a great attitude as well as very good sportsmanship. Tebow's college coach Urban Meyer said, "I talk to him every week, and he's still the most positive guy I have been around." Kids all over look up to Tebow not only because of his humility and Christ-like attitude, but the way he also brings a positive attitude on and off the field.

Respectable athletes who are role models aren't the only ones who catch our attention. In some cases, the least respectable ones can overshadow the moral ones. A bad role model is an athlete who has been found to be dishonest. For instance, Ryan Braun, a former baseball player for the Brewers, lied about passing the drug test. He ended up getting suspended for the remaining 65 games of the season.

It is marketed that a healthy athlete flees from drugs and alcohol and should focus on maintaining a healthy diet and exercise program. That evidently flew over John Daly's head when he was seen smoking as well as taking in an unhealthy amount of alcohol. He once said he drank a half of a bottle of hard liquor a day at the age of 23. According to *Complex Sports*, he is usually tossed off a flight for harassing flight attendants. That is a prime example of being focused only on his execution as a player, and not on being a good role model.

I could go on and on listing names of the appalling athletes who have made some not so great choices, but so does the list of all of the good athletes who play the role of a respectable model for many children and adults.

In my own opinion, I believe athletes can have a positive impact in people's lives. They can show others where hard work and dedication can take them, and teach them that being active has a lot of positive outcomes.

"In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose?"
-Jesse Owens



Alli Nordhill, senior, practices her technique as she also tries to improve her time.

Photo by Levi Easley

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Dedication, love of dance drives girls to success

By Caitlin Toponce
Editorial Editor

Have you ever wondered what it's like to be a Warriorette? Many girls grow up dancing for fun, but few strive to be a part of the drill team. However, Weber has several girls who love their sport and dedicate endless hours perfecting their routines.

The drill team doesn't look like easy work for just anyone to do. Participants need to be cut out for the dancing life. Drill Coach Cami Marshall advises girls who do try out to have advanced dance skills. This includes left, right and middle splits, solid right and left triples and doubles, and a kick around. A kick around is a dance turn but with either the left or right leg kicking straight out around each turn, keeping the body in motion.



Senior, Kourtney Hadley, leads the Warriorettes during a performance at a football game.

Photo by Cara Darr



The Warriorettes stretch and prepare for their practice where they perfect their dance numbers and moves so they can excel in their competitions.

Photo by Scota Mccarthy

more year. In order to qualify to make the team, there must be no more than .75 attendance credit loss and a GPA of 3.0 or higher.

"The conditioning is pretty hard. Our coach really makes us work out. We dance for hours, too. There have been like two practices where we were dancing for nine hours straight," says Sabrina Novak, sophomore.

When trying out, "make sure you have a portfolio ready and come with your hair in a pony and dance shoes," adds Novak. A portfolio should include a picture and whatever dance experience has been acquired over the years.

"My absolute favorite part of being a Warriorette is the girls," says Jennus DeSpain, sophomore. "They're like my second family. I love dancing. I've been doing it for eight years, and I love making friends with all the other girls. Being on the team has really boosted my confidence, and the performances make up for all the hard work and practice. If you practice like you perform, that's when you know it's going to be good."

Jones adds her favorite thing is the dancing. "I've been doing it since I was two; my mom used to own a studio. These girls are also like my second family; we have become so close."

Every year the drill team partici-

pates in numerous competitions. During competition season, the girls will compete based on their performance, precision, character, technique and overall team work. At competitions, Warriorettes present three routines: dance, military and character. "The dance routine is just your basic jazz routine, and character's theme is homelessness. We are trying to raise homelessness

"If I could give any more advice to anyone trying out, it would be to just come and just do it."

awareness," says Marshall.

"In last year's competitions, we didn't place last, but this year I think we are looking pretty good," says Jones. "Making our routines clean takes a lot of time. During the week we can only practice up to 20 hours. Lately, we've been pretty close to that. We have been dancing around 16 [hours]," says Jones.

The benefits of being a Warriorette can also include opportunities after high school; many colleges offer scholarships for dance.

"If I could give any more advice to anyone trying out, it would be to just come and just do it," adds Marshall.

From basketball to skiing, The sports Warriors love, the sports Warriors hate

By Alexis Rague
Sports Editor

It's the never ending debate among sports fans—which sport is the best and which is the worst? Most die-hard sport fans and athletes agree their sport is the best and will go down fighting to defend it. Allegiance to a sports team requires no logic, and they will take ownership of the team's success, whether they are a team-member or fan. The love for sports can brew obsession, passion and competition to be number one.

Football, basketball, baseball, soccer—these popular sports are the most common and captivate more of the public's attention. Basketball, especially in America, is a popular and well-liked sport. Hannah Lagerquist, sophomore, agrees and adds, "I like basketball because it's fast-paced, and you have to work as a team."

As Lagerquist has played basketball, she knows it can be a very exciting game, especially with dramatic finishes. "My favorite moment was when I made two free throws that won the game," says Lagerquist.

For most athletes and fans, a sport is their favorite because it inspires them, introduces the element of danger and justifies their competitive nature. However, despite offering them outlets to express themselves both mentally and physically, their favorite sport is also their way of life. "I like basketball because I've played it ever since I was young. It's my life basically," says Tyler Christiansen, senior, who plays for the Warrior team. Like Christiansen, T'Aunna Peart, senior, says her favorite sport is soccer because it's also been a big part of her life. "It's a sport I've grown up playing."

Those who are athletes are also passionate fans for their sport, "Utah Jazz is my favorite team. I've followed them ever since I

was young," says Christiansen, who also loves to watch basketball as much as he loves playing it.

Peart says she's a fan of REAL Salt Lake because "they're from my hometown." She enjoys watching their games and keeping up with their stats.

However, not all sport fans find basketball and other mainstream sports their favorite. Alec Allman, senior, says basketball is his least favorite sport because he's not the best at it. Allman prefers a sport that's a little more outside the box, "My favorite sport is wakeboarding because it's fun and it's an adrenaline rush." Allman also says he wants to try other thrill-seeking sports such as heliskiing and windboarding. "I think they are something new and it would be cool to experience high-climates or the ocean," he says.

Christiansen admits his least favorite sport is soccer because he doesn't play it very well. "I dislike soccer because I'm slow and uncoordinated with my feet." Like Allman, though, Christiansen agrees skiing is a sport that he's always wanted to try. "I've always wanted to try to ski well. That would be cool," he says.

For Peart, she dislikes NASCAR racing because "you're just watching cars go round and round on a track. Oh yeah, *that's* a sport. Just kidding."

Some people are inspired by fellow athletes to even try out new sports.

"I would like to try the sport tennis because my friend, Sonja Schuette, is really good and has showed me that it's a really cool and fun sport," says Peart.

For some, favorite sports have really changed their lives for the better. "My most memorable moment was at the end of last season when I lettered in basketball," says Christiansen. "It was great because I dreamed about playing high school basketball since I was young, and it finally sunk in that it was actually happening."



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