



WARRIOR NEWS

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The Final Countdown



Seniors stay on track with goals

Finishing high school, planning for college, Warriors prepare for future

By Jaden Pratt
Editor in Chief

It's that time of year again where seniors are getting ready for graduation and seeking to plan out their futures. Counselors and other staff members are working hard to help seniors reach their goals for this school year and the years to come.

Cameron Burger, senior, says, "All I've really done so far is get my [ACT] test scores up so that way I can go where I want. I'm just trying to keep my grades up above a certain level, so I also have a high enough GPA to go places and I'm taking classes to prepare myself for my major." Kennedy Cassidy, senior, adds she is going to Weber State by taking Concurrent Enrollment classes to get a head start on her future.

Colleges look at student's transcripts and Burger says senior year matters and is not a time to slack off. "Just because it's your senior year, don't just take the amount of classes you need to fill out credits," he says. "Take more than that because colleges are looking at your transcripts and they look at your senior year and it's like 'oh, they took their core classes and then everything else is parent release.' They do look at that. You're not going to get as many offers if your last year of school you just slack off and don't take classes. So they gotta see that you're constantly working towards something."

Many seniors have found they can prepare themselves for college with the classes they choose in high school. Mr. Short, Weber High vice principal, says, "I think if you're planning on going to college, especially like a four year school, you need to take challenging classes in high school. Take more of the

honors track, maybe Concurrent Enrollment and AP, to get some college credit. While you're still in high school, the more you challenge yourself, the better prepared you're going to be; probably score even higher on the ACT."

Short adds students who plan on going to college should not be afraid to challenge themselves in high school. This way they can be better prepared when they get to college.

"Maybe not get so wrapped up in getting the 'A' necessarily but maybe take the harder class where you might get a 'B' or a 'B+,' yet it prepares you to be more successful when you do get to college because you've taken those challenging classes," Short says. "It'll give you a better chance to score higher on the ACT. It's been shown if you take the tougher classes in high school, you score higher on the ACT than if you don't."

As seniors count down the final months of their high school education, Mrs. Butler, WHS counselor, says there are a few things students must do to prepare for graduation. "First off, they need to make sure that they are on track for graduation, which if they aren't, typically we will call them in and talk to them. Two, they need to make sure they're doing their makeup and staying on track with their attendance. After that it's just making sure that you get your cap and gown and all that fun stuff," says Butler.

Another checklist item is attendance. Making up attendance credit is important to students who have lost credit. Mrs. Knight, attendance secretary, says, "Students need to make sure their attendance credit is at a .75. They can't be any higher than a .75. If it is higher than that, they need to make sure they get in here before May 1 and make up that



Senior McKayla McMann looks over various university brochures as she makes her future plans.

Photo by Emma Reynolds

attendance. For every .25, students have 10 hours they have to make up and pay \$15. So that's the biggest thing they need to make sure is that their attendance is made up by May 1." She adds students will not be able to graduate and walk with their class if their attendance credit is not made up.

The school has different activities students can do to make up their attendance credit hours. "They can come here and work at the school. Everything here is two for one hour. This includes working with the janitors, helping Coach Pete and I have a list of other places that students can go and work those hours off. Hours out in the community are one for one. Hours here in the school are two for one. Students can come get a list and make a contract to start their hours, and then they can start their hours," says Knight.

Several post high schools goals to better seniors futures have already been reached. Butler says, "We finished up with College Ap-

plication Week. Most of our seniors have applied for college by Dec. 1, so from here until the end of the school year they need to make their decision on what school they want to go to." She says this decision can be based off of the scholarships they may have received or off of the actual campus of the school.

With all the stress that comes from applications and meeting graduation requirements, seniors may be struggling with the weight of it all. "Well, you know senioritis is a thing, right? A lot of seniors don't want to be here anymore," says Butler. "They're kind of done with school, right? It's a little different for every single student. You can do a lot of different things as a senior like internships or work release or ATC which kind of helps alleviate some of that senioritis. Just being able to take things like one chunk at a time, so seniors only

Seniors
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Preparation needed for winter driving difficulties

By Kathleen Mejia
Assistant to the Chief

When driving down the slick streets of Utah during the winter, everyone has seen an accident. Curiosity gets the best of them, and they stick their heads out the window just to get a glimpse of the unfortunate driver and their car. One can only feel grateful that time it wasn't his/her car that got wrecked. Preparing for unexpected situations while driving during winter, however, can change the outcome of a probable car crash.

"The two hardest things about driving in winter are traction and vision. The days are much shorter and many times overcast. Many students drive to school in the dark and home from work in the same conditions," says Driver's Ed teacher Trevor Ward who has been driving for over 16 years. "Typical first-year drivers lack the experience to handle certain situations. Pulling out of a skid or knowing how to prepare for slick roads in winter is something all completely new. Not that an experienced driver is significantly better on slick roads, but based on previous situations they better know how to react or prepare before it happens," he adds.

When driving on slick and icy roads Ward says, "Look where you want to go! Rather than looking what you might hit. Your body will make all the correct adjustments to what should be done to the car to pull out of a skid. Plan on stopping before the line. Give yourself a few extra feet anytime you are planning to stop in the case you slide."

