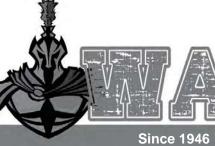
PRSRT STD





March 2017

Volume 301

Innovative Warriors create buisnesses

By **Kathleen Meija** News Editor

When thinking of entrepreneurs, many famous names can come to mind. For example: Mark Zuck-erberg, the famous CEO of Face-book, is one of the youngest and most well-known entrepreneurs He started Facebook when he was 20 years old, but he had interest in software while he was in junior high. Facebook now has more than one billion active users, and his total wealth is about \$33.3 billion. A lot of successful entrepreneurs started their businesses at a young age and Weber High School has

ome of their own.

Jacob Bush, senior, is one of Weber's entrepreneurs. "Carbify is a 3D printing company," he says.
"I've gotten through the process of

"It takes 100 failures to make a success, and I have failed at least 200 times. Start the business and try it for yourself."

putting together my company, and I've been able to create the brand into something we've sold at farm-er's markets, and different shops in Brigham City and Harrisville," says Bush.

As far as production this business has created, "We are getting kids toys out and certain things like that and actively working on getting better and better," says Bush. "At farmer's markets, we focused on the children because the kids are bored there with their mom and they are sick of smelling soap and all this stuff. So for tha

creating kids toys, lots of Pokémon and things like that. They were so excited to see that and seeing the smile on their faces made it better,'

Businesses often need motivation and a good entrepreneur to guide it in the right direction. Bush adds, "I like getting new things out for the community and the people. It's about innovation; it motivates me to think that 'wow, two years from now I could have a big company,' and I have seen the company grow. Although we are on hiatus during the school year, especially because there are not a lot of farmer's markets around, we are going to be very busy soon."

Of course, some businesses aren't going to succeed immediately, and Bush has found the challenges as he starts a new business. "We started out doing custom prints, which was a disaster, and it wasn't very economic. We would have to do that for each individu-al every time and that definitely wasn't effective," says Bush. He also explains what helped him keep improving his business was, "all kinds of people have supported me, and I would also say partly myself. I'm very self-motivated, and I push for that. But the people behind me that keep me from falling are so important. There have been teachers, family members, my mom and friends who have been super help-

Many students want to start a business, but are unsure how do it.
"The best tip if you're thinking of starting a business is to just do it. It takes 100 failures to make a cess, and I have failed at least 200

Entrepreneurs continues on page 2

Welcome to Weber







Soon-to-be Warriors spent an afternoon checking out what WHS offers during the Weber Experience. Freshmen from North Ogden, **Snowcrest and Orion Junior** High filled Weber's commons.

(Photo upper left and then clockwise) Journalism students Sarah Calvert, senior, Emily Suisse, junior and Kvrsten Acker, sophomore, invite students to "get the scoop" and join Warrior News. Inviting students to take computer programming is iunior Brandon Foos, John Paul Ryan, junior, makes a vase as he promotes the pottery class. FFA member Karlee Whiteman, senior. shows students a snake.



New program offers experience, college credit Candidate school will apply for IB programme acceptance in the spring

By Taylor Galusha

Assistant to the Chief

Most students know about the AP classes they can take. They take the advanced placement courses and then pay to take a test at the end of the course. If they pass this test with at least a three out of five score, they get college credit along with their high school class credit. Next year, Weber is applying to Next year, Weber is applying to have the IB programme added in to the 2019-2020 school year as another course option for students, so they can meet their college goals.

Weber High is currently an IB andidate school. The school will be applying for the program in the

oring.

IB stands for International Ba calauate Diploma Programme. The IB class concept was brought to Weber by the Community Coun-cil. The council asked for IB to be added to the school's educa-tion courses. If Weber is accepted into IB, the school will become a magnet program for the district, allowing students from the other high

schools to come and participate

According to Mrs. Kloempken, math department chair who is in charge of the IB arrangements, "IB is a two-year college prep program that will give college credit to the students involved. To get the credit for the class, students must complete seven courses in the pro-gram." Courses offered at HL are Higher Level classes, and courses

at SL are Standard Level classes.

Courses offered by the IB programme are IB Lang and Lit HL, IB History HL, IB Spanish B or SL, IB Math HL or IB Math Studies SL, IB Biology HL or SL, IB Chemistry HL, IB Theatre SL, IB Visual Arts HL and Theory of Knowledge (TOK). The course also requires a service component by completing a 120-hour service project while in IB. This component is meant to add in creating global citizens and making the world a better place.
English teacher Mrs. Nielsen is

going to be teaching IB Lit HL Nielsen says for her classes, she is focusing more on critical thinking, "The whole program is based on critical thinking, but specifically from what I know about the Eng-

lish portion is, it's looking more at analysis and text. It focuses on how language shapes our thinking and how context shapes our language," says Nielsen.

Mr. Ottley, English teacher, will be teaching the Theory of Knowledge class, a core component in the IB programme. Ottley says,

"IB is a two-year college prep program that will give students college credit. To get the credit for the class, students must complete seven courses in the program."

The class talks about how we know things and the way we know things. It converges with different areas such as humanities, arts. English and science. It's a core portion of the programme because the class will be referenced in the other courses. Theory of Knowledge is an accumulation of everything students will learn in the IB programme itself." Ottley adds, "Students are required to write an extended essay for graduation so Theory of Knowledge is going to talk about topics and ideas they can use for that."

Mr. Wardle, Weber's principal, says the program was brought to his attention by parents asking about it. "We have been looking into IB for a while, and we will be applying for the IB Programme this spring, then our authorization visit will be sometime in November of

next year," says Wardle.

Wardle adds that in the IB programme students are required to take six courses along with the The-ory of Knowledge. Students must take English and history at HL and Spanish at SL. Students involved in the program are required to write a 3000-4000-word research based

extended essay.

By successfully completing the IB Programme, students can earn in Programme, students can earn up to 30 college credits, but colleges do vary in the amount of IB credit they accept. Students interested in IB would start in their sophomore year.



Jacob Bush, senior, started the 3D printing company, Car-Photo by Emily Suisse

Getting ready with Promposals page 11 Wrestlers strive

for success

page 14



Inside This Issue

News.....Pages 1-4 Editorial.....Page 5 Feature.....Pages 6-9 Prom.....Pages 10-12 Sports......Pages 13-15 Prom is considered the second most significant event in a teen's life, after getting a driver's license.

Sixty-two percent of Prom goers hold onto something that reminds them of Odds 'n' Ends



A-list celebrities Rosie O'Donnell. Fergie, Elizabeth Banks, Halle Berry, and Cindy Crawford were Prom queens in high school.

Study habits benefit learners

Studying is one of the mandatory trials in school. Teenage student go to bed past midnight because they either procrastinate or study in a way unfitting to their schedule. Many high school students wonder how others receive a 4.0 every term and they don't. A 4.0, or a high passing grade, is never automati-cally given; Warriors have found two things come from work-

ing hard.

Good study habits are often formed through personal prefer-ence. Several Weber High stu-dents fill their daily schedule to the breaking point; each of them hav-ing developed their own study hab-its particular to their requirements.

Creating a study schedule can be helpful in making it to where a student doesn't spend their entire night struggling to complete homework that teachers assign them. Se-nior Tatiana Stewart said she works on her school work early in the morning. At this time of day Stewart feels like she has more energy. Stewart's evenings are taken up by debate, fencing, and homework. She prioritizes her schedule, most important to least important. The best way to accomplish everything is to, "block out your schedule," she said.

Goals are also set by Stewart to make sure she finishes all mandato-ry assignments. "It is a sort of, give and take,' said Stewart. She uses a

Entrepreneurs continues from page 1

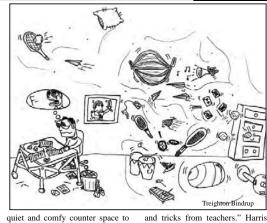
times. Start the business, try it for yourself. The best way to do busi-ness is to be in business," says Bush.

Bush isn't the only entrepre-neur at Weber. Merick Masters has his own lawn care business that is called Lawn Masters. Masters started his business three years ago, and he has seen it grow. "I wanted to start up my own thing because I would get to work for myself, be my own boss and make my own schedule," he says.

Along with Bush, Masters also

realized that starting a business isn't easy. He says, "It was difficult at first [finding customers], but nov after three years, I mow about 20 laws a day." He also says what he has learned from having his own business is, "it pays good money, and it teaches you great life skills while helping you prepare for the

Masters adds it's a good idea to start thinking of the future while



quiet and comfy counter space to do her studying. Stewart is always sure to separate the places she re-laxes or studies because they are completely different things.

Junior McKenna Harris suggested, "Highlight the key terms and separate them to make it so you On't have to search for anything.' She notes that there are, "key terms and topics to every subject," studied by all who take a math, science, literature or history class.

"Study until your eyes bleed and

then study more because you can never study enough. But, this does not always work for everyone," said Harris.

However, there are still students who love to use cramming as their study plan, which is not a supported study habit by teachers and counselors. Counselor Mrs. Paige said, "Don't Cram!" Studying and reviewing material every day is crucial to passing any high level class, in Paige's opinion. She also adds the Weber High counselors are there to help. Many students go to the counseling office to ask their counselor for help and advice on studying. Nine times out of ten a calm and collected study plan

works, maybe even the best option.
From Harris's view, whatever works for the student is the best way to go. Harris said, "Use tips

more Koby Pack. He owns KJP's

Fine Shaved Ice. "I have a 1960's aluminum trailer that I have ren-

"I love working for

myself and being my

own boss and owning

a business makes all

that possible."

ovated to make it possible to sell

shaved ice out of it, and in the win-ter time is usually when I take a

break from selling shaved ice and prep for the next season. But in the summers I keep busy running from

believes teachers can tell students how to read the textbook, so as not to be confused.

Calculus is a baffling subject,

and senior Alexis Martinez has discovered how to make it through. Martinez said the best way to figure a calculus problems is, "rework the problem until it clicks." He finds that understanding how a problem is worked is the best way to study all ranges of math. He also believes a critical part to studying a math textbook is wondering why an author put a picture or diagram in the textbook. He added information deemed unimportant by the person studying will never be simple to understand. The best way to study is, "find a way the concept applies to you," said Martinez.

Chemistry teacher Mr. Cruff said

the best way to study is, "scan over the main ideas and look to the diagrams and pictures to get a better idea of the concepts." To make the best grade possible, he added, "Al-ways be prepared for in class dis-cussions." He finds it is necessary for students to only focus on their homework when they make time to complete assistants. By this Cruff means no music, no television and absolutely no distractions. He's discovered that good study habits should be significant to all students.

still in high school. "After high school, I don't think I will keep up my business; I have different plans. on owning his own business. "I have always had a love for business; I had a summer job when I Once I finish college or move away, I want to pursue a career in profes-sional acting, but my business is a was 12 years old. That job made it possible for me to buy everything I needed, and I have been selling shaved ice ever since. I love work great thing to have all through high

ing for myself and being my own boss and owning a business makes all of that possible," he says. Pack also feels the support he has received has helped him. He says, 'I have been able to support my self when it comes to money and investing into my company, I put a large amount of my earnings back into my business.

Pack adds his family has also helped him. "My parents were vital when I first started KJP's. I was 12 years old then and couldn't drive around to all the different events that I had booked for myself. My Dad was a great help when it came to dealing with the county and making my business idea legit. My finest employees have always been my younger brothers and sister. To be honest, without the support that my family gave me, my dream would have just stayed a dream."

Joining the big kids,

Preschool program benefits children

By **Katelyn Monson** Staff Reporter

Crazy crowded halls that pack kids in like sardines. Tired students fresh from a fun-filled weekend scramble to finish assignments they forgot about until Sunday night. Loud greetings are echoed through classrooms as friends meet each other and catch up on the latest drama. All of this seems to be normal situations for high school students; however, there are smaller Warriors who have a unique position at Weber High School. Some call them Wee Warriors.

The preschool at Weber High School contains kids from ages three to four. Their days go from 9:30 a.m. to 12 p.m. and consist of group time, learning centers, snacks and playtime with their friends.

Just like the teen Warriors, these kids have their school likes and plans for their future. Mary*, age five, especially loves "snack time and eating fruit snacks." She would also like to become a doctor when she grows up. Becca* age four, loves coloring and aspires to be a nurse or use her creative skills to be an artist. Jake* really likes playing with Legos, and go-carts. David* and Dallin* age 5, want to be firemen and police officers when they grow up. Cierra*, age four, loves to play airplanes and when asked what she wanted to be when she grew up, she responded, "A Mom."
Mckinley*, age four, wants to be a
cheerleader and hopes to cheer for Weber one day when she is big. Bonnie Farr, who has been tea

ing for 21 years, started working with preschools because she did the assistant program when she was in high school. She says the best part of teaching is "the impact you make on their lives."

Sue Haslam, who has also been teaching for 21 years, says she loves teaching preschool "they are so spontaneous and sweet. They are very interested in life and every-thing is kind of magical to them." Both teachers have learned there

is a lot that goes along when work-ing with the toddlers. "First, you need to build a foundation of trust with them, then the learning can



Enjoying playing with building blocks is a young Weber preschooler.

start," Farr said. "Both classes are really quick to develop friendships. We plan family activities such as picnics and back to school nights outside of school to keep those friendships outside of school as

go along with the job as well. Farr said, "You run into their little strug-

"Because they are so spontaneous and sweet. They are very interested in life and everything is kind of magical to them."

gles, and you take their struggles home with you. You worry about their home life and you take it in-ternally." Many issues these teachers face are quite typical teaching problems. Haslam added commu-nication and just talking it out with the kids is one of the biggest ways to overcome difficulties.

When working with young chil-

dren, often people worry about discipline situations. Haslam said she doesn't really have behavioral problems with the children, but Photos by Kiera Della Cerra

the program lacks interns and high school students who take the class. She would like a few more students to join the program in order to have more help with the kids.

The program reaps benefits for high school students who take the class. Haslam said it prepares students for their future because it prepares them for times when they have jobs, deadlines and other responsibilities. Senior Kamree Coffin said, "If they [high school students] don't have experience already [with kids], the class is good. so they can have that experience with them." "It's just a really fur class," junior Elizabeth Hatch add-

However, the students also added there are a few struggles when working with the kids. Coffin said, "With them at this age, they like to be rambunctious. You just have to get them under control and keep them focused." Jennings added, "Don't be their boss, be their friend."