AAA Insurance also has advice when the car goes into a skid, "Effective skid-control maneuvers — and a calm approach — will help you regain control. If the rear wheels lose traction, resulting in an oversteering situation, use these steps to regain control: 1. Continue to look at your path of travel down the road. 2. Steer in the direction you want the front of the vehicle to go. 3. Avoid slamming on the brakes. Although hitting the brakes

is a typical response, slamming the brakes will only further upset the vehicle's balance and make it harder to regain control. 4. When the rear wheels stop skidding, continue to steer to avoid a rear-wheel skid in the opposite direction."

Most teens in high school have been driving for no more than three years and still have a lot to learn about driving. "I have gotten in an accident because of the winter roads," says junior Elizabeth Evans. "Although it was my fault, it would have been easier to avoid the accident if the roads had not been slick. I've driven for about three winters, and you gain experience over time but it doesn't necessarily mean it gets easier or harder," says Evans.

A lot of students live far away from school or have problems getting to school in the winter. For the most part, hills seems to be a big challenge for many. "I have to go up this very big hill to get to school," says Evans. She says she has to alter her route when the weather gets bad. "What I do is take a different road that is flat, and I switch my gears and try to pass the snow or ice at an angle," she says.

Sophomore Zoe Tenney, who got her license last November, says she was in the car when her family got in an accident because of the difficult weather. "We came to a point where the person in front of us could not make it up the hill, and we started twisting and ran into the person behind us," she says.

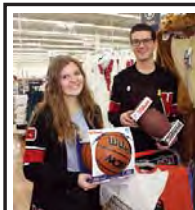
"For me it is scary driving in the snow because I am always worried what the car behind me is doing," says Tenney. "Because you know that you have time to stop but the person behind you might not, they can end up hitting you," she says. "Know the distance between you and the person in front of you and realize how long it takes to stop. This is helpful if you ever hit black ice and also be alert to your surroundings," she says.

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Winter often causes drivers stress as slick roads and weather conditions cause problems when driving.

Photo by Ellie Mae Kerr



Warriors assist in Christmas happiness
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Boys heat up the court as region games advance - Page 13



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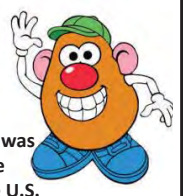
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What's
This?

Mr. Potato Head was the first toy to be advertised in the U.S.



Mrs. James speaks life, influences people

By Jaden Pratt
Editor in Chief

Some teachers stand out for their wit and some stand out for their strict guidelines or rules. Mrs. Jamie James, yoga and health science teacher, is known for her positivity and kindness towards others.

James tries to impress her students in a positive way. Anna Shepherd, senior, says, “To me what stands out [about James] is how much she cares for her students and cares about how they’re doing and how she always says hi to you by name in the halls and everything like that.”

Leslie Price, senior, adds, “She looks forward to seeing us. Like most teachers when you say hi to them in the hallways and stuff are like ‘Oh okay hi, whatever,’ but she’s like ‘Oh my gosh hi. How are you doing?’ She’s so nice and so down to earth.”

Teachers have the ability to influence their students with everything they do and say. James wishes to influence her students with positivity.

“I thought it was so cool how she encouraged us but she didn’t have a clue who we were. It was just awesome.”

ity. Shepherd says, “She influences me to try and be nicer to people and just try to be a better person like her. She’s awesome. She’s my favorite teacher.”

Madi Purin, junior, adds, “She’s just super in-tune with how she influences other people and energy. I’m in her yoga class, so we talk about this a lot. She just wants everything to be flowy and natural between people and if there is negative energy, she wants to address it and make it into a learning experience that is positive. One day she was having a hard day because all the students were being negative, and she called them out like any teacher would. She made improvements on how the class ran and just smooth sailing from there.”

James leads her students to have a positive mindset to accomplish goals. Senior Braxton Frazier says, “Jamie has pushed me into things I thought I would never be able to do. When it comes to yoga, she pushed me to do crow. It took me about three months to do it, but I did it.” Purin adds, “She wants you to succeed. She just tries to make the path as clear as possible”

Students who have not had James still recognize her for her positivity.



Mrs. James encourages a student while doing the yoga crow pose.

ity and kindness. Ashtyn Parmley, senior, says, “I’ve never had Jamie James as a teacher but I’ve had conditioning the same time she’s been teaching so she’ll walk past us. I remember one time she was like, ‘So what class are you guys coming from? I didn’t see you in yoga.’ And we’re like ‘oh we had conditioning and weightlifting and everything.’ She’s like ‘Oh that’s so cool. I’m so glad to see more girls getting into that kind of stuff.’ I thought it was so cool how she encouraged us but she didn’t have a clue who we were. It was just awesome.” The positive mindset James has comes from negative experiences. James says, “I think there’s so much hatred in the world and I have been bullied before and I don’t want anybody to feel the way I felt when I was bullied as a little kid. I think there’s so many other bad things that are happening, and I think it’s important that everybody knows that they are important. Life is good, life is good and I wish more people would understand that it’s not material or money. It has to do with things that happen every day. Not every day is a good day, but there are more good days than there are bad.”