Even though Haslam and Farr would like more student assistance, they appreciate Warriors who are part of Wee Weber. Senior Kiera Jennings chose to take the course because she would like to teach kids when she graduates. "It teach-es you a lot about the kids and how to deal with them; it's fun," said Jennings

Kacey McClellan, also a senior. took the class because she also wants to go into teaching. Her favorite thing about the class is all of the different personalities that the kids have.
Senior Megan Winward wanted

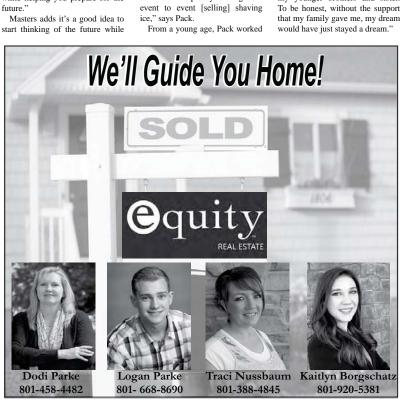
to take the class because she just wanted to be involved in the program. "I've known Sue (Haslam) all of my life, and I just wanted to be involved with this program," said Winward.

Winward added she was also a Wee Warrior when she was little. "You learn a lot about yourself as well as how to interact with other people," Winward said.

*names changed to protect identity



Junior Alyan Hashimoto helps Wee Weber little girl out with her arts and crafts project.







Representing Weber are the following Sterling Scholars: (back row) Sam Perkins, Brad Gray, Caden Thomas, Brielle Redd, Merick Masters, Kaleb Adams, Josh Phipps, (front row) Jacob Bush, Henderson Bird, Sarah Calvert, Ashley Potokar, Karlsyn Madsen and Alexis Martinez.

Rising to the top,

Scholars honored for accomplishments, compete at region, state competitions

By Jaden Ficklin and Siera Rose

For students, school life can be difficult due to homework assignments, extracurricular activities and tests. With all of this, however, some students find a way to go beyond academic expectations. Many students apply for Sterling Scholar, but 13 students are chosen from the

different categories.

Warriors representing Weber are: Sarah Calvert, English; Kaleb Adams, math; Henderson Bird, science; Alexis Martinez, social science; Karlsyn Madsen, world language; Josh Phipps, computer technology; Ashley Potokar, family and consumer science; Jacob Bush business; Caden Thomas, speech/ theater arts; Merick Masters, vocal performance; Brad Gray, visual arts: Sam Perkins instrumental: and Brielle Redd, dance.

"They are students with the motivation to work extremely hard to achieve something great. Any student can become a Sterling Scholar."

"A Sterling Scholar to me is someone who is motivated to achieve the goals they have set for themselves. They excel in areas of their interest and are full of determination," says Ashley Potokar, scholar for Family Sciences. "A Sterling Scholar is someone who has excelled in their department or has gone above and beyond the re-quirements," adds Henderson Bird, science scholar.

and hardworking. "Sterling Scholars are students who can dedicate themselves to things that are not so easy to dedicate to. They are stu-dents with the motivation to work extremely hard to achieve some thing great. Any student can be come a Sterling Scholar," says Mr.

Potokar advises students, "Find out what you like and don't like. Pursue those things that you do and work towards your goals, endure to the end and it will all pay off in the

Bird tells applicants to prepare now for a future scholar position.
"Start working on portfolios way early. Look at the applications as soon as they are available and start work ASAP." He adds, "Get in-volved, do what you love and find things that would help you in the long run. For example, science fair or HOSA.

Sarah Calvert, English Sterling cholar, says, "I think it's a cool Scholar, says, "I think it's a cool thing, especially if you're staying in the state for school. Sterling Scholar has a lot of financial ben-efits, as well as bragging rights." As far as advice to future scholar, she adds, "Participate in everything that relates to your category; they look at extra-curricular activities. awards and service."

It can often times be difficult to pick only one person per depart-ment for Sterling Scholar since there are many talented applicants. "At times, it's just the little things. Maybe one student just barely did better at something than another. Maybe they have something else to offer that hasn't been seen in other applicants. It's really a case by case situation: there's not normally one thing that consistently sets a stu-dent apart from the other," says Mr.

However, Calvert cautions students there are difficult requirements to prepare for scholar. "There are a lot of essays to put together. It was a tough and stressful competi-

and prove to the judges that you are the best candidate." She adds, "People who want to do it, it can be intimidating, but don't doubt your-olf extent tru" self, at least try."

Dedication is also a trait Poto-

kar feels is important for a Sterling Scholar. "To become a Sterling Scholar, I set the goal as a sophomore to become one. I started by joining lots of clubs to find which one sparked my interest. The one that did for me was FCCLA, a ser-vice club focused on families and future homemakers. I loved it so much that, with help from advi-sors, I furthered my involvement by becoming an officer and later the president my junior and senior year. Also, I took lots of FACS classes that I really enjoyed, and it was a plus that it applied to Sterling Scholar."

Sterling Scholars find that receiving this award is an import-ant accomplishment. "Becoming a Sterling Scholar was way worth it because it was all my hard work paying off. It's like training for a marathon and then receiving a medal for finishing the race," says

"Becoming a Sterling Scholar was definitely worth it. It has been an awesome program to be a part of," adds Bird.

Even though they have worked hard for their honor, the scholars have enjoyed the road to their sucnave enjoyed the road to their suc-cess. "My favorite part was being able to apply what I have learned through family and consumer sci-ence to my life today," says Poto-kar. "Also, I really enjoyed work-ing by Mrs. Blaisdell, who has been my mentor through my whole high school career. She taught me a lot about myself and who I can become. Also it was really fun to interact with the other Sterling Scholars and administrators through the whole process. The most fun part of it all was seeing what other people

Teens find struggles balancing school, jobs

By Jacob Spainhower

Many students at Weber High are in need of a little extra cash. Perhaps they would like to buy a new car or be able to afford dinner for their Homecoming date. Whatever the reason may be, they will need a means of acquiring the money Some students choose to take a lit tle extra challenge upon themselves and apply for a part-time job after school. While balancing school and work are not a big deal for some teens, for others it can be quite a

Taking a job can mean taking extra responsibility. Employees are expected to show up when they are scheduled and perform the tasks required of them at their job. Some jobs may require their work-ers to come in almost every day of the week. Senior Sydney Douglas works two jobs and spends at least 30 hours per week at work. She also has to take care of her horses and do her homework after school This limits the amount of time she has to complete her schoolwork.

nas to complete ner schoolwork.
"Neither one of my jobs are very
flexible," says Douglas. "Usually I
have to request time off two weeks
in advance if I need it. Normally,
I only have time to work on my homework right after school until I have to go to work." What she doesn't complete at home, Douglas says she works on during Flex

while they are in school often de-pends on what their schedule looks like. According to WHS counselor Becky Butler, it may not be a great idea for one to take up a job if they are involved in multiple difficult classes or extracurricular activities She also says these things make it difficult for students to stay caught up and focused on school work

Students who manage to bal-ance their job with their school work also sacrifice a considerable amount of their time. "I rarely get to see my friends outside of school these days. I'm either at work or



Jordan Weiss, junior, has found a job working as a custodiar

Photo By Sam Leake

at home trying to get everything done," says Douglas.

Advanced placement (AP) and concurrent enrollment classes often require extra effort on the student's part. Some teachers can assign more work than others, but they also do their best to accommodate those who have other obligations when they get home from school. AP Art History teacher Mr. Larsen says, "I always try to keep the work I assign to my students as simple as possible. I only require that my AP Art History students read from their textbooks for 15 to 20 minutes per night, so they are aware of what's going on in class, and I give all of my students time to work during class." Mr. Larsen's advice to those considering an AP class while working is to evaluate how interested the students are in the subject. "If you take a class you have no interest in, the work will feel like a chore; so take a class you know you'll be passionate about, and it will be a breeze."

While it may prove to be a chal-

lenge, working after school also has its benefits. Some feel having has its benefits. Some feet having a job at a young age instills some valuable attributes. Mrs. Butler says working while still in high school teaches students the value of independence. "For the most part,

The Weber High School Productions Company presents

when students are buying their own necessities, they learn to be less dependent on their parents," But-ler says. She also adds, "The ob-ligation to come into work and be punctual teaches commitment."

This employee attribute knowledge could help students seeking employment. According to Butler, employers want applicants with these abilities because they know they can count on those kind of people to get the job done well. These people also do well when they begin to live on their own since they are already used to keeping up with expenses and responsibilities. 'Another advantage to being

employed while in school is poten-tially discovering the line of work one would like to look into," says Butler. "For example, a student may decide to work with cars in the future because he/she enjoys their job at an auto shop," she adds.
In any case, teachers caution stu

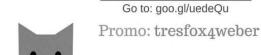
dents to remember school should come first. "Work is secondary, school is primary," says Larsen. He continues, "A student should do all they are capable of to ensure that they graduate with their class. After all, school is preparation for a job in the future; therefore, it is crucial that every student performs to the best of their ability."



BIG () TURE



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Time to Study for the

Science test

Time for School ...



Mrs. Radle enthusiastically shows junior Karlee Thompson parts of the human body in Medical Anatomy and Physiology class. Photo by Derrick Gaedcke

TEACHER FEATURE

Day by day, students often sit in classes, listening to their teachers, dreading their next class and count ing down the minutes until the bell finally rings to leave school for the day. However, this isn't typically the case for students in Weber's drama classes.

Many students look forward to their drama classes due to Mr. Daniels, the drama teacher. Some may say it's because they like the sub-ject, but others say it's because they love the teacher. People can find Mr. Daniels working after hours on theater performances, working weekends and early mornings, as well as pulling all-nighters at the

love teaching the subject I teach: I wouldn't be good at any other subject," said Mr. Daniels. "I love the challenge it gives and what it gives to the kids when they are in the performing arts.

Mr. Daniels chose drama as his teaching major because of his interest for theatre. "If you're going to teach something, you have to have a passion for it; otherwise, the classroom would be boring.'

Education has always been Mr. Daniels' career goal, saying he has wanted to be a teacher since second grade. However, when he got to college, he tried everything he could not to go into teaching. He could not to go into teaching. He joked, "It didn't pay enough... I wanted to be rich," he laughed. Finally, he gave in. "Nothing felt right until I started taking education classes," he added.

As far as why he wanted to be a WHS teacher, "I went here; I love Weber High. It was fun to come back home," he said.

Mr. Daniels is a returning War-

Mr. Daniels is a returning War-rior; he walked the same halls and sat in the same classrooms as his students do now. Because of his any hours at Weber, he has little life away from the school.

"I don't have one!" he said about



Mr. Daniels critiques a pantomime scene done by a student. Photo by Kiera Della Cera



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his life away from Weber, "I love to

Another teacher who loves her job is Mrs. Radle. She has been a teacher for 26 years. "It's like the best job ever!" Mrs. Radle exclaimed. Mrs. Radle went to college at Weber State and did her stunt teaching at Weber High.

"The principal came and watched me teach while I did my student teaching and offered me the job," she said. Radle added she was so lucky to get this job because she fell in love with Weber.

Mrs. Radle enjoys teaching for different reasons. "I love when kids get excited about the human body and life in general," she said. She also chose teaching as her profession because of her love for students and because "I wanted to be a mom and teaching is a great career to be a mom and teacher," said Mrs. Radle

The best part about teaching for Mrs. Radle is seeing students succeed and getting them excit-ed about learning. "I love it when the lightbulb goes on and kids get things," she added.

She also said it is rewarding to

see her former students outside of school working in the medical field. "It's exciting to see that I have played a part into a student going into the medical field," she

Even though Radle is enjoying her role as a teacher, there are some downsides to her job. "The paperwork! Holy cow, it's definitely the paperwork," she said.

Outside of school, Mrs. Radle

loves to play pickle ball and fish. She also has two kids and a husband she loves to travel with. Mrs. Radle enjoys doing pottery. "Creating things with your hands is great," she said.

camp and hike when the weather is right, and I love to spend time with my dog." He also enjoys reading and going to performances, as well as going to movies. "I am an avid movie attendee," Mr. Daniels said.

expected.

"At the end of the third quarter, I feel that it becomes more difficult to get better grades," says sopho-more Breanna Hart. "Probably because we have so much pressure for the tests and projects," she adds. A lot of book reports and projects are usually due by the end of the first emester along with tests about the

Teachers notice the changes between first and second sem vell. "Student grades tend to dip sometimes because we all get a little tired; we are no longer fresh from our summer break," says En-glish teacher Mrs. Nielsen. "Yes, work is a little harder, as often first quarter includes some revision of the previous years; whereas, second quarter includes some new material and/or more sophisticated material," she explains. "I do find the short days of winter harder. Sometimes we arrive in the dark and leave near dark, so there is little of the life sustaining sunshine in our lives. Especially in a school with no windows

"I think it is relative. We build on prior concepts during the first quarter. If you have learned the prior material, then it shouldn't feel harder," says math teacher Mrs. Kloempken. "I personally think third quarter is the toughest quarter mentally because it has the fewest amount of breaks," she says. "Some students get 'senioritis' when they are still sophomores!"

Tommi Abbott has also noticed



Time to Study for the

Second semester motivation hard,

English test.

"Remember not to procrastinate; despite what you might tell yourself, you do not do your best work under pressure! Be sure to use your planner to keep track of assignments and due dates."

"It gets harder during the sec-ond semester because it is just so close to the end and there are not as many breaks than before," says Anna Lindhardt, sophomore. "The classes seem to get a little bit harder because we are cramming in all of these lessons and test reviews before the quarter ends," she says.

While second semester can seem harder than the beginning of the year, Warriors feel staying motivated to do well, can greatly influence how they do in classes. "Do your homework the day before and defi-

nitely don't do it only during Flex You won't have enough time to do it all," says Taylor Hadley, sophomore. "What mostly motivates me to do well is getting better grades than my siblings!" she adds.

"You need to keep in mind that the end [of school] is near, and it will all be over. In the long run, it will all be worth it and your hard work will pay off," says Hart. Lind-hardt adds, "I think about how it will feel at the end of the year and look back at how well I did."
"Getting good grades runs in my

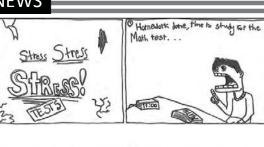
blood!" says Abbott. Knowing that summer is coming, and I don't have to worry about school for three months helps keep me going."

Mrs. Kloempken also gives advice on how students can survive second semester, "Don't make a major change to your routine. If you have a spring sport that starts, then you will have to schedule time to do your homework. Set reminders on your phone and set aside some quiet time each week to study. Remember, studying is different from completing homework," she says. Mrs. Nielsen gives some tips on

staying on top of homework. "Remember not to procrastinate; despite what you might tell yourself you do not do your best work under pressure!" says Nielsen. "Be sure to use your planner to keep track of assignments and due dates. Then break up larger assignments into small steps and be strict in sticking to your goals in completing thes steps. Always remember, summer will come!"