James tries to incorporate positivity into her classes to help relieve stress put on students. She says, “I think it’s tougher to be a kid nowadays than when I was a kid. There’s so much pressure from families, going to school, pressure of religion, pressure of things that shouldn’t have pressure. When you’re a teenager, you’re lost sometimes. You really don’t know what you want and yes, parents are a good source of a guide, but sometimes kids don’t want to be what their parents want them to be.”

James also says not to wait until one is 40 to find his/her purpose. “I think you need to start figuring out who you are and what you want early in life. You need to not just worry about money; you need to know that there are bigger and better things than making lots of money. Take your time growing up. Don’t get married and don’t have kids by the time you’re 19, 20 or 21. I think you need to take your time and do that,” James adds.

Every day before James starts her yoga classes, she tells the purposes of the workout. They usually pertain to real life scenarios.

Photo by Krysten Acker

She says this is important because every day has a purpose. “It’s just not go through the motions. I want you to stop and think. I want you to use your body, but I also want you to use your mental and emotional part of who you are and spiritual because you and I may not agree on the same topics and that’s okay. You and I can still be friends. You and I can still respect each other and I think that you and I can be lifetime friends, but you have to see that there are other options,” she says.

She adds there are tons of things like calendars that say today is this or today is that and can help you celebrate the day and make a purpose for yourself. “When you have a purpose, it just gives you a little bit more of a reason to do better in class so instead of just going, ‘we’re gonna do yoga,’” James says.

James enjoys her profession because of all the unique experiences. “I love teaching because every day is different. I could do the same thing in three or four classes and that experience is different three and four times. I love to meet new people who not only do they influence my life they also make me want to be a better teacher. They want me to explore new ideas. I’ve been teaching for 26 years and it flew by so fast and there are some days I wake up and go ‘Oh I don’t want to go to work,’ but 99 percent of the time I want to be here because kids touch my life. That’s why I love teaching,” she says.

School can be rough and can be filled with negativity. Purin says, “Well, Weber is kind of depressing and you don’t want people walking around all depressed and going to a teacher that is going to bore you so you don’t even want to go to class anymore. To have a teacher like Jamie James where you like having a normal conversation with her is nice because you feel like you’re learning from a friend.”

James also reminds teenagers, “Adults have been there, done that. They have had those experiences and sometimes they try to help you avoid the bad with the good. To intermingle the thought process of how each of us thinks is sometimes impossible but have an open mind and an open heart to no matter who is trying to help you or no matter what they are trying to teach you.”

Weber welcomes advance program; offers challenging, advance education

By Melissa Overdiek
Photo Editor

In 2018 the IB programme will be celebrating 50 years of success for the students who have taken the courses. It’s offered to ages 3-19, and during the 2018-2019 school year, it will be the first year it’s offered at Weber High.

IB stands for International Baccalaureate, and it’s a worldwide education system. It was created in Geneva, Switzerland, in 1968 for families of diplomats, ambassadors and/or military who travel a lot. It was hard for these families to have their children gain an education. It was also difficult for the class credits to be transferred overseas and the education systems of different countries were not the same. For example, children in the third grade in America may not be learning the same material as third graders in Switzerland. The IB programme was created so there would be a world-wide education system that also improves education.

“The main purpose of the IB programme is to provide a whole and complete education in six main areas to provide a well-rounded education,” said Mr. Wardle, WHS principal. Mrs. Kloempken, IB coordinator and math teacher, also added, “The purpose of the IB program is to develop inquiring, knowledgeable and caring students who help create a better, more peaceful world through a challenging programme of international education.”

In the IB programme, there are six main areas: English, math, science, art, history, foreign language and ToK, which stands for Theory of Knowledge. According to Kloempken, in each of these sections, students will choose one of the classes available in that area and focus on that subject alone in order to become exceptional at it instead of only passing basic class requirements. There are also options of Honors level and Standard level in the program that students can take within each section. Kloempken said this helps students excel in their classes and become well rounded in their education.

There is also CAS category which stands for creative, activity and service. CAS involves students in other activities alongside

their academic studies. These extra activities include things like the creative arts, physical exercise, being healthy and service projects. Kloempken said CAS is a way students can learn more about topics they are interested in by experience. It challenges students to show initiative, demonstrate perseverance and develop skills such as collaboration, problem solving and decision making.

Along with the IB programme requirements, students will also have an extended essay they must complete which is an independent, self-directed piece of research on a topic of interest, finishing with a 4,000-word paper. Each of these topics are part of the Diploma Programme which is the specific part of the IB programme Weber will be adding. All of these topics are needed to gain the IB diploma.

“This system improves education because it’s at an international standard. The common core classes are the minimum and in the IB programme, the same thing is studied all over the world,” said Kloempken. Wardle added, “It focuses how we impact life. Helps with turning internal benefits to external. It helps teachers also compare our teaching to everywhere else.”

“This system improves education because it’s at an international standard. The common core classes are minimum and in the IB programme, the same thing is studied all over the world.”