Time to Study for the

History test.

By Kathleen Mejia

At the beginning of the year, it's easy to find many students proud-ly talking about their good grades. When school starts, the summer

is over, and everyone is still filled with motivation to do well. As the weeks and months roll by, waking

up in the morning and finding the

motivation that one had at the be-ginning of the school year seems

harder to find. The grades begin to

drop and some students are con-stantly absent. The deadlines for

reports and projects also seem to

be closer by the end of the first se-mester. Finding that motivation can

sometimes prove to be harder than

News Editor

Utah marijuana legalization can offer various medical benefits

Marijuana is an illegal drug in the state of Utah, but will that law be permanent? Although there are many downsides to this drug, there are also many upsides.

Right now Utah is in a state of denial, denying all of the benefits of marijuana. We do not necessarily need to go as far as legalizing it for recreational purposes, although there are many upsides to that as well. However, Utah should consider at least legalizing it medical-

This past legislative vote, legal-izing medical marijuana got further than ever before, but it was still denied. Utahns are becoming more open to the idea of legalizing mari-juana for medical purposes and for good reason too; medical marijuana can help with so many different medical conditions. It can help control epileptic seizures and can decrease anxiety levels. The biggest benefit to medical marijuana is its effect on cancer cells. A chemical found in marijuana has been doc-umented to stop cancer cells from spreading. There are many other pros to the legalization, this list can go on and on. The fact that there are so many people against even considering the idea is appalling.

Research shows 83 percent of

Americans support letting doctors prescribe marijuana for patients suffering from serious illnesses. The biggest criticism found by researchers is the implied perception that the drug administered would have to be smoked. This isn't the case at all. Medical marijuana is administered as inhalers, pills and even edible baked goods. I personally believe it should be legalized medically because of how many people it could help. It doesn't hurt anyone by legalizing it either.

Over 45,000 people die from

drug induced deaths every year, most of which are prescription drugs; none die from marijuana. Over 480,000 people die from to-bacco a year, none die from marijuana. Nearly 88,000 people die from alcohol misuse every year, none die from marijuana. Isn't that a little backwards? Alcohol, tobacco and even prescription drugs are very legal substances. They kill more people a year than marijuana. Peanuts kill roughly 200 people a year, and marijuana still kills none.



Something as simple as peanuts have a higher death rate than marijuana. Medical marijuana needs to be legalized not just in Utah, but in

Legalizing recreational marijua-na is a whole other story. One way to look at it is like prohibition that made alcohol illegal and everyone found a way around it. People obviously still smoke marijuana, even though it is illegal. Legalizing it would create less conflict with overcrowded jails and prisons due to illegal drug use. I personally believe sending a person to jail due to them using marijuana is a waste of our tax dollars and jail space. America has an issue right now with our jails being overcrowded. Over 800,000 people a year are arrested and sent to jail for possession of marijuana.

If recreational marijuana was legalized, space would be freed, solving one of our major issues

Another major benefit of legal-izing recreational marijuana is an increase in state taxes. Legaliza-tion of marijuana is a no brainer for state legislature because Utah's overall tax income will raise con siderably. Plus, the legalization of recreational purposes means we can regulate it. This will make it safer to use. Also, it is already legal for medical purposes in 27 states making it inevitable that it will be legalized nationwide.

Recreational marijuana has been

legalized in eight states, and it will be eventually legalized in every state. It is easy to travel out of state, obtain marijuana and come back over state borders with it. It is just like going to Wyoming to get fireworks, but now it is going to be going to Nevada to get marijua-na. Arial fireworks were legalized eventually and recreational marijuana will be too; it is too hard for our police force to try and deal with trying to stop people from bringing it over state borders. They have more important things to focus on.

Just look at Canada; marijuana is illegal but they have decided the law to be is no force/or affect, meaning they aren't enforcing this law. This is because the Canadian government decided there was more important issues their police force needed to focus on. Canada has been doing this since 2003. Medical marijuana has been legal in Canada since 2001.

There are many benefits to legal-izing marijuana, and I believe Utah needs to at least legalize it medical-

By Marley Porter

By Siera Ros

In January, Americans celebrate civil rights leader Martin Luther King. Then in February, the month is dedicated to remembering African Americans who have fought for change. There have been man African Americans who are instru-mental for equality. Once again, Martin Luther King Jr. is the most prominent name in the history of the civil rights movement.

Dr. King had great talent for speaking and is best remembered for his peaceful, non-violent ways of protest. Dr. King placed great importance on the concepts of love for one another and brotherhood,

and those are still valuable today.

In this modern day, there is still a lot of division between different groups of people. It is more important now than ever to remember Dr. King's words of brotherhood and love. We can't forget that we're all still human, and we all have differ-ent struggles that we go through. It doesn't help to be so cruel to each other when everyone needs some love. I think it's easier to point out our differences rather than celebrate similarities. Find some common ground with the people you meet who may seem too different for any kind of relationship to be formed.

While I do believe it is important to remember what Dr. King tried to teach us, I also believe it is important to remember the context of his standings. Too often are Dr. King's words and actions used against people (mainly people of color) to belittle their movements for better treatment. For example, during the Ferguson riots, a lot of people were saying Dr. King would have been very disappointed. I don't think

that's true. Like any good activist, Dr. King knew his ways weren't for everyone. He even once said, "A riot is the language of the unheard" in an interview three years after his most famous "I Have a Dream" speech. Let us also not forget that one of the first and greatest Amermore or less (the Boston Tea Party).

I think part of respecting Dr. King's work is understanding a

the Standing Rock burial grounds). Most activists are angry or at least somewhat upset with the way their specific group is being treated, so they probably won't (or shouldn't) tell other people how to react to something. Some people are sad about their treatment, and some are just annoyed by it. However, there are also people who are extremely angry about it, and that's fine; anger isn't something to be ashamed



trait that is kind of hard to come by these days. It's not easy to see a side of something that is so opposite of yours.

Another way Dr. King's teach ings are brought up unfairly and out of context is when it comes to any kind of anger towards any-thing. Sure, Dr. King himself didn't seem angry and didn't preach any-thing about it, but I don't think he would tell other people they shouldn't be angry. Anger is dis-played in many different ways, and it is a valid emotion that should be expressed. This is especially true when thinking about things done that may infringe on peoples' rights (for a modern example, the Dakota Access Pipeline going through

of. There haven't been any huge changes in history without some kind of anger beforehand.

Dr. King did a lot to help in the fight for civil rights, but we still have a way to go. There are still many groups of people fighting for fair, equal treatment. His val-ues should be integrated into rights groups all over. To this end, it's important to remember Dr. King felt the end goal is unity no matter what bumps are encountered along the way. Be open-minded and at least try to understand the other side of things. Nothing is getting fixed by digging deeper ditches between ourselves. Be kind to one another, respect each other and don't go out of the way to be ignorant or rude.

Teenagers pushing grades too far, school causes stress, poor health

Being able to go to public school is a privilege many seem to forget to appreciate. There are many stu-dents who lack athletic ability and who make academics a very high priority. School is important; it is a job that people take on for 13 years of their lives. But does school's importance overcome the importance of health? It should not, but in many cases it has.

Some students don't take proper care of their mental health. Procrastination and also layering too many tough classes or activities onto plates causes serious health problems such as anxiety and exhaustion. Working off of fumes is not attractive; it is not something that should be done as often as it is

My mom would not let me take any honor or AP classes my sopho-more year because she knew that a new school is scary and burdening oneself with difficult classes can cause anxiety and stress. People also handle workloads differently but too much of anything can be hazardous to one's health.

As a junior, I figured I could handle more challenging courses, so I took an honors class (English: one of my favorite subjects) and a concurrent enrollment class. I was layering myself thin. I felt the need to try and turn in perfect projects, and I had poor studying habits. I became tired and anxious. I also felt competitive, wanting to make it on the high honor roll with the kids I went to junior high with. I was a 4.0 student in junior high. I wondered why I could only make a 3.9 GPA when the kids I went to junior high

with still got 4.0's every quarter.
Students have been plagued with thoughts of perfectionism and high grade point averages for ages. They think high grades will be the only thing to grant them access to college or university.

I became very ill, not even half-

way into the school year. I didn't know I had a sinus infection and my body went into septic shock. I am here to tell fellow students and parents of students that no one is perfect. Grades are grades but how we treat our bodies and minds will affect us our entire lives.

Your feelings, which are a part of mental health, deserve to be acknowledged whether you are tired, sad, angry, joyful, etc. If you are sad, acknowledge the fact and try to move on the best you can. If you

are tired, please take time to rest. "Your body is a temple," which may sound cliché but it's true. The temple or other buildings aren't open 24 hours a day so allow your body to rest. Turn out the lights and sleep. Doctors recommend eight hours a night.

Temples also require mainte-ance and remodeling every once in a while. So make sure you're keeping yourself well nourished and keep your hygiene up. Some-times we need a day to relax and

rewind. Do not overexert yourself!
We should be enjoying our lives, not living due date to due date. Struggling is a part of life. Making our lives easier on ourselves is a sure-fire way to ease the struggle

and help us enjoy the present.
School should be challenging but it should not bring you to a breaking point. Perfection does not exist. That kid that scored really high on that test has shortcomings in other subjects just like you do. Remember health should come first, then school or work. Always remember that life is tough, but so are you.

By Jaden Pratt WHS Junior

Most shrug off mental illness, ways to help those afflicted

It's easy for us to brush off mental illnesses like they're just overreactions or irrational behavior We treat physical illnesses with we treat physical illnesses with intensive care, long hours of testing and serious problem-solving to come up with the best possible solution. So why, then, do we so easily throw aside mental illnesses, such as depression or anxiety that can do just as much damage and harm to one's well being?

Anxiety disorders are the most common mental illnesses in our country. Forty million estimated Americans over the age of 18 are Americans over the age of 18 are affected by anxiety, according to the Anxiety and Depression Organization of America, or the ADAA. Being affected by this doesn't mean these people sometimes feel uncomfortable in contain citations. certain situations. Affected means daily routines and alter their day because of this illness. Doing little things like eating in public, speaking to more than one person at once, as well as stress of school, work and extracurricular activities can all have a serious effect on one's brain function and can literally change the daily routines in the life of someone struggling with anxiety.

The worst part about most anxiety problems is it's near impossible to stray away from. Being in school, we can't avoid social situations or public speaking. Being present in a class and valued as a participant by the teacher, a lot of the time means we need to overcome fears of public speaking or social situations. Although, it's also obvious that not everyone who doesn't like presentations has who doesn't like presentations has an anxiety disorder. Most people just need a push and someone to tell them that they're not going to fail, and that it's possible for them to talk in front of people. However, those with legitimate anxiety will be a different story. To force someone with social anxiety to

speak in front of a large group

health. Anxiety doesn't only bring about physical blemishes such as blushing, high heart rates and tears. Anxiety can also coexist with

Depression is the feeling of severe despondency and dejection.

Despondency is a state of loss hope or courage and dejection. It is defined as a sad state or low spirits. However, not only do those with depression feel these things, they feel them severely. Some feel depression so severely that they turn to physical pain in hopes to ease the emotional pain.

The ADAA also estimates 15 million American adults suffer from some form of depression.

can start by simply being kind. The can start by simply being kind. The tricky thing about disorders such as depression and anxiety is that they can easily go unseen. We don't know the thoughts and emotions of someone by simply looking at them for a quick second. Showing kindness, by passing on a smile or saying hello in a friendly tone can change how someone may be feeling. Each of us has the ability to be kind and start a flicker of happiness in a stranger who may be

in need of a pick-me-up.

Another really good way to help out is to not judge someone on how they look. Just because a person may look put together and happy doesn't necessarily mean they're not under constant pressure to look



Again, suffer means that this disorder literally changes the course of their day because of how hard it is to deal with it. Just as someone would have a broken leg and would need to take the elevator instead of the stairs, depression can change how an individual would perform day to day tasks. So what can we all do to help the

awareness of disorders that a lot of

the time get passed off as a joke? It

By Abigail Robinson

that way. Being thoughtful and genuinely caring about a response to "how are you" could be life altering We all need to start caring a little bit more on what goes on in

other people's minds. Taking these disorders seriously is the first step to helping those who have them.

Ashlee Norman welcome letters to the editor. Such letters shall be typed with the writer's name prominently displayed on the article. The writer's name may be withhold if so requested. Name be kept on file. Views written in the editorials do not represent the opinions of the Warrior News staff. The Warrior News reserves the right to edit for reasons of space, liability reserves the right to deep printing articles that are deemed inappropriate. Those interested in advertising in the Warrior News can contact the school at 801–476-3700.

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By Joseph Pitman

Science fiction, a unique genre of space, aliens, technology, time travel, scientific discovery, mysteries and general fictional science. Science Fiction has been around since the early nineteenth century when Frankenstein by Mary Shelly was written. But since then, there have been hundreds, if not thousands of science fiction stories written by numerous authors. Out of all of them, two stand out as the ultimate examples of modern science fiction, and they are also often thought to be the biggest competitors. Star Trek and Star Wars

Star Trek is often referred to as a more knowledge and science theory show, showing the purposes of philosophy, social sciences and theoretical physics. It was created by Gene Roddenberry, a U.S. Airforce veteran, who saw a universe wherein life was not so much about profit and gain; but about discovery, science and progress

ence and progress.

"The acquisition of wealth is no longer the driving force in our lives. We work to better ourselves and the rest of humanity," said Captain Picard in Star Trek: The Next Generation, Season 1, The Natural Zong.

According to Picard many times throughout the series, the current Earth society is no more in the Roddenberry universe, but rather the earth has been replaced by a perfect utopia where there is no sickness, no hunger, and no poverty. A place where all citizens seek not to simply exist, but to live their day-to-day lives learning, growing, and trying their best to improve themselves and society.

"Star Trek is more science based [than Star Wars], the people who wrote Star Trek did their research, and really had some ideas that were plausible in the future," says science teacher Matt LeDuc.

Since its first start in 1966, Star Trek has built a fan base of millions. So how does a TV show that aired in the sixties remain so popular even after 50 years? "Well, why does anyone like anything?" replies junior Enoch Wheeler, a member of



the Weber Star Trek Club. "As an example, let's use football. Some-body started a game, one that didn't already exist. But more importantly, somebody liked the game. Once one person liked it, they would tell other people with similar interests about it due to the human tendency to share the things you love. Ever since then, it has become a really big sport. Star Trek and anything else is the same way," he adds.