The IB programme website explains the benefits of this program include students being encouraged to think more independently and drive their own learning. The site also reported this programme can help students get into some of the highest ranking universities in the world by helping them be more prepared for colleges. They also become more culturally aware by developing the use of a second language. “Students can earn up to 30 college credits in earning the IB diploma. Students are prepared better for university and students are 40 percent more likely to graduate college in four years,” said Kloempken.

According to Wardle, the IB programme is similar to AP (advance

placement) classes. The program helps prepare students for college on a more challenging level.

Getting into the programme is simple. Kloempken explained an application form is filled out, a teacher recommendation is needed and an essay as to why the student would like to join the IB programme is submitted. There is no GPA requirement and there are no extra classes needed to be taken before the student applies. The cost to enroll into the IB programme is about \$864 which covers all seven classes and the two years of the course.

Wardle said colleges like the IB programme because of the more challenging courses. They also believe students are better prepared for college because IB is a more rigorous education program.

“Colleges like this program because it develops well-rounded students with good work ethics, and students in the program develop a multicultural respect and understanding,” said Kloempken.

When it comes to extracurricular activities, the IB programme may or may not affect what students participate in outside of the classes. “If students are involved a lot, this may not be the best program for them because it’s very time consuming. These extra activities, however, may be used for some of their CAS hours,” said Kloempken.

“Students should be in the IB programme because it better prepares them for college. It also increases their scholarship opportunities,” Wardle advised. Kloempken also added if students are looking for a whole, student program by studying, IB is the programme they are looking for. She feels it helps prepare people for college, and by studying all subjects, the student becomes more developed with their studies.

“The best advice I could give to students going into this programme is that it’s pretty tough,” added Kloempken. “It’s very rigorous so make sure you have a good work system at home to get your homework done. Take honors classes to help the jump of homework easier. It’s better to make that jump now then when you go to college.”

Wardle agreed and said, “IB is not easy; it challenges you to be better so prepare. Be prepared for additional work beyond the normal.”

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Brigham Bailey

Winter Driving continues from page 1

Weber’s resource officer Rick Hill says, “Probably the most common cause of the accidents I see is because the cars are going too fast for the weather conditions.” He adds, “People don’t realize that it takes longer to stop or turn the car when the roads are covered in snow or are slick.”

Junior Kylie Roberts has driven in the snow before, but she is still nervous about driving on winter roads. “I’ve seen many cars get stuck in the snow, and it scares me. I already got my windshield scraper ready, though!” she says. Roberts adds, “My car has slid through a stop sign and instead of trying to stop slowly, I immediately just hit the brakes. Not a good idea.”

Many agree panicking is the worst thing to do when encountering a problem on the road. “Just hold the wheel and let go of the gas and pump your brakes to come to a stop,” says Tenney. Roberts adds, “Don’t have the ‘I’m going to die’ mentality when your car starts sliding, and try to avoid driving when it is dark and snowing. If you do start sliding and see that it is not too dangerous, just slowly let the car go instead of turning fast.”

Hill says to avoid any accidents, the driver needs to plan ahead. “Know when you have to come to a stop, and start to stop sooner than you would normally on dry pavement. That way you can still maintain some distance between yourself and the car in front of you.” However, the most important advice he gives is to wear a seatbelt. “Always wear it! Even if you are not driving, wear that seatbelt,” Hill says.

A car failing to work in the middle of a snow storm can be an absolute nightmare, Officer Hill says knowing what the car needs is more

than helpful. “Everyone should have a winter survival kit in their vehicle. This would include a first aid kit, blankets, a bucket of sand and a small shovel. This will help ease the winter conditions if you ever get stuck. For example, you can pour some sand under your vehicle to get out of the snow. A pair of gloves also can be very helpful, and a warm coat tucked away will help you very much in those conditions,” he says.

Another helpful tip is knowing what to do to avoid an accident, and in the worst case scenario, how to stay safe while inside the car in case of an accident. AAA Insurance explains the importance of the vehicle’s tires. “The amount of traction that exists between the tires and roadway surface determines how well the vehicle accelerates, turns and stops,” AAA reports. Make certain your tires are properly inflated and in good condition. If you live in a region that receives light to moderate snowfall, then a set of all-season tires might be the answer to your winter driving needs. For driving in greater amounts of snow, tires specifically designed for use in snow would be a better choice.”

AAA Insurance gives the following advice when the car goes into a skid:

“Effective skid-control maneuvers — and a calm approach — will help you regain control. If the rear wheels lose traction, resulting in an oversteering situation, use these steps to regain control: 1. Continue to look at your path of travel down the road. 2. Steer in the direction you want the front of the vehicle to go. 3. Avoid slamming on the brakes. Although hitting the brakes is a typical response, slamming the brakes will only further upset the vehicle’s balance and make it harder to regain control. 4. When the rear wheels stop skidding, continue to steer to avoid a rear-wheel skid in the opposite direction.”

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Weber represented in Girl Next Door contest

By **Kyrsten Acker**
Assistant to the Chief

In October of 2017, a local clothing store called Just Girls’ Stuff decided to launch a modeling competition to find the perfect “Girl Next Door” to represent their company.

Laurie Schmanski, owner of Just Girls’ Stuff, said there were many things she enjoyed about this opportunity, but her favorite was “getting to know different girls in different towns.” One of her main goals with this project was for people to “recognize the person wearing the clothes.”

Another goal of the company pertained to the girls involved. She said, “Our main goal is to take them [the girls] and make them feel beautiful.” Schmanski also enjoyed the conversations with the candidates. She explained they were able to “talk with each individually.”

Junior Nia Gibson was one of the winners for northern Utah. The modeling experience proved exciting for Gibson. She says, “When I first went there, it was kind of nerve racking,” she said. In her opinion the competition was not about being pretty but based on interaction. “They wanted someone who could uphold a good image for them over just looks,” added Gibson.

Gibson loved many things about this competition, but she really liked how social media was brought into voting. However, social media also proved to be a complication

for Gibson because she didn’t have an account, yet the limitations presented to her held no drastic effect. “I don’t have Facebook, but the social media was a fair way of voting,” she said. Gibson also felt the competition created an exciting way for her to meet new people with shared interests.

Makayla Briskey, junior, was the other winner from northern Utah. “The competition was something fun to do,” said Briskey. Her love for the spotlight is what drove her toward modeling. “It makes me feel a little bit prettier to get up there in the spotlight,” she added. Briskey also said the photoshoot was the most exciting part. “I got to mess around in the dress and just have fun with modeling,” she said.

The girls were required to model a dress designed by Just Girls’ Stuff. Gibson showed off a shimmering navy blue dress. “I liked the uniqueness of my dress; it looked like a gypsy to me,” she said. Briskey modeled a blue ball gown type of dress and was slightly bedazzled. Briskey added, “My favorite thing about dressing up was feeling like a princess. I loved the feeling of it all.”

Schmanski loved both girls chosen who attend Weber High. “Nia was a natural. You didn’t need to tell her how or what. She was outgoing and friendly and received all five votes right off the bat,” said Schmanski. She also liked Briskey because “Makayla smiled with her whole body. Her personality came through in every one of her pic-



Juniors Nia Gibson and Makayla Briskey are winners of northern Utah Just Girls Stuff competition.

Photo by Emma Reynolds

tures.” The two girls stood out significantly to the judges. Schmanski added, “We loved the personalities of the girls as much as their physical attributes.”

With so many girls to choose from, the judges had to make an inclusive decision instead of picking a single winner. The judging was not only left to a total of five judges, but also given to social media as well. Briskey said, “I don’t think most competitions turn the voting over to anyone who wants to vote, but it was something different which is good.”

“I also liked how it wasn’t just

Teens give insight on high school dating

By **Abbey Shaffer**
Staff Reporter

Some believe it doesn’t matter the age for someone to fall in love. However, there are others who say teenagers shouldn’t date and develop a relationship while in high school.

“Absolutely,” says WHS counselor Jen Paige concerning teens dating. “That’s how you find out how to work with different personalities. I don’t necessarily think you should just start dating only one person and that one person only while in high school. You should date multiple people to find what personality suits you the best.”

“I think so,” says senior Sydney Moore. “I think it’s an experience we should all go through.”

Health teacher Mr. Ortega agrees and says, “Yeah, absolutely... It’s a way of life and learning.”

Along with dating, Warriors have opinions on how old someone should be to start dating.

“Around 16 is a good idea,” Mrs. Phinney, psychology teacher, says. “This is because of brain devel-

opment and you’re most likely to make better decisions the more developed your brain is.”

“It really depends on what age of teen you are,” sophomore Jackson Habig says. “If you’re 19 then yeah, go ahead. But if you’re 16, I guess go ahead but go about it carefully.”

Moore adds people should date at any age. She’s says in junior high and high school just have fun and experiment, but after high school become a little more serious.

Along with dating often comes bad relationships. Phinney adds she has been in a relationship where the guy always stood her up and was mean. “I’m glad that didn’t work out,” she says.

Paige adds in her senior year of high school, she dated one guy all year. During that time she missed a lot of opportunities with other people because she only stayed with that one guy all year.

While dating only one person, some teens face the broken heart obstacle. Ortega says he has never had his heart broken, but if he did he would just talk to people about it and try to move on.

Moore adds, “There’s always

someone out there who will love you and will still think you’re pretty or gorgeous or whatever. And that person who broke your heart was obviously not worth your time.”

“When a relationship ends it’s always heartbreaking you know, but you realize that life goes on and there’s other things out there,” Paige says. “It’s good to experience the bad because then you can enjoy the good even more.”

For those hoping to develop a more serious relationship in high school, there are some tips that can be helpful to avoid disasters. “If you want to make it last, invest in that person,” says Phinney. “Psychology teaches us the more time

you spend with someone and the harder you work at your relationship, the more likely it is to last.”

Habig says that if couples get in a fight, that doesn’t have to be the end of a friendship. He says to try to make it work because if someone really likes a person, then it shouldn’t matter if a person has a differing opinions.

“Put in enough effort to show that you care but not too much that you get distracted,” Hansen adds.