Star Wars, on the other hand, takes a flip on Star Trek and goes into a world of extreme industry, authoritarian society (at least after the final destruction of the Galactic Republic) where greed, power and profit are primary gears of society.

profit are primary gears of society.

The main idea of the universe of Star Wars is the introduction of an ultimate power in the galaxy, known as the Force. The Force can be wielded by those with a close connection to it, often referred to as either Jedis or Siths. This sets the main conflict of the story between the Light side and the Dark side. One seeks liberty and justice, while the other seeks complete power and control. The former was one of the major influences over the old Galactic Republic, while the latter formed the Galactic Remains.

formed the Galactic Empire.

Star Wars was released in 1977, almost 40 years ago, and it still holds one of the largest fan bases in the world, "Honestly I think the reason they are both [Star Wars and Star Trek] still popular is because of the fans. Without them, they would probably be forgotten," says sophomore Spenser Johnson, also a member of the Weber Star Trek Club. "If fans want something to stay, they will not let it become unpopular. Fans are really what keeps any fandom alive, in a sense," she

adds.

"It's still entertaining, there were a lot of movies that were good at the time, but they became outdated," says senior Hunter Butterfield, when asked about why Star Wars is still popular. "For one, they are making new movies which helps, and I'd just say there are so many people who are really into it and show their kids and friends."

So now the matter of confrontation arises, the reasons behind why the two have always been such close competition. "Not a lot of people like both, so they have a slight preference over one than the other based on what they like. And so that's preference enough for one to say, 'Yeah, I'm a bigger fan of Star Wars, or Star Trek,' says LeDuc, a self-proclaimed Star Wars fan. LeDuc claims the competition between Star Trek and Star Wars is part of what makes the two fandoms enjoyable. "I think that [the competition between Star Trek and Star Wars] is kind of the fun of it, being able to support and defend your position, and I think that if there wasn't confrontation, it wouldn't be as much fun."

Another major conflict is the problem of combat, most commonly the question of "Who wins, the Enterprise D or a Star Destroyer?" This simple but intricate question allows fans to determine the power that each ship truly holds. "I think the Enterprise would win, because the firing power of Phasers [primary weapon aboard Federation ships] verse Lasers [primary weapon aboard Imperial ships], and the photon torpedoes [secondary projectile weapon aboard Federation ships] would probably be able to get through the shields of the Star

Destroyer than lasers would be able to get through the shields of the Enterprise," says LeDuc.

According to the Star Trek: TNG Technical Manual, the Enterprise D has an armament of twelve phaser banks, two torpedo launchers, and is protected by a high-capacity shield grid that could operate on multiple frequencies. A single photon torpedo, something the Enterprise D carries hundreds of, deals the explosive force of 690 gigatons of dynamite, equivalent to 13,800 Tsar nuclear bombs. Star Destroy ers, on the other hand, utilize heavy turboblaster batteries, ion-cannon and tractor beam projectiles. A heavy turboblaster bolt is estimat-ed to produce 30 Terajoules per second which is a close estimation to half the power of the nuclear bombs dropped on Japan in World War II every second. And the Star Destoyer is armed with 60 of these turboblasters. However, a Tsar nuclear bomb is an estimated 210,000 TJ which means that a single photon torpedo has the same power of 2.898 billion TJ, an equivalent of 48.3 million turboblaster bolts; and the Enterprise D can fire a dozen photon torpedoes in under 10 sec-

"I feel like there is more action in it [Star Wars], I like watching ground battles and star ship battles," says Johnson, "but in Star Trek, there isn't a lot of that. It's more about orbiting planets and going down to those planets to solve puzzles or mysteries."

But even so, why might Star Wars still be considered more popular than Star Trek? "I'd say it has to do with how it's not real life. It's like watching a fantasy movie; it has magic. And that really entertains people," replies Butterfield. "It is more fantasy," says LeDuc, "I think Trekkies like the science in Star Trek more, while those who enjoy the Star Wars universe enjoy the fantasy more."

So whether or not the two will ever work together, rather than compete is unknown. As LeDuc said, the competition may be what keeps the two fan bases entertained. It is up to the viewers on what they find most entertaining, science discovery, fantasy adventure... or both.

Affordable trips offer escape during break

By **Elijah Degn** *Editorial Editor*

Spring break is treasured among both high school and college students all around America, and with no reason not to be. After all, winter break is the longest from school (not including summer, of course), and provides both teachers and students with a well deserved relaxation from the taxation school brings on their personal lives.

taxation school brings on their personal lives.

It's safe to assume that anyone in their right mind, and to whom money is no object, would most likely catch the next flight to their dream location and lay on sandy beaches away from their school responsibilities. However, unfortunately for the common person, money is indeed an object, and an extremely important one at that. A lot of high school students don't even have money to begin with, and for the rest of them money is a necessary part in piloting a functioning life. There are, however, many ways to enjoy this spring break without emptying wallets.

The most important thing to do over the week is to de-stress. Even if teens have every possible reason to not go out and enjoy the break like social people, de-stressing works for just about anyone. People could sit back and relax in a house or play some video games or really just do anything that doesn't involve school, work, or other responsibilities. Teens don't have to spend any money doing nothing, after all, and taking a break has been proven over and over again to be good for every aspect of a person's life (yes, even school) – just don't use that as an excuse to be lazy over the break. It's a time for relaxation and recuperation, not one for forgetting teenage responsibilities.

If someone is fond of the outdoors, going on a camping trip is always a viable option. Of course, people don't need to spend much money if they already have the supplies, or if their parents do. It doesn't have to be anything expensive, either. Teens don't need to go into the state camping grounds if they don't want to. Really, any beautiful or untouched area would work, just be sure to know the proper protocols for fire handling, setting things up, getting food and water, and medical attention. It would also be preferred to camp in an area which has telephone service, in case anything happens.

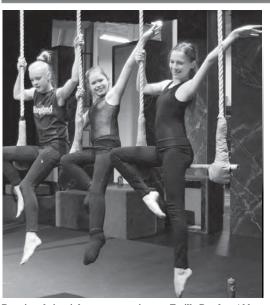
One of the rising trends in college campuses for cheap spring break activities is a road trip. The reasons it appeals to so many students are quite numerous. For example, people don't need much, just a ride, a comfortable amount of money and a form of a map, and you'll be ready to hit he road. It can be a car pool with friends, or even just one other person. The length of a road trip varies on the people who are doing it. Some last for a few hours while others last for the entire spring break.

St. George is a popular road trip location because of its beautiful scenery and abundance of places to eat, swim, sleep, etc. Be sure to take as many detours and back roads as you can if you want to get the full experience of this place, as it'll give you an even bigger view of the nature. The best way to spend the night would be in a hotel, and that would be where the money comes in. If there isn't enough camping is always an option

the money comes in. If there isn't enough, camping is always an option.

For the last way to enjoy your spring break without spending too much, there's the classic route: get on a plane and go to your favorite location. Services like the STA (Experts in Student Travel) provide services and discounts for students, so it won't empty wallets as much as one would expect.





Running their triple trapeze routine are Emille Durden, Abbey



Caleb Casey, senior, practices on the silks while seniors Jonathan Schael and Lexi Durbin observe. Photos by Riley Day

Acrobatic display impresses audiences

Starfish Circus offers performing opportunities

Starfish Circus 2016 was one of the high points of the year, as audiences had never seen something like that in our school. It consisted of students performing professional level acrobatics including aerial silks, a triple trapeze, parkour stunts, rolla-bollas, partner acro-batics and more, all tied together with an amusing pseudo-play about a rich family suddenly losing their money and ending up in the city streets. This past January of 2017 also held a Starfish Circus performance, only this time, students helped with the directing and writ-ing of the play as well as performing the acrobatics.

This year's *Starfish Circus* followed the same formula as last year's breathtaking romp: a series of various, student-driven acro-batics and stunts glued together by a comedic storyline. This time around, the major theme was Greek mythology and featured a high school class suddenly being caught up in mythological mayhem when

selves. The characters consist of those that you would expect in an unserious high school narrative: there's the jock, the cheerleaders, the nerds, the rebels, the airhead, and the teacher. However, this particular story added a fun twist on the teacher character, as he is actu-ally the Greek god Dionysus in disguise, trying to uplift a punishment by enlightening the children.

It's hard to critique the acrobatic acts. They were all great, albeit less risky than last year's. There were no 'defining moments' throughout the circus' performance, but there were also no bland instances. The audience left the auditorium with the thought, "That was great! I can't remember any of the acts, though." This is not necessarily a bad thing as it shows that the qualbad thing, as it shows that the quality of the show was very consistent-ly pleasing, but one can't help but think back to Starfish Circus 2016's stunts with the impossibly balanced rolla-bolla tower or the mesmerizing poi act in pitch black. This year's acrobatics were pleasing, but a standing ovation was sorely lacking until the very end bit.

As for the comedy acts, its tar-

tle ones coming to see the people hanging in air or flipping off each other. The cliché characters were an intentional choice to begin with as the stuttering nerd or the intimi-dating bad girl were cardboard cutouts of comedic material. However. the student writers did plant a few diamonds in the rough with the surprising twist of the two nerds and the two rebels falling in love with each other (Nemesis, the goddess of Balance, becomes upset about the rebels' destructive antics and the nerds' cowardly submissiveness and calls upon Aphrodite, the goddess of Love, to put an end to their natures with love, "the uni-versal antidote." The intended couples, however, were tangled and the lovers became card matched.).

The audience could instantly tell that the actors were having fun with their script, as Merrick Masters, who played a lowly, mute janitor who was actually Hermes, serving out Dionysus' punishment with him as his partner in crime, was a crowd favorite, and the teacher's character-driven rant at the end of the play earned him a deferential applause mid-scene. The cast

truly made the script their own through both the occasional sparks of ingenuity and the cringeworthily "beta millennial" moments (I still haven't recovered from their joke naven t recovered from their joke about "Netflix and chill."). Granted its main purpose is to get the people to laugh, but the palpable squirm-ing in the audience from a few bad apples within the script was enough to fill the auditorium with pity for the actors and the actress who delivered said line.

Still, the Starfish Circus wore a shining smile on her face along with the rest of the onstage cast. The script was intended to be kid friendly, lighthearted escapism at its most kid friendly and lighthearted after all, but unfortunately, there was not much there for the adults. The simplicity and forcedness of the circus acts are definitely a crippling flaw for some.

All in all, even though there are

a few flaws, viewers were ecstatic at every little thing happening. It makes sense that the kids should not be able to contain their excitement, while their older family members smile respectfully and enjoy the circus acts between the comedy acts.



Hanging in the aerial hoops is Stephanie Payne, sophomore.

Celebration mixes both Irish, American tradition

By Raquelle Healey

Green, gold and good luck... what do these have in common? Each

represents Saint Patrick's Day.

Saint Patrick's Day is a unique holiday with many different ways to celebrate. Senior Ashley Anderson says, "In my house everything is dyed green. If you leave your food alone for five seconds, someone will have done something to it. From dying our milk, to wearing all green, my family goes full out. One reason I love Saint Patrick's Day so much is

because nobody is allowed to judge you for wearing all green."

Senior Nate Boehme also celebrates the holiday. "We make all of our food turn green, and for breakfast we eat green eggs Uh0h. Looks like somebody

breakfast we eat green eggs and ham. Boehme also tells when he was younger a leprechaun would visit his house. "He would pick a room in our house and totally trash it, flipping things over, throwing sparkles ev-erywhere and putting candy all over the place. And if I wasn't wearing green, my siblings would pinch me to death; those were the good



dold days," says Bochme.

However, not everyone loves this holiday. Senior Carston Randall says, "I don't like it. First off, it doesn't even get us out of school. Second, it doesn't have any type of special meaning to me like Christmas and Thanksgiving. Third, pinching, that right there should just say it all. It's dumb to have a holiday allowing people to go around pinching each

other. I've just never been a fan."

Disagreeing with Randall, Anderson says, "I love the pinching part!

If you aren't going to wear green then heck yeah, you deserve to be pinched."

Surprisingly, Surprisingly, pinching was not originally part of St. Patrick's Day. Pinching was started by Americans. History.com says. "Rumor has it that lepre-chauns pinch those around them who are not sporting Similarly green apparel.
That has evolved into humans pinching each other to display the disapproval



we think the leprechauns
would be showing. You won't be surprised to know that this, too, is a
largely American tradition. The Irish leprechauns of yore didn't even

St. Patrick's Day's most iconic figure is the leprechaun, but how this little guy come to be? Junior Amber Healey shares how she thinks the leprechaun was created. "Once upon a very long time ago, there was a big rainstorm—so big it washed away everything on an island. Then all of a sudden, a rainbow appeared. The rainbow looked around expecting to see all the beautiful hill sides and happy people... but there was nothing. The rainbow was all alone."

Healy continues that the rainbow came up with a wonderful idea: to Healy continues that the ranhow came up with a womerium meat to just make a new friend. "Using her magical powers, she created a little creature that she named the leprechaun. They were best friends. One day the leprechaun found a ton of gold but didn't know where to put all of it. The rainbow told the leprechaun she would hide his pot of gold for him, so that every time she comes back, he would know where to find it. And that's how the leprechaun and his pot of gold came to be." that's how the leprechaun and his pot of gold came to be.

Unfortunately, that's not how the leprechaun was originally created. The earliest known reference to the leprechaun appears in the medieval tale known as the Adventure of Fergus, Son of Leti. The text contains an episode in which Fergus mac Léti, King of Ulster, falls asleep on the beach and wakes to find himself being dragged into the sea by three leprechauns. He captures his abductors, who grant him three wishes in exchange for their release.

History.com also says, "A leprechaun is a type of fairy in Irish folk-lore. They are usually depicted as little bearded men, wearing a coat and hat, who partake in mischief. They are solitary creatures who spend their time making and mending shoes and have a hidden pot of gold at the end of the rainbow. If captured by a human, they often grant three wishes in exchange for their freedom.

Even though Saint Patrick's Day didn't originate in the United States, millions of Americans enjoy celebrating the holiday. Sophomore Alexa Christiansen says, "I'm so glad we celebrate Saint Patrick's Day in America. It's definitely one of my favorite holidays. This year is going to be a blast, I can't wait until Saint Patrick's Day, it's going to be the best



Lexi Durbin, senior, performs the Kendam Wrap in the silks.