Psychology teacher Mr. Hardy also believes a good relationship needs to be nurtured. He adds to make sure people take care of each other, and to remember “selfishness is what will ruin a relationship.”

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Seniors continues from
page 1

have this much longer until they’re at the end of second semester. You’ve just got a few months until graduation, so you can see the end in sight. Adjust your schedule to make it a little bit more fun, maybe be here every other day or somewhere along those lines by trying different educational opportunities,” says Butler.

Some students aren’t planning on college after graduation, so technical and trade schools can be a valuable entity they can use. Short says, “I think you should get some sort of training or education beyond high school. That doesn’t necessarily have to be like a four year college degree. I think you can learn a skill

“I think you should get some sort of training or education beyond high school. That doesn’t necessarily have to be like a four year college degree.”

or a trade you know or something like that, but plan for doing something beyond just your high school education. I think now days if you just have a high school education, your chances of getting a good job or higher paying job is pretty small. I think you’re really rolling the dice thinking, ‘Oh, I’m just gonna-graduate high school and see what happens from there.’ Always be thinking about some type of education or training. If it’s not college, a technical school like the ATC or learning a skill or trade or getting a certificate in some area where you can be employable and make a decent wage would be a great idea.”

Graduating can also contribute to student’s success as adults. Short says, “I think probably now more than ever education is the key to have future opportunities, so the more education you have, the more opportunities you’re going to have available to you when you do graduate. It’s really vital to not only graduate from high school but also

to continue your education beyond high school to open more doors for you and give you more opportunities and careers and to be successful in life as far as careers go.”

Students are anticipating college and the new experiences that come with post-high school life. Burger says, “I’m actually excited about the larger community feel of college and the more social aspect of it rather than it just be ‘this is your college, you go here, you go to classes, you go home.’ It’s more of ‘this is your college, these are your people, these are who you interact with for the next however many years you’re going to be here.’ And everybody always tells you college is better than high school.”

Before seniors leave Weber, they would also like to impart the wisdom they have gained through their high school experience. “I want to tell the juniors that all throughout your year your teachers are going to be stressing you about the ACT: ‘you’ve got to be ready; you gotta get this and that done.’ You’re going to start stressing about the test but as long as you just keep on top of your work and get everything done, it’s not as bad as teachers make it sound. Don’t stress yourself over it,” adds Burger.

Another aspect of senior year is the memories made during this time. “Make the best of your senior year,” says Short. “Participate in the activities, go to dances, go to games, get involved and enjoy the high school experience but at the same time do the work and make sure you’re preparing for the next step in your life after graduation. But don’t forget to have fun, do both!”

“Yes, get involved. I never did it, and I actually kind of regret it. I’m actually looking forward to it in college, too,” Burger adds.

While senior year is only halfway through, Butler hopes seniors are working hard at keeping on track for graduation. “Finish strong! Just keep going, it’ll come fast. I know that a lot of times it’s hard to look at, especially this time of year. During third quarter is just kind of a blah quarter, but if you can just stay strong and just keep the end in sight you’ll be good. Before you know it you’re off to college,” says Butler.

Juniors
prepare
for ACT
testing

By Rebecca Gonzales
Editor in Chief

The ACT is a test used by U.S. colleges to measure knowledge in four areas: math, science, English and reading. Each of the four sections are scored out of 36 points which are then averaged to produce a composite score. Colleges look at these scores, along with other factors like GPA, to determine if students will be accepted into the school and for which scholarships they are eligible.

Typically, high school students take their first ACT test towards the end of their junior year. A free test is provided every February for all Weber High School juniors, but the test can be retaken as many times as needed for \$46 each attempt. Only the student’s highest-scoring test will be considered by colleges.

Since so much of teenagers’ futures depends on what college they are able to attend, they face a lot of pressure to perform well on tests like the ACT. Despite her extensive preparation, senior Trinity Douglas says she was scoring up to five points lower on the actual exam than she was on the practice tests. “I’m pretty sure I have test anxiety, too. I totally get it,” she says. To remedy this, she suggests, “Just get good sleep, set yourself up for success, make sure you have all your comfy clothes clean, eat a good breakfast and just know that you can take the test. Because as long as you finish it and you do your best, you’ll be fine.”

Douglas was able to overcome her testing trepidation and get a high score through extensive study-



ing. “I got an ACT prep book first, so I read along with that.” She also found it helpful to do practice tests with a friend once a week, so they could correct and teach each other.

Conversely, senior Allie Wilson did not study for the ACT. “I feel like it’s really dumb because it’s just a standardized test,” she says. “Plus, I know this guy, he’s a doctor, and he got a 19 on his ACT. So really, you can do anything. It doesn’t matter your ACT score.” However, in hindsight, she does wish she had studied at least a little bit.

Mrs. Champi, English and ACT prep teacher, recommends practicing the test rather than studying. “There are ACT books, online help and prep classes that will allow students to practice taking the test within the test time limits,” she says. “Knowing what you can accomplish during the time permitted is something that I feel helps students time out each section of the test.”

Math teacher Mr. Newbold encourages kids to review for the ACT multiple times before taking the test. “Students should study every day,” says Mr. Newbold. “Most students try to cram just before a

test and do not do well.”