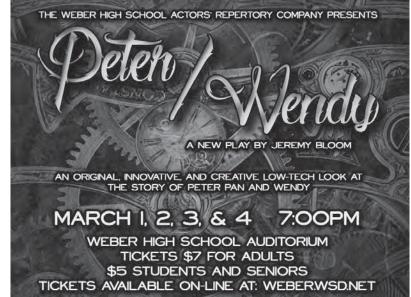


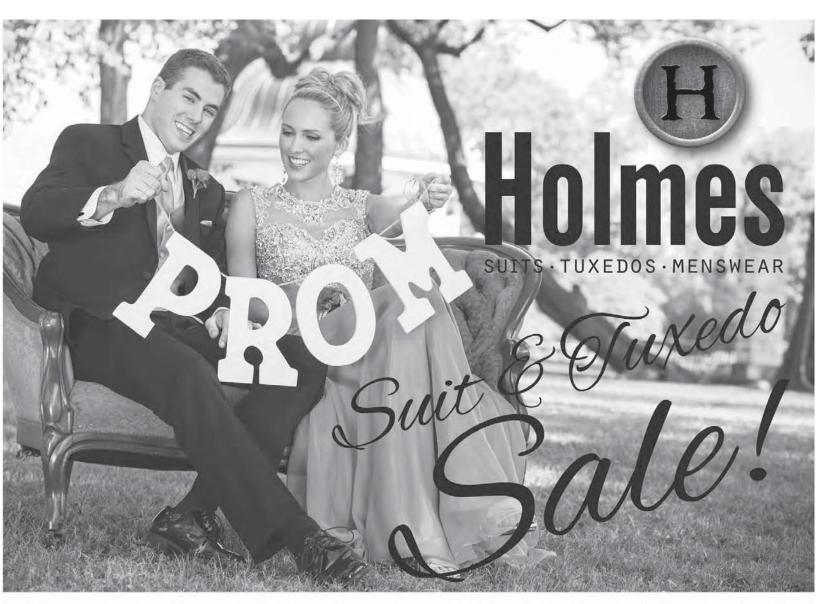
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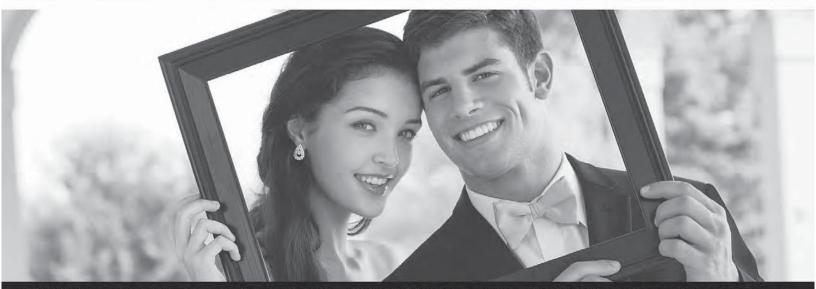
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By Sarah Calvert

2016 was the year of the unexpected: from Leonardo Dicaprio finally winning an Oscar, to celebrity power couple Brangelina breaking up to Donald Trump's shocking victory of the electoral college, the year felt like an unpredictable roller coaster. The world endured many tragedies during the year as well: suffering through several ter-rorist attacks that included Brussels, Istanbul, and Nice, However, there were also several moments that kept the faith in humanity alive. 2016 taught people, as Google so simply put it, "Love is out there. Search on."

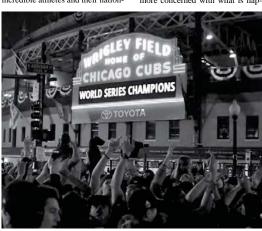
Aiding in the task of uniting a breaking world, the 2016 Rio Summer Olympics brought toworld, the 2016 Rio gether over 200 countries through incredible athletes and their nationtal of 121 medals.

One of the most memorable sports moments of 2016 was when the Chicago Cubs won the World Series. The Cubs had not won a series title in 108 years; supposedly a result of various curses that had been imposed upon the team. However, all these curses were broken when the Cubs defeated the Cleveland Indians 8-7 in the nail-biting tenth inning of game seven.

Another memorable sports event took place in February 2016 when the Denver Broncos and the Carolina Panthers went head to head in Super Bowl 50. Beyonce, Bruno Mars and Chris Martin came together for a loud and colorful halftime show. The Broncos defeated the Panthers 24-10, giving quarter-back Peyton Manning his second Super Bowl ring as his football ca-reer came to a close.

Within the past few years, the

public has become increasingly more concerned with what is hap-



al pride. Legendary swimmer, Michael Phelps, competed in his last Olympics, taking home his 23rd gold medal and setting a world record in the 4x100 meter relay. Nineteen year old newcomer, Katie Ledecky also dominated the swimming pool, taking home four gold medals. Simone Biles, a young but talented American gymnast, earned four gold medals. She said, "I am not the next Usain Bolt or Michael

Phelps. I'm the first Simone Biles. Overall, the United States came out on top, earning a whopping to

pening in social media. Like last year's Ice Bucket Challenge, this year's Mannequin Challenge was very popular. The most watched video of the year was "Chewbac-ca Mom," a video posted to Face-book by Candace Payne. The video shows the 37 year-old mother laughing hysterically as she tries on her new Chewbacca mask. It has currently tickled millions of viewers on various social platforms.

This was not the only accomplishment of the *Star Wars* universe this year: although it was released

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office records in the months following its release. Many other box office hits were released in 2016, but Disney was by far the most successful studio, especially since it now owns Marvel Studios. The top five highest selling movies of this year were Finding Dory, Captain America: Civil War. The Secret Life of Pets, The Jungle Book and Deadpool.

However, Hollywood was not the only popular outlet for enter-tainment this year; the Broadway musical *Hamilton* was also integrated into normal teenage lives. According to *Time*, *Hamilton* "became a full-blown cultural phe-nomenon." It is a "rare example of theatre penetrating deeply into mainstream culture." This musimainstream culture. This musi-cal, a combination of hip-hop and American history, was nominated for 16 Tony Awards (it won 11) and quickly became the highest selling musical in the past decade. The musical also introduced a diverse cast: many different ethnic groups were represented in the main characters and the ensemble. In fact, Jonathan Groff, who played King George, was one of the only white members of the entire cast. Lin Manuel Miranda, who not only wrote the musical but played the lead role of Alexander Hamilton, told Rolling Stone that he wanted the cast to "look the way America looks now and that doesn't exclude anyone.

While Jimmy Fallon was defi-nitely one of the most popular talk show hosts of this year, British comedian James Corden ultimately took the prize. His "Carpool Karaoke" segments were some Karaoke segiments were some of the most watched videos of the year. Each segment showed James Corden in his car, singing along-side popular artists like Adele, El-ton John, Jennifer Hudson, Stevie Wonder, and even First Lady Michelle Ol

Harry Potter fans delighted in the year's newest installments of the wizarding world, including the play, Harry Potter and the Cursed Child and the movie, Fantastic Beasts and Where to Find Them.
The movie is the first installment in a series of five movies. Although author J.K. Rowling has confirmed that there will be no books to ac-company these new films, she will

be writing all of the screenplays.

In the music world, pop music dominated the charts once again. The highest-selling songs of the year included "One Dance" by Drake (feat. WizKid and Kyla), "7 Years" by Lukas Graham, "Cheap Thrills" by Sia (feat. Sean Paul), "I Took A Pill In Ibiza" by Mike Posner and "This Is What You Came For" by Calvin Harris (feat. Rihan-

In contrast of these popular culture trends that brought the nation together, there were also events that attempted to separate it as well. Many protests were triggered over several urgent issues. Hillary Clinton and Donald Trump drove a wedge between American voters. Soon after the Republican nominee was declared president-elect, protesters surrounded Trump Tower, shutting off traffic.

Near the end of the year, hundreds fought against the Dakota Access Pipeline, which was scheduled to run through a Sioux reservation and cross through the Missouri River. Shailene Woodley, actress known for roles in *Divergent* and The Fault in Our Stars, took part in the protest and was arrested. She, along with actor Mark Ruffalo, sparked the growth of the protest across social media platforms. In fact, two of the biggest hashtags for this year were #NoDAPL and #StandWithStandingRock

Another one of the most popular hashtags was #BlackLivesMatter. These crowds protested police brutality following the deaths of African-American citizens Mario Woods and Alton Sterling.

On July 7, during one of these protests in Dallas, an armed war veteran opened fire on the crowd, killing five police officers and wounding an additional seven Shortly after, three other police of ficers were killed by a man wielding a pistol in Baton Rouge.

Sadly, these were only a few of the several shootings that took place during last year. The country also mourned as lives were lost in one of the deadliest mass shootings in U.S. history. On June 12, Omar Mateen attacked Orlando's gay nightclub, Pulse. He killed 49 people with his rifle and wounded 53

The country also bid goodbye to several talented musicians, actors and authors. Actor Alan Rickman, Olympic gold medalist, boxer and civil rights activist Muhammad Ali passed away. Kareem Abdul-Jab-bar, a six-time NBA champion and MVP, described Ali as someone whose "mind and body once shook the world.

Gene Wilder, an actor famous for his role as Willy Wonka in Charlie and the Chocolate Factory, died on Aug. 29. Actress Carrie Fisher, known by millions as Princess Leia in the Star Wars franchise, passed away on Dec. 27 at the age of 60. Her co-star, Mark Hamill, who played the role of Luke Skywalker in *Star Wars*, said in his tribute that she was "our princess... a fiercely independent and ferociously fun ny, take-charge woman who took our collective breath away." Fish-er's mother, actress Debbie Reynolds, passed away one day after her daughter. The two were buried together in the following weeks.

Although the general consensus seemed to be that 2016 was a



who played the character Snape in the Harry Potter movies, passed away on January 23. Two days after his death, rock icon David Bowie also passed away. Additionally, music legend Prince met his end on April 21 and Leonard Cohen. best known for his song, "Hallelu-jah," died on Nov. 10. Harper Lee, author of literary classic To Kill A Mockingbird, died peacefully on Feb. 19. First Lady Nancy Reagan said goodbye to her family and to the country she served for numer-ous years on March 6. On June 3,

bad year for the country, Michelle bad year for the country, Michelle Obama reminded everyone how much progress the United States has made. "I wake up every morning in a house that was built by slaves," she said. "And I watch my daughters, two beautiful, intelligent black young women, playing with their dogs on the White House lawn." At his eighth and final White House Christmas tree lighting ceremony, President Obama said, "Af ter eight years as your President, I still believe there is so much more that unites us than divides us."



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Benefits of going stag for dances

Staff Reporter

Every time a dance comes around, students make getting a date a top priority. Conversation around the school usually consists of people asking one another who they'll ask to accompany them for the night. Balloons, hand-made posters, teddy bears and bouquets of flowers with cards can all be seen being passed from one student to another as the event draws nearer. However, while some students obsess over finding someone special to take to the dance, some prefer to go without a date and go with a group of friends instead.

"Going to a dance with friends can be just as fun as going with a date, maybe even more."

there and have a good time without worrying about spending time with a specific person throughout the entire night.

Almost anybody who has attended a school dance knows it can be quite costly to do so. Buying flowers or other gifts for someone, going on a date before the dance, finding something to wear and even buying tickets to go to the dance are some of the expenses that one might need to cover. If someone were strapped for cash but still wanted to head out and have a good time, he/she could always consider going stag. This will eliminate the majority of the expenses that come with taking



Avery Hepworth enjoys going to dances, whether she goes stag or with a date. "Dances are a lot of fun, even if you don't have a date. Why worry about having somebody to go with?" she says.

This year Hepworth attended the

Halloween dance with her group of friends. She enjoyed being able to socialize and dance with sever-al people. She may not have had a date, but she says she still had a lot

Some teens feel when students decide to go to a dance without a date, they have the opportunity to get to know several people rather than just one person. Anthony Ar-royo, senior, says, "You might feel pretty lonely at first when you walk into the dance without someone by your side, but there will be other people in the crowd looking for someone to dance with."

In Arroyo's opinion, going stag can be quite beneficial. He says things like saving money and find-ing a creative way to ask someone out aren't a concern when someone decides to go stag. "You can dance with anyone else who came there alone, or perhaps with some friends who came along with you. You're not restricted to one person if you

According to Arroyo, going to dances stag can also eliminate some typical high school drama. "There's a high chance that the one you ask to Prom or whatever won't be the one you stay with for the rest of your life. We're still in high school, so most relationships aren't going to make it," he says. Hepworth agrees and adds, the heartbreak of losing a significant other isn't worth it; she'd much rather remember a dance in a pos-

itive hindsight.

Of course, there are some stu dents who insist that they attend certain dances with a date. Formal dances such as Homecoming and Prom are some examples of these. Senior Cole Huenke says he'd pre-fer to have a date for these dances because they tend to be more special events. "I probably wouldn't go to these formal dances without a date; it just doesn't seem like they'd be quite the same," says Huenke.

Arroyo disagrees; he thinks it shouldn't matter whether one has a date or not. "In the end, dances are just there for people to have a good time while they're in high school, so why not take advantag

People share Prom experiences, encourage others to go as well

Staff Reporter

High school can be full of exciting and fun experiences. There are things like football games, school plays and clubs that teens enjoy most. However, many people also add going to dances is one of the most memorable experiences in high school.

ome say Prom is the best dance of the year and is a must-do for teens. Most don't know that Prom goes back further than hearing a parent's dance story, Prom dates all the way back to the 19th century where it was known as an important event to be invited to. Slowly, younger generations have adopted this event and in the 1950s it became known as the Prom one

would experience today.

Prom has always been an important dance and depending on how things go, it can be a time one would never forget. Morgan Erickson, senior, says, "When I was younger, I always imagined I would go to Prom with the cutest boy and be crowned the queen."

Many like Erickson have imagined what Prom would be like when they finally got to high school. Ju-



Mr. Daniels, theatre teacher, poses with Julie Hadley before Prom in the spring of 1987.



English teacher Mrs. Grover and her date, Jayson Lloyd, went to their Prom in 1988

nior Geo Grillo says, "I thought it would be a fun night with really good music and everyone dancing in big groups and having lots of

With Prom just around the cor-ner, people like Erickson and Grillo will get a chance to see if it matches their expectations. Senior Lorah Child has had experiences with Prom before and encourages people to attend. She says, "Prom is always so much fun. You go with someone who you know well, like your best friend so there isn't as much pressure, and you just go to have a good time. It is definitely worth going to."