Weber High also offers an ACT prep class after school in October and February for \$45. “In prep class we go over test strategies,” says Champi. In preparation for the English and reading sections, the students “walk through passages and look for evidence within the text that will help [them] answer the question properly. They also “take a test or two so students can see what they can do within the given time frame,” says Champi

To prepare for the math section, Newbold tries to “help students maximize the use of their practice material and then review lots of problems with them with both timed and not timed sessions.”

The biggest mistake Champi has observed is when students “come in cold.” She says, “What I mean is they haven’t done a practice test or taken a prep class. These students seem to struggle throughout the testing.” The second mistake students often make is not getting a good night’s sleep. “I have seen a couple of students fall asleep during the test and not finish a section or two,” she remarks.

Newbold says he sees students making uneducated guesses and

taking too long on particularly difficult questions. “Try to figure out the correct answer,” he says. “Then if you can’t figure it out, eliminate answers that are in no way correct and then make an educated guess among the remaining possible answers.”

To this year’s juniors, Wilson says to learn from her experience and “study test strategies, not the subjects.”

Champi agrees, and has found “taking notes in the margins” and “marking up the passages that are in the test booklet” are strategies that allow students to “quickly find help when answering the questions.”

Math teacher Mrs. Heninger teaches her students to skip the questions that will take the longest and make a mark out to the side of that question on the answer sheet. After answering the easier questions, students use the remaining time to work out the harder ones. This strategy allows test-takers to answer the greatest amount of questions in a limited time frame.

For those needing information as well as signing up for the ACT prep class, talk to a counselor and pay the fee to the bookkeeper.



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Scholars take honors, prepare for future

By **Kathleen Mejia**
Assistant to the Chief

Excitement, fear, happiness, and maybe a bit of a relief is how many students feel during their senior year. There are some seniors, however, who have faced the challenge of the last year of school and worked hard towards educational excellence. Now their hard work has finally paid off as 14 diligent students were announced as Sterling Scholars.

This year's Sterling Scholars for Weber High are Charlotte Seacrist, English; Cooper Harrison, Math; Bailey Smith, Science; Jackson Smith, Social Science; Jeff Hibbard, World Languages; Brandon Foos, Computer Technology; Brandon Jaskzowiak, Skilled Technical Science; Olivia Bailey, Family and Consumer Science; Madeline Harris, Business/Marketing; Amon Pierson, Speech/Theater Arts/Forenics; Elissa Bailey, Vocal Performance; John Paul Ryan, Visual Arts; Kaylee Liechty, Instrumental Music; and Abigail Poll, Dance.

Being a Sterling Scholar is no easy task; only one senior is picked for each category. Senior Charlotte Seacrist received her scholarship in English and as she was applying, she realized how much she had already done to qualify for it. "I put in a lot of work over the past three years because English is my life. I wrote a 300-page novel, and I received an internship with an online writing company. [The] book is hard to explain but think medieval fantasy with a twist. And I work with BKA Content, and I write articles, product descriptions and blog posts."

Seacrist also says she wasn't sure if she was going to win because there are "some amazing writers and people who love English." However, she did believe she had a good chance.

"After realizing how much I have already invested my life in reading, writing and speaking, I decided I should try to get recognized for something I already love to do. Receiving Sterling Scholar has helped me realize how much I truly enjoy English. I think it has motivated me to work hard for an English career," she says.

Seacrist plans to continue her education in the same field in college by studying Global Communications. "It's a degree that teaches students how to communicate effectively both personally and intercultural. You can learn a different language and learn about different



Weber's 2018 Sterling Scholars (from left to right) Bottom row: Abigail Poll, Madelyn Harris, Olivia Bailey, Bailey Smith and Brandon Foos. Middle row: Kaylee Liechty, Amon Pierce, Elyssa Bailey, and Charlotte Seacrist. Top row: Jeff Hibbard, John Paul Ryan, Brandon Jaskzowiak, Cooper Harris, and Jackson Smith.

cultures. There are also some really cool study abroad programs," she says.

Hibbard had a different experience than other scholar applicants. "I had been sick for a month so my Mandarin Chinese was a bit rusty at the time I decided to apply. I had an infection in my neck, and at the time the doctors did not know what it was. I ended up needing to have surgery and I was in the hospital for a while, so I was cut off from speaking Chinese. I was actually doing my portfolio in the hospital, and my mom brought me a table so I could start working on it. I was less sure of myself than I would have normally been," he says.

Hibbard also says Mandarin Chinese is a difficult language to learn because it is very different from English. "I practice a lot on my own because I want to be fluent in the language. I've put in a lot of work into it. I think my reading and writing is better than my actual speaking. It is a lot easier for me to practice reading than it is to find someone else who speaks Chinese. But I do think it is a good use of my time; I really want to be bilingual," he says.

When working on the dance scholar position, Poll says her submission piece was a bit different from the other students. "I received the scholarship in dance, and I put a great deal of work into the application because I had to submit a detailed resume containing all of the dance training and experience I've had. I was also required to choreograph a two-minute routine to audition with as well as complete an

improvisational piece."