Grillo agrees and adds, "I love the dances here, especially Prom. Its fun to go in a big group with all of your close friends and just have a party." Grillo also says the best thing about going to Prom is "having the experience, making fun moments and memories with your friends and your date.' "I feel like Prom is the most

known because it's what you see in all the movies and what you hear about the most," says Erickson.
"Everyone always seems to be really happy and having a fun time when you see it in the m

Prom that make it the dance not to miss. First, there is the task of asking a date. Many brave people do what are known as "Promposals" where people come up with big and extravagant ways to ask their date to Prom. This can be a fun thing to do but not necessary; many people ask very casually like they might on any other date. Another thing that could be fun

is the Prom day date. This is a time for friends and dates to have fun be-fore the formal dance. These dates can range from having a simple picnic in the park to going ice-skat-ing. Child says, "The point of the day date is to go do something with you and your friends that will let everyone have a fun time. Prom is just a day of fun." She adds, "The dance is an extension of the fun you have had all day. You go with your friends and have a good time. There is dancing and laughing, and it's so fun to go."

Grillo says people can make Prom a memorable experience by "just having a good attitude about it and telling yourself it's going to

be great. Just have a party!"

Child agrees and says, "The best way to enjoy Prom is to be yourself, go with people you enjoy and just have fun!"









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Dance excitement starts early, asking doesn't have to be scary

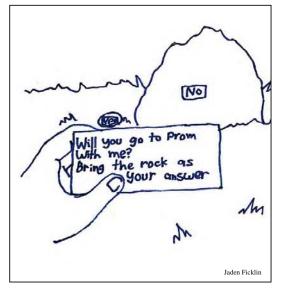
almost impossible to avoid all the creative ways people ask each other to dances. Some choose to post what they're doing on social media platforms, and others just wait and ask in front of everyone. However er, there seems to be some sort of competition to see who can ask the most creatively (and for some, the most cheesy).

Micah Coomes, senior, has used a lot of different ways to ask people to dances, whether it was for herself or helping a friend. "I helped Haylie Neeley do a thing where you take balloons filled with helium and tie really ugly pictures of the person to them. We made a big sign that said 'will you look this sign that said will you look this good at' then we put the name of the dance." Coomes also recalls a time when she set up a big sign that said "I don't wanna go solo." Then she spelled "Home solo cups.

However, Coomes hasn't used all of her good ideas yet. She says she still has one she can't wait to use. "I have a giant cut-out of Donald Trump, and I'm gonna make a sign that says, 'let's make [name of the dance] great again.' I'm really excited to use that one," Coomes

Cameron Stakebake, junior, says he is very expressive when it comes to dances. "I love to see a huge display that draws attention." One of his favorite asks was when "a friend of mine stood up on a lunch table and started singing out loud for everyone to hear. Thank goodness the girl said yes!"

Not everyone is taken with cheesy poems and elaborate schemes for dates to dances. Some people think the whole thing is just plain stupid. Connie Perry, WHS history teacher, is one of those peo-"I don't know about all that I'm from Texas: we don't do that mess," Perry says. Since her kids have lived in Utah their whole lives, Perry says of course they've



used those cheesy ways to ask peo-ple to dances, but she thinks all the ways they ask are stupid. "I just don't mess with it, and I don't get it. The whole thing's just goofy to ne," Perry says.

However, Caprice Anderson, ju-

nior, thinks elaborate is more fun if it actually relates to the person being asked. "If you make it personal and related to something important to that person, it's always more memorable," she says. For example, Anderson likes a scavenger hunt of a lot of different places

Some people don't like asking people to dances creatively because they feel they lack the creativity needed to do so. "I'm not good at coming up with good, creative ways to ask people to anything," senior Ashlee Baird says. She's thought about looking up fun things to do on the internet, but that "just feels way too cheesy" to Baird. "I lack creativity, and I don't like being put on the spot. Some people are try-ing too hard when it comes to this stuff," Baird adds.

She also says sometimes it's cute when people use big signs, but it can also be too much, "Especially

if 10 people have already used that way to ask someone. That's why I just don't mess with it," Baird says. She adds she doesn't want to be "one of those people" who couldn't come up with anything original. "Even though that's exactly what I am.

Sometimes people have a hard time deciding if they should be romantic or not when they're asking someone to go to a dance with them. Senior Caden Thomas says, "If I was romantically interested in them, then I would definitely ask them romantically." Stakebake agrees saying, "You wouldn't want to give someone the wrong idea when asking them to a dance; it just kind of throws off the whole vibe if

There is also the slight chance that the person someone wants to go to the dance with doesn't want to go, but there is a certain etiquette that comes with saying no as well. "Just go up and tell them in person, Stakebake says. "It makes it so it's not as big of a let-down when you give them your answer." Anderson agrees, "It'll make everything easi-er if you just tell them; things don't get as awkward that way either.'

Thomas says creativity also goes perfectly when it comes to saying no. "It would be okay to say no in a creative way, but only if you have time. Like if they asked really early and you already know you can't go. Don't say it creatively if there is like a week and a half until the dance. That is just not okay," he

Whether or not people use big signs and fun notes, asking people to dances can be fun for everyone. "If you don't want to try too hard then don't. As long as you have fun at the actual dance, the way you ask doesn't matter," Coomes says.

(Additional reporting by Austine

Delicious dinners delight dancers

By Siera Rose

Finding a good place to eat on Prom night can be more stressful than anything else in high school. People want to make sure they are giving their date an absolute-ly amazing night, and dinner can constitute makes or break the aveometimes make or break the eve-

ning.

Of course, the criteria for what makes a restaurant a good place for dinner on Prom night depends on the couple. Some people like really fancy (and usually expensive) places, and some people are okay with places like McDonald's. The best way to figure out which will keep you out of too much trouble for the rest of the night is to just ask your date or at least give some suggestions and see what they say. Personally, I'm okay with dinner at most places. I wouldn't exact-ly love to be dined at a fast food restaurant, but under certain circumstances. I would have no probms with changing my mind.

One restaurant I think would be

a nice place for dinner is Rovali's on 25th Street. It's a family owned place that has great Italian food and is well priced. It's not super fancy, but it's nice for a Prom date – or any date, really. It's not a huge restaurant, but it's got a lot of charm. It might not be the best place for dinner if there's a big group, but it's great for a couple or two and has a bit of a romantic atmosphere. It can get pretty busy on the weekends, though, so I would recommend calling ahead for a reservation just to be safe.

Rovali's makes for a very inexpensive date as well since the most expensive thing on the menu is \$15. They have plenty of tasty



Timbermine offers group discounts, and the atmosphere also creates an opportunity to spend alone time with a date.

pasta dishes. The fettuccine alfredo and lasagna are my favorites. The rolls are pretty good, too. Rovali's also has a good (and equally inexpensive) dessert menu if you don't fill up too much on pasta and bread. Their tiramisu is a good choice for dessert. It's not too heavy or rich, so it won't weigh you down for the rest of the night.

Graycliff Lodge is also a more relaxed spot for dinner. It's got an older feel to it, but that just makes it feel a bit cozier. Located in Og-den canyon, guests have not only a great place to dine, but also great

The dinner menu at Graycliff ranges from \$18-\$45, but the food is worth the price. This menu fea-tures chicken, steak, seafood and even lamb. The dessert menu is small, and less expensive since it counts as an extra on the dinner. Homemade pies, ice cream and cinnamon rolls are the dessert choices

Another good spot for a predance dinner is Sonora Grill. Sonoa Mexican restaurant and can be a little more expensive; the most expensive item on their menu is \$32, but it's worth the price. Sonora is a better place for bigger groups of people since there is more space The fact that it's not too fancy makes it easy to have a fun, light time with your date or friends. So-nora also tends to get busy, so reservations are, again, recommended.

The most intimidating thing

about the menu at Sonora is pro-nunciation, but the dishes I've tried

have been good. The chile verde burrito has a little bit of spice, but not so much that you can't taste the food. Chicken fajitas are also a good dish to try. The portions at Sonora are kind of big, so it might be a good idea to do dinner a little bit early just to make sure it all has time to settle before going to the crowded dance.

Another good restaurant choice is Timbermine Steakhouse. Items on the menu start at \$17 and the most expensive one is \$43. They also have a great appetizer selection as well as tasty desserts. Timbermine has a more country-like feel to it, but, it's a great restaurant. There are even banquet rooms for

large Prom groups.

Like most steakhouses, Timber mine has a fair amount of steaks and sea foods, so people who are fans of either of those shouldn't have a problem picking something for dinner. With the success of the restaurant, any choice off the menu is pretty much a home run. They also have a good and small des-sert menu, which makes it easy to choose something off of it without spending too much time doing it. Maddox in Brigham City is a

other good place for dinner. Like rmine. Maddox has a cour try feel to it, and it is a good in-be tween for people who don't want to spend everything they have on din-ner. It's a family oriented business that attracts a lot of attention, especially on the weekends. Calling ahead to make a reservation would once again, be the best course of

The menu at Maddox features a lot of meat, from steaks and bison to seafood and poultry. There are enough items on the menu that everyone could find something to please him/her. The dessert menu also has a wide variety on it. There are ice creams, pies and a pastry menu that changes daily.

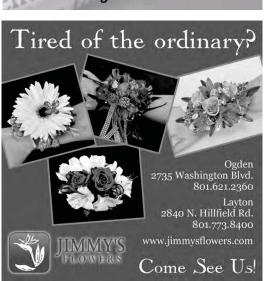
Hopefully, picking a place for dinner goes smoothly for this dance season. Of course. there are plenty more choices, but I think this listing makes for a good start. As long as everyone going likes the food and is happy with the dining suggestion, the night should work out. Just remember to keep the night fun; dates shouldn't stress so much over dinner that the rest of the night is tense and



Sonora Grill is a good restaurant for bigger groups of friends to have a fun meal before the dance. Photos by Marley Porter



Want to reach out, inform, and have an

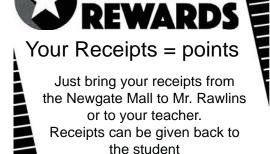












SCHOOL

Advice helps with dating behavior

often worry about making a good first impression and choosing the right activity. *Psychology Today*, an online magazine, jokes that men find the "female mind" difficult to decipher, but women can be just as confused when it comes to figuring

out the male species.

Dating isn't a math formula, though. There are not always right and wrong answers or parts of an equation that add up to create the perfect date. Weber High students have different types of dates they enjoy; whether the date be an elab-orate day full of activities or just simply being with one another.

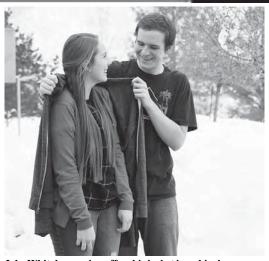
"I like it when they make me laugh and have a great time. When they're easy to have fun with, it doesn't matter what you're doing you're always going to have an amazing time."

Senior Hannah Wardell says her first date was like a dream. "We did stuff on my bucket list for my birthday," she says. "He brought me a dozen red roses, and we took pictures in a photobooth. It was raining, so we practiced our swing dancing skills. We went to dinner at an Italian restaurant," she adds. "Then we went to the park and had a picnic under the stars with chocolate covered strawberries and gelato. I can't think of anything better than that," she admits.

Madi Roylance, junior, says her

favorite date was swing dancing at Union Station. "It was super fun," she says. "We did a bunch of lifts and flips that made our dancing interesting," she adds. If she could interesting," she adds. If she could choose her dream date, it would be visiting the happiest place on Earth.
"If we lived closer and it wasn't like a 12 hour drive, I'd love to go on a date to Disneyland because who wouldn't?" she exclaims. "But since it's far away and really expensive, I'd like to just go on a hike and have a picnic."

"One of my favorite dates was with Meghan Winward," Colby Hepler, senior, says. "We played frisbee golf and went to a park in the middle of Ogden that was really cool. I enjoyed it because while we had the basic idea of the date down, we had a lot of fun with random ideas that we ended up doing," he adds. "I also think that it would be



Jake Whitakar, senior, offers his jacket in a chivalrous manner to friend and fellow senior, Annie Barker.

fun to go paint balling for a date!

I've never been paintballing in my life, but I think it would be a good

For Jenna Child, junior, dates don't necessarily have to be ex-travagant; she is content with just

"hanging out" with her date. "Once on a date, we went to the mall and

played [a game] where we just had to go find different things, like a scavenger hunt. When we were done, we bought a couple of gal-

lons of ice cream and just went back to my house and ate it while watching a movie," she says.

Students also give their advice for appropriate dating behavior. Roylance thinks "being polite" is

really only needed if the couple

isn't comfortable around one an-other. "On a first date, I expect [my

date] to do the general gentleman stuff. But if we've gone on a cou-ple dates and we're kind of getting

more serious, he doesn't need to

do any of that anymore," she says.
"He can still hold the door open.

but some of the other [polite] things

that [he] is supposed to do are no longer necessary," she adds.

However, Wardell thinks that it's

nice when boys are polite on dates.
"I think boys should open the door

for the girl, if there is time," she

says. "I also really like it when they pull out the chair for me. Chivalry is not dead!" she exclaims. Josh

Holmgren, senior, likes it when his date allows him to be chivalrous.

"It really makes a huge difference

when my date is kind and lets me be a gentleman, because it's im-portant to me that [she has] the best

time possible," he says.

When it comes to qualities he

looks for in someone he dates.

Helper likes girls who are engag-ing. "I like to date girls who talk a lot!" he exclaims. "There aren't

awkward silent moments if both of you are really talkative. I also like to date girls who make good deci-

sions," he adds. "Not because their

parents want them to, but because they want to. I know that there will

be less of a chance of something bad happening on the date if that is the case," he says.

day date for a dance.

Charlotte Secrist, junior, wants someone with similar standards. "I want to go on dates with someone who is kind and respects my values; someone I can be around without feeling uncomfortable," she says. She also adds she likes someone who is genuinely inter-ested in what she has to say. "The biggest problem is when they don't talk to you and you can tell they aren't putting effort into their con-versation with you," she says. Roylance agrees and admits something she looks for is "someone who can keep a conversation so there isn't any awkward silence. I like peo-ple who are confident enough in themselves that they can do that. It's good if they are funny and try to make me laugh too, so it doesn't

"I think boys should open the door for the girl, if there is time. I also really like it when they pull out the chair for me. Chivlary is not dead.

get awkward," she adds.

Holmgren also prefers someone who is humorous. "I like it when they make me laugh because it's always fun to laugh and have a great time," he says. "When they're easy to have fun with, it doesn't matter what you're doing- you're always going to have an amazing time." Child likes someone who can

make her comfortable and says teasing always helps her relax. "Teasing is a good way to make a girl more comfortable on a date," she says. "Tease [your date], but don't go overboard. Don't be afraid to compliment her, though. Have good manners and tell her she looks cute, even if she doesn't," she adds.

There are so many different things to do on a date, and the best way to choose something fun is to know more about the person themselves. "On dates, you can [become] friends! It makes the date more interesting, too, because you can connect with them more," says Secrist.

Popular Prom clothing trends show best fashion choices

Staff Reporter

Prom is often considered the most important dance of the year. This is the dance that includes promposals, fancy dresses, day dates and professional photos. Prom season can be very stressful to the average teenage girl or boy. First, you have to worry about either getting asked, asking someone or deciding to just go stag. After all of that is over, you have to decide on what you want to wear to the dance. Prom fashion is constantly changing and evolving into what some might say, is a more

into what some might say, is a more individual style.

Every year, there is something that is new in the Prom fashion world. In the more recent years, the style for an average Prom dress is changing from something that is longer, loose and flowy to a more skin tight, short, open backed and sometimes to a two piece crop top.

Another thing that may get noticed is that with more recent prom dresses, sequins, jewels and lace are beautiful additions that are getting more and more popular

When picking out a Prom dress, there is one thing that should al-ways be taken into consideration: if what you're wearing is comfortable. When girls are at Prom, they are in a dress that can be tight and they can't move their legs in them, or if the dress has such a large fluffy bottom that girls won't be able to comfortably sit down in a chair. Making sure that what one is wearing is comfortable is an important aspect to picking out a perfect Prom dress.

Alongside the dress, it's time to

pick out shoes. Generally heels are a good type of shoe to accompany a Prom dress. Light or dark colored sandal high heels with small jewels all over them are a good choice for any type of Prom dress. A closetoed heel with a color that corre-

sponds well with the dress is also a great option. Now if girls can't walk in heels, another good option is a simple, flat sandal look or close-toed shoes with a color that accompanies the dress. However, if you're wearing heels, it's important to make sure you can walk in them. If the heels are too high to walk in, girls aren't going to have the eas-iest time standing up straight, let alone dancing Now that the dress and shoes

are taken care of, it's time for hair, makeup and nails. The current look for long hair is generally an updo with some kind of braid or twist located somewhere in the look. Small strands of curled hair often hang down and frame the face. When it comes to short hair, loose curls with an accompanying braid or twist is a good, simple option that is sure to go with just about any look. As for makeup, a bold smokey eye with a dark or nude lip is guaranteed to go with any look. Girls who have their nails done and get acrylic nails is common preparations for girls to do around prom time. A simple solid color that goes well with the

dress is a good idea, or a simple French tip is a good option that re-

ally does go with any overall look.

Now that girls are ready for Prom, next it's time to get the boys ready. For boys, a nice simple black tuxedo is always a good option for Prom. However, boys can also try plaids and checks for a fun style. Something that has always been popular for a boy's Prom look is a tie that matches their dates dress. Sometimes even a bow tie will be worn, which is a really nice look with a tuxedo as well.

Brown or black dress shoes are common for Prom and go really well with any tuxedo. Nice shoes make the look; however, some boys like the Converse look, too.

When it comes to hair, popular

male styles have nicely groomed hair and the slicked back look seems to be a popular look for

While the boy's Prom prepara tions may appear easier than girls, after both are ready for the night the most important thing is to be comfortable and to have a great







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Team sets goals to succeed, work hard

By Sarah Calvert

As the snow started to fall in November, signaling the beginning of cold, winter nights, athletes geared up for one of the most popular winter sports: basketball. With a new coach and a team full of eager play-ers, the boys' basketball team has proven themselves on the court in multiple games since the season started. Although they had a rough beginning, losing their first few games against Syracuse and Layton, the team has ultimately come together and continued to improve

together and continued to improve.

Among their wins was the game
against the Bonneville Lakers on
Dec. 14. Gage Johnson, senior,
scored 24 points. Senior Connor
Shaw added 16 points to the score
and junior Hunter Howe scored 10.
The final score was 62-51.
The team also played a great

The team also played a great game against the Box Elder Bees on Dec. 20. They had a 16 point lead going into the second quarter. Howe scored a whopping 30 points, leading the team to an 83-69 win.

Additionally, the boys narrowly defeated Northridge on Jan. 6 with a final score of 51-49. Shaw, Howe, and junior Austin Bartholomew

each scored 14 points.
On Jan. 13, both Shaw and Kobe
Furqueron, junior, scored 10 points
to beat the Royals 47-43.



Austin Bartholomew, junior, takes the ball back from a Syra-

Following this win, on Jan. 20, the Warriors defeated Mountain Crest 64-49. Shaw had 21 points and Bartholomew and Howe both scored 13.

Even with the Warriors triumphs, there were also a few defeats. A majority of the team's losses were closely fought. The boys lost against Woods Cross on Dec. 13 in an incredibly well-matched game; although they took the lead late in the fourth quarter, they lost 61-56. On Jan. 18, the team lost against Fremont, who remain undefeated in their region. Although the game was tied 70-70 with four minutes left in the last quarter, the Silver-wolves pulled ahead in the final moments and won 81-80. Shaw scored 18 points and Furqueron scored 12.

The team is led this year by new head coach Ryan Jones, who was also formerly the head basketball coach at North Ogden Junior High. Jones has enjoyed working with the team and is looking forward to "seeing [the players] live up to their potential. Our boys have some goals they are trying to achieve, and we (the coaches) are just trying to help them get to those goals," he explains. One of these goals is to have more grit. "I'd like to see us be a little tougher," he admits.

Sophomore player Ryken Nye thinks one of the team's strengths is the way they work together. "We are a very good transition team; we have good chemistry," he says. Jones says this is one of the things the team is constantly working on. their potential. Our boys have some

One of the things we've really focused on is team chemistry and working together; we preach it," he

working together; we preach it," he says. Working with a team is one of Nye's favorite parts of basketball.
"It's great to play with a team like the one we have," he says.

Jones agrees, saying he has enjoyed coaching the boys' team this year. "Our team really gives me energy and motivates me and I just enjoy being around them," he says. "That's what I love [about basketball], the competition, the camaraderie, the family feeling that you have with the guys, and the friendships that you make along the way," have with the guys, and the friend-ships that you make along the way," he adds. He believes this feeling of unification among the teammates is a crucial element of the sport. "I think it's important when you're sharing the ball that you're each other's biggest fans and that you support one another. I think there's a big difference in a team

that plays together and that plays for each other versus a team that just plays for themselves," he says. Jones also thinks each player on

the team has improved since the season began. "I think different season began. "I think different guys have really stepped up. At the first of year, Connor [Shaw] was our only returning starter that had much varsity time, so we weren't quite sure how the other guys would fit into the roles or how they were going to go together, but they've really stepped up to the challenge," he says. "We can shoot the ball, and that's a nice skill to have as a team. We can have five guys on the court

We can have five guys on the court at any given time that can make their shots," he adds.

As the team continues its season, Nye says he is excited for the team's upcoming games. "I am looking forward to the competition. We have some good teams in our region, so it will be challenging but fun," he adds.

New coach helps boys overcome challenges

Staff Reporter

Winter sports have replaced fall favorites and Warriors are enjoying the new set of athletic games. Part of this excitement is welcoming the new coach of the boys' basketball

Replacing former coach Mark Larsen is Ryan Jones. Jones was recently hired to be the new head coach after spending time as an as-sistant coach at Weber in the mid 1990's and spending the last four years coaching boys basketball at North Ogden Junior High. "I am really excited and grateful to be the new coach. It's an amazing oppor-

new coach. It's an amazing oppor-tunity," Jones said.

Jones started coaching early in his life. "I've always loved sports and started coaching when I was young. I love the competition and camaraderie that goes with coach-ing."

graduated from Weber High School in 1991 and also participated in sports during high school. He played quarterback for the football team, point guard for the basketball team and catcher

the basketball team and catcher/ centerfield for the baseball team. Part of being a coach is choosing players who will be good for the team. "I'm kind of a hard-nosed guy, so I think I gravitate to those hard-nosed, gritty kind of players," Jones said.

Jones said.

As he has worked with the team,
Jones said, "They have been great. We have dropped a couple of games, but we have played some really good teams. We are just fo-



Coach Jones works with Holden Schenck, sophomore, and Aus tin Tolmen, senior, during practice. Photo by Derrick Gaedcke

cusing on growing and getting better with each game."

The team practices everyday including Saturdays for two hours at a time. "We try to keep the practices very organized, competitive and with a lot of energy," Jones said. He feels motivation and commitment are a key part to the team's success. "Guys at this level are pretty self-motivated. They are highly competitive. I am fairly certain that most of our guys would run through a wall if they had to, and some times that is what it takes; at

ne times that is what it takes: at least the willingness to," he added.

Jones also likes how the team

is uniting and working as a team. "Our guys understand the importance of playing together. They are young and lack experience, but the chemistry is developing and getting better," he said.

Each player has a specific role, and Jones feels working together is essential to accomplishing their goals. "Everyone should be a star goals. Everyone should be a stain their own role. Whatever you bring, be the best at it," he added.

Jones also said the lack of experience is the hardest thing for the

team to overcome, "The only way to get experience is to put yourself out there, stay resilient, and keep moving forward.'

Communication is something Coach Jones believes will fix the struggles the team faces. "We all have to be on the same page. I don't believe in dog houses. My guys have a clean slate every day

guys have a clean slate every day. We just have to talk."

Jones and his players have set goals they would like to accomplish this season. "My goal is to help the guys reach their fullest potential; individually as well as a team. Their goal is winning region, so let's ou! so let's go!

Being a head coach is a com-mitment that requires sacrifice and takes time out of Jones' personal life. The hardest thing for him is not being able to see his kids as often as he would like. "It's a lot of time. Only seeing my daughter for brief moments at a time is difficult," he said. However, in the end he feels it is worth it, "I am just very thankful that I have such a great group of guys that makes it all worth it," said Jones.

Winter creates workout difficulties

By **Raquelle Healey** Feature Editor

During the cold months, many are forced to take a break from workouts and practices or these activities have to be moved indoor

Warriors have found they can still work out, even in the cold.

Junior Tanner Opheikens, a snowboarder says, "Working out in general doesn't have to be hard. u can make it fun whether it's summer or winter. Winter allows for a lot of opportunities to work out. For example, snowboarding or skiing, seasoned boarders and skiers will tell you it's not exactly easy, but it's super fun. You can even do indoor work if that suits you better, go to a gym! You just gotta have fun with it. Make it interesting."

teresting."

Naomi Elmer, junior and lacrosse player, stays fit during the

cold months by snowshoeing, doing yoga or indoor lacrosse prac-tice. Elmer says, "Snowshoeing is perfect with fresh snow." Many teens like to go to gyms

Cowen, junior and baseball player, and Clarissa Peña, softball player and junior, stay in shape by running and then lifting in the conditioning rooms. They can work on their arms, legs and core. Cowen always involves his core because he says, "Those are the muscles you have to

Senior Seth Rosier, a wrestler, power lifter and sprinter, agrees saying, "During winter there is less daylight and it makes people depressed. Exercise increases endor phins and gives a sense of accom Plishment."

While it's often hard to set the

While it's often hard to set the time apart for a workout, junior Tyler Brady, a swimmer, advises people to get a group together when working out. "They'll push you to get moving. It's hard to work up self-motivation sometimes, but when you have friends there working out with you, you're able to push each other to work harder." Rosier agrees and adds, "You have to have the right mind set. You aren't going to progress if you don't do anything." However, often people judge themselves through the world's eyes. Rosier says, "Avoid looking at other people and thinking, 'wow, I wish I was them.' This is poisonous. You can only judge yourself

ous. You can only judge yourself against yourself. How you used to be versus what you are now. If you don't like it, do something to change it. It is unfair to look in the mirror and be upset about what you see and not do anything about

unique designs

it. You should use that feeling and discomfort to get up and do some-

thing."
"One of the best ways I stay in the indoors," shape is avoiding the indoors," adds senior Tim Eatchel. "Go adds senior IIII Eatchel. Go outside and do something active instead of staying inside playing video games. During the winter, for me personally, I like to go on runs.

me personally, I like to go on runs. It's good for training because the air is thinner, and it's cold which helps with endurance."

Most people have electronic devices that may be distracting when it comes to a workout. Rosier says, "Try not using your phone for 30 minutes and do a workout. See how you feel affer I guarantee See how you feel after. I guarantee that it will make you happier and more motivated to be better. Doing a little bit of exercise daily will help with being happy and increase

"Try something new, and don't be lazy," adds Brady. "When you're at home and have nothing to do, get down and do a couple of push-ups and sit-ups. Avoid eating too much crap food; eat anything that will help you improve."

Rosier also recommends certain workouts during the winter months.

"One easy work out that is fast and works all muscles of the body is works all muscles or the body is doing body weight squats, push-ups and sit-ups. Do as many as you can in one minute and then rotate. Rotate through the squats, push-ups and sit-ups, so you do them all three times. Make sure you stretch after. Stretch your quads and tri-ceps. If you haven't worked out for a long time, this is going to make you sore, but you will be better because of it."

(Additional reporting by Kaitlyn Kendall)



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Saving the ball in mid-air is sophomore Braden Iverson. Even though the team fought hard, Syracuse took the win.





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WARRIOR NEWS

Rising above: Wrestlers use skill, dedication to succeed

By Raquelle Healey Feature Editor

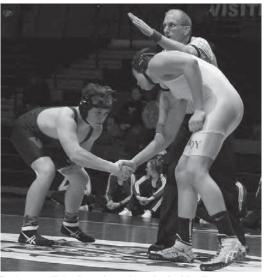
"Hard work and dedication," said senior Seth Rosier. "Wrestling isn't a sport that you can be lazy with. You have to constantly push yourself. You help each other improve and become better players. Not only physically, but mentally, tro."

too."

Warriors understand the dedication that is needed to excel on the mat. No matter the difficulties, these athletes enjoy their sport. In his first year, sophomore Rye Phoe-

nix says he's loving it. "The reason I started wrestling was because it sounded like a lot of fun! But it was soon after that I realized how much work you have to put into it. You can't just go to practices and goof off. My favorite thing about wrestling is the tournaments and you don't attend and work at practices."

Agreeing with Phoenix, junior Kadun Budge added that his wrestling schedule includes, "two hour practices every weekday, duals on Thursdays and tournaments on Fridays and Saturdays. If you don't call that working hard, then I don't know what is. I've played base-



Sophomore Tyler Long is ready to dual with a Roy competitor. Photo By Derrick Gaedcke

ball, soccer and a bit of football and none of them are even close to how hard wrestling has been for me. Wrestling was something I had always wanted to do, but it wasn't until I started to I realize how difficult wrestling is."