Poll adds that although she wasn't expecting to be a Sterling Scholar, she did her best in her piece. "I decided to apply because dance is such a huge part of my life with being president of the drill team and all the hours I put towards the sport is very important to me. The scholarship will help me for college if I win at the region level and get to continue in the competition," she says.

Receiving Sterling Scholar also helped Bailey in more than one way. "I received the Family and Consumer Science Sterling Scholar. I put a lot of effort into compiling some information about myself to give the judges a little bit of me! I also had to do an interview which was a little bit scary, but I had practiced some questions I thought I might get asked so I felt prepared. I was not sure if I would win because I had to compete against some of my really good friends, and honestly, anybody could have won and would have deserved the award."

She adds, "I decided to apply because I had teachers encourage me, and because I want to major in the area I won in college. It's something I'm very interested in and would like to continue throughout my life."

Family and Consumer Science is a subject that Bailey wants to build a career around. "This will help for college through scholarships and overall resume. It also helps that I'd like to do something related to the category I won, so that gives me a boost towards what I want to do with my future. I've also applied to

Utah State, BYU and I'm planning to apply to the University of Utah. I'm considering being a teacher or Family and Consumer Science Classes," she says.

Ryan says he was also not sure about winning Visual Arts because there were a lot of strong competitors. "I was the only one who did pottery in the competition. There were a lot of painters, and I had to compete with many great people." Ryan adds he felt he had a chance so he decided to apply and see what happened. It is also in the area he would like to major in college.

"It's a tough choice, but I would like to get a masters in Fine Arts. I am also very interested in medical school," he says.

For those applying for next year's scholar position, it may seem like winning is an impossible task to accomplish. "I would say to anyone considering applying, go for it! You never know what could happen. It is a super cool experience and even if you don't make it, that's okay! Just be yourself, try your best and try to not be too nervous!" advises Bailey. Seacrist adds, "There are so many opportunities out there, so take them now. Not only will they benefit you in the future, but you will learn, grow, and experience so much. It's worth it."

Ryan also advises students to serve the community more. "Your application for Sterling Scholar is very important, so do things around the community and help out. It will look really good on the application. And for the interview just be confident in what you do and be yourself," he says.

Phone addiction causes obsession among teens

By **Bailee Montgomery**
Staff Reporter

"The problem with depending on cell phones is we do not know how to function without them," says psychology teacher Mrs. Phinney. Cell phones are an extraordinary part of this generation; however, having a phone wasn't a problem until addiction came into the picture.

"Ninety percent of adults in America own a cell phone, and while this may not be a problem for many people, some individuals develop an addiction to their mobile devices," reports addiction treatment center, Hope by the Sea.

Phinney agrees that people have developed a need for cell phones. "Cell phones become an addiction for two main reasons. First, they activate the reward centers in our brain by causing our brains to release a chemical called dopamine." Phinney explains Dopamine is essentially the chemical that tells the brain, good job, do it again and makes people want to look at their phones again and again.

"They are also addicting because they create positive reinforcements. In psychology, positive reinforcements are rewards. When we do something like text or play a game on our phone or go on social media, we get rewarded by receiving a text back or relieving boredom or feeling social connections which makes us more likely to get on our phones in the future," Phinney explains.

Even though cell phone addiction isn't listed in the Diagnostic and Statistical Manual of Mental Disorders, Hope by the Sea's research has compared it to a gambling addiction which has clearer diagnostic criteria and is included in the DSMMD.

The addiction center also reported children are learning how to use cell phones at younger ages and are becoming addicted sooner. The human brain isn't finished developing until around the age of 25 years old. "If young children suffer from phone addiction, it can lead to implications on brain development. Ninety four percent of teenagers and even young children say they go online daily, while 24 percent consider themselves online almost constantly," claimed Hope by the Sea.

There are certain symptoms that go along with cell phone addiction. According to Solutions to Recovery website, some of these signs include a need to use the cell phone more and more often in order to achieve the same desired effect, persistent failed attempts to use the cell phone less often, preoccupation with smartphone use, and turning to cell phone when experiencing unwanted feelings such as anxiety or depression.

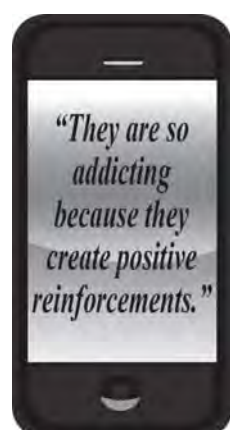
The site also said many of these symptoms occur in people's lives every day. "Anger, tension, depression, irritability or restlessness can be symptoms or effects of being addicted to your cell phone. Also, digital eye strain, neck problems, increased illnesses, car accidents, and male infertility can all be risk factors," reports Solutions to Recovery.

Along with addiction, additional problems have occurred with cell phones. Phinney explains, "Phone use disrupts our everyday lives in a variety of ways. First, it makes us less aware of others and what is going on around us. We substitute the fake reality of our phone with what is actually happening. This makes us less empathetic toward others and hinders our social skills."


Phinney also tells that access to social media on phones