"Wrestling isn't a sport that you can be lazy with. You have to constantly push yourself."

The boys are determined to be successful, and they are currently ninth in state. "It's crazy to see how much we've improved from the beginning of the year until now," said Phoenix. "In my opinion, ninth in state is pretty dang awesome. I can't wait to see where we'll go from here."

Senior Sebastian Brynda added,

Senior Sebastian Brynda added, "We're doing alright; there's still a lot of room to improve, though. We got a bunch of new guys this year, so we're learning as we're going. But they've all really pushed themselves, we've improved quite a bit."

Coach Hardy is also pleased with the team's progress. "They all do the best they can, with 110 percent effort, and that's all I can ask from them," said Coach Hardy. "But they are more than just my wrestlers. Not only do we focus on becoming a better player but better students as well."

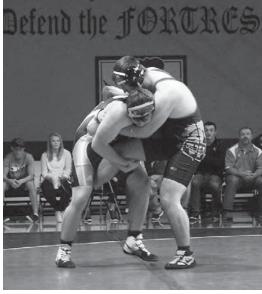
Hardy has enjoyed his involvement in wrestling. "My dad introduced me to wrestling. He was an all-state champion. I've grown up playing and learning all about it, so wrestling means a lot to me. We push the boys hard; it's a grind every day. You need to be tough not just physically but mentally, too."

However, many students are not familiar with the sport and wonder what the purpose and rules are to wrestling. Senior Jaden Burnett said, "People often tend to over complicate wrestling, but it's simple really. Your goal is to win and there's a bunch of different ways to accomplish that: by getting the other guy down or scoring more points. You score more points by takedowns, escapes, reversals or near falls. The reason points matter so much is because officials add up all of your points a a team and compare it to the other school."

Another topic that is often confused with is the singlets that wrestlers wear. "In other sports you have jerseys or uniforms, we have singlets," said Budge. "They are skin-tight one pieces made so your opponents don't have any clothing to grab onto. It may be awkward at times, but in all it's worth it."

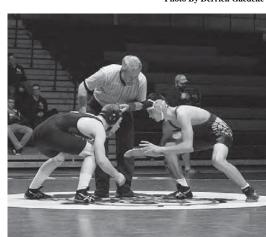
As the team finishes the season, they are striving to improve skills and prepare themselves for the next year. "It's so crucial that you work together to help everyone improve. If you don't put your all into it, then you let your whole team down," said Burnett. "It is a very difficult sport; definitely not for weak and lazy people. You need to be determined. In all you just have to be willing to put yourself out there."

"We're a pretty close team," added Burnett. "I'm glad I joined this year, I've learned and improved a bunch this year, and that's the main goal overall. To be better than how you started."



Getting the upper leg in his match is junior Cameron Peterson.

Photo By Derrick Gaedcke



Sophomore Zachary Durbano prepares to take out his opponent.

Photo By Emily Suisse

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Winter brings activities, memories fight boredom

Cold weather brings snow, which is great news for skiers and snow boarders. But what about those athletes who don't have practice for months? What about all the fun activities people can't enjoy be-cause of the snow? The most popular snow sports, skiing and snow-boarding, are not for everyone; they're expensive, time-consu and come with a high risk of injury. What is left for those casual enjoyment-seekers to do when the ground is covered in snow and the

cold wind blows?

Junior Carly Beckstrand has a good reason not to ski; when she went night skiing with her friends, she forgot to bring her snow pants. "I had to buy snow pants there," she said. "And then I lost my phone, and I dropped my tray of food," she

In the winter, sophomore Tessa Shelton enjoys staying indoors. "I love sleeping next to the fire and cuddling with my cat," she said.

Junior Charlotte Forsburg said.

"I snuggle up in warm blankets and watch movies while drinking hot chocolate. It makes me happy."

This winter, junior Maddi Mark-

er stayed inside and learned how to crochet, bake bread and had fun coloring in one of those grown-up coloring books. "I love doing things that keep me busy in the cold months," she said.

Sophomore Mae Sattelmair loves to go to the library in the winter be-

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cause "it's so warm and cozy inside and is a perfect place to curl up and read a good book."

"Winter is the best time; you can sleep, have snowball fights, and go sledding and ice skating and tons of other things," said Gage Slocum, senior. "Some good places to go are to local parks and places like that

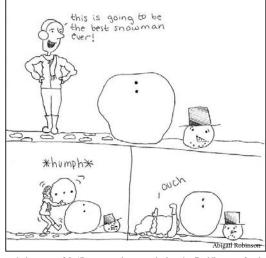
for sledding and just hanging out."
Shelton added, "A good park to go to is Barker Park. They have big hills and they are so fun to go sledding off of."

One of my favorite memories of winter was when my entire extend-ed family came up to the Valley and brought snowmobiles and giant tire tubes," said Marker. "My uncles would take us to the top of the hill and let us slide all the way back down. It was a long time ago, but I remember that me and my cousins kept going off the edge and getting stuck. Then we went back to the cars and had hot chocolate. It was the perfect sledding day!" Junior Annie Workman also re-

members her favorite winter mo-ment. "When I was little, it was my favorite thing in the world to tie the sled to my dog and have him pull us around," she said. Senior Carrie Goddard also has

fun memories of sledding. She and some friends bundled up and went night sledding "at the top of the divide in the pitch black." Then they went to go get hot chocolate at 7-11 around 1 a.m.

Since the route from Goddard's house to the school is mostly down-hill, when there was fresh snow on the roads, she also sledded to



entirely successful. "I was mostly pulling Chris [her brother] on that one," she said.

Hannah Johnson, junior, also has ding. "We got a lot of snow and our driveway is on a little bit of a slant: it was all icy, so we got on a sled on the top and went down," she said.

Building snowmen is another popular snow activity. Junior Allie Wilson once made a snowman and a pet dog to keep it company.
"It started a trend in the neighborhood," she added.

Senior Abby Leake said, "One very snowy winter, when I was 10, my dad and I were very bored. We felt our neighborhood needed some snowman diversity because they all looked the same. So we spent more than two hours building a Buddha replica out of snow. It was the biggest snowman I think our neighborhood had ever seen, being more than four feet tall. Of course

we had to give Buddha a scarf and a beanie so he didn't get so cold. Because he was so big we got to enjoy him for quite some time. Since then I have never been able to make a snowman as cool as our Buddha.

An indoor activity people can do and still enjoy a little of winter's cold is ice skating. However, junior Caprice Anderson found the activity a little embarrassing. Anderson wanted to introduce herself to a boy at the skating rink, so she planned to skate up to him and gently bump him to get his attention. The bump ended up being less gentle than ex pected, though, and it ended with her sprawled on the ice. "We didn't talk at all! I just got up and skated away, and we kept making awkward eye contact,' she said.

If one feels Jack Frost is overstaying his welcome this winter, people can take inspiration from these students' experiences of win-

Runners find success

Cross Country takes on Footlocker

By **Derrick Gaedcke** *Photo Editor*

Cross-country is one of those sports that many people can't un-derstand unless they know some-one who does it. Same goes for Footlocker Western Regional which is a race that takes place in Walnut, California. This race determines who is the fastest high school students in the nation. There are individual races for both grade and gender. If a runner thinks he or she is the fastest of the fast, then they can go into the seeded race.

Footlocker isn't just about a race, though. For Weber High athletes, they will tell you, "It's more fun just going and having a great time at the beach," said senior McKenna

The Warriors arrived to the race by bus. "We had a lot of fun and made a lot of lasting memories and bonds. There was a lot of crazy sleeping positions on the bus, and it took a lot of luck to be able to get a good night's sleep," said senior

a good night's sleep," said senior Brayden Youngberg. Once they arrived to Walnut, they had breakfast at Denny's "be-cause it's the only thing open," said Butler. Then they ran the course and after they did that, they were off to the beach "which is definitely one of the highlights," said Youngberg. Once the athletes played in the waves, they check into the hotel and prepared for race day.

and prepared for race day.

The race was 3.1 miles on a difficult course. "But it's my favorite course of the year. It is a fast race with a lot of great competition," said Youngberg. "This year from Weber High, we had three in the seeded race: Talon Hull, Brayden Youngberg, and Addison Hedge. Youngberg and Addison Hedges. They did extremely well with Talon qualifying for nationals and winning," he added.

Footlocker is a regional qualify-ing race for Footlocker Nationals. "I raced in the seeded race which is the one where you compete for one of the coveted 10 national spots," added Youngberg. This race took place in Walnut on the Mt. San Antonio College cross-country course. Hull has been running in this race

since he was a freshman

"All of the 13 western states competed, and only the top 10 individual's moved on to the national meet, I ran in the seeded race," Hull said. The regional qualifying course was "very challenging," added Hull. It had multiple large hills that slowed down the race. "My best time on that course is 15:28. All I was worried about was qualifying for the national meet," said Hull When Hull came in for the finish. he was in second with 300 meters left to go. "All I was thinking on that last 300 meters was 'wow, my legs hurt," said Hull. "Talon has improved a lot this

season and it showed this season

"This year from Weber High we had three in the seeded race: Talon Hull, Brayden Youngberg and Addison Hedges. They did extremely well with Talon qualifying for nationals and winning."

when he made it to Footlocker Nationals and went from somewhere in the teens to finishing 4th," added Cross Country Coach Ortega "Talon has also become nationally known for his kick because it's one

of the things he's great at."

After the race, "We basically pigged out and ate whatever we anted because it was the last race for a while, so that's a ton of fun,' said Youngberg.

Weber then got back on the bus and made their way home, "We usually stop in Vegas; this year we went to Mesquite which is just past Vegas," said Butler.
Once the athletes arrived in Mes

quite, they rushed to shower and then dressed to find food. "The night after the race, a lot of us don't like to sleep because of the hype so we stayed up all night partying and flirting with women from oth-er schools," said Youngberg. This year some of the team went bowling. The next morning they woke up bright and early and headed home. "We had a long drive home the next day and most of us just slept," added Youngberg.

Proper self defense techiques protect against unsafe times

By Lorah Child

There are many different ways people can use to defend them-selves: kickboxing, karate, Jiu-Jitsu, Aikido and those are just a few While there are techniques to keep people safe, martial arts, if not used properly, could give people the power to hurt others.

Mr. Hardy, WHS wrestling coach and psychology teacher, said reason people should learn self-defense is "so that if they are ever threatened or feel threatened or actually attacked, they have the opportunity and the ability to defend themselves. Whether you know how to disable the person who's hurting you or just give you enough time to get away," said Hardy.

School resource officer Done agrees and added defense is important "when your life is in fear and jeopardy and the life of others, neaning family members, friends." Self-defense is a tool but just like

any weapon, Officer Done said it can be used in the wrong way and not for the reasons it was intend-ed for. "It is wrong to use defense

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are being a bully or just trying to in-timidate somebody, that's not true self-defense; it's just you being a bully," says Officer Done. Officer Done added if a person is

able to resolve the situation without violence and "try to walk away" then self-defense is not necessary.

"If you are being a bully or just trying to intimidate somebody, that's not true self-defense; it's just being a bully."

He also said, "Sometime it is hard for people to know if they are faced with a threatening time in their life, either to themselves or to the people around them."

According to the FindLaw web site, when using self-defense, a person can only employ as much force as required to remove the threat. It reports an example of somebody who used more defense than what was needed, and the result was fatal. The claim of self-defense will

loes

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fail. For these reasons, some peo-ple don't like to learn martial arts. "There's a lot of people who don't really want to learn due to the li-ability: the lawsuits," said Officer Done, "but when I come after you,

and you put me in a choke hold or and you put me in a choke hold or arm lock, good on you."

Many self-defense skills can be acquired through proper teaching and self-motivation. An article published on the website List-

verse talked about many of these art forms. According to the site, kickboxing focuses on fast-paced and distracting kicks and punches. When an attacker may have a knife or a gun, using hands, feet, knees, elbows and even one's head can be used in proper kickboxing tech-

Listverse also reports karate is one form of martial arts most are familiar with. People learn the ways of attack deflection or blocking and where soft parts are on the body and which are best for blocking and striking.

Aikido deals mostly with the fact that when an attacker strikes some part of his defense is left vulnerable. The site tells how people don't resist an attack; they use their momentum against the attacker.

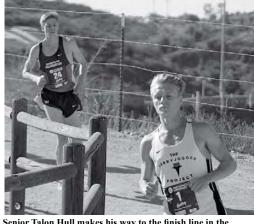
When using this self-defense, peo-ple could grab the attacker's wrist and flip the person around all while throwing a punch.

Jiu-Jitsu is the most universal style of martial arts. Listverse said

it involves basically anything from hard striking, biting, choke holds and being aware of the attacker's center of gravity. One move that can be used when someone is do-ing a round house kick is a sidestep; trap the leg and kick into their standing knee causing them to go

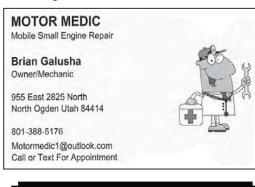
Officer Done said people using these martial arts can't go wrong with any of these techniques for self-defense, but he recommended "Jiu-Jitsu because it's a little more hands." Mr. Hardy also chose Jiu-Jitsu because "you don't have to be bigger than your opponent to beat them."

Those interested in martial art sports, or who want to use skills in self-defense places in the area that teach classes. "There are mixed martial art (MMA) gyms. Foley's gym is one and Westside Academy. all located in the Ogden area," said Hardy. He also added, "They can always come to me and learn how to wrestle."

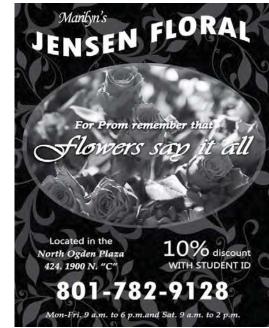


Senior Talon Hull makes his way to the finish line in the











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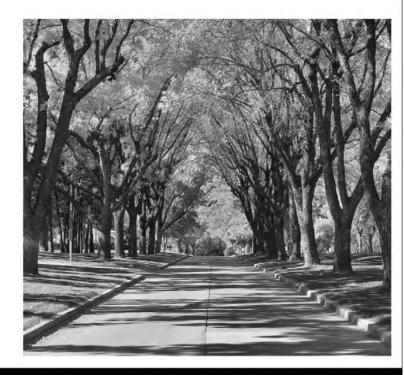


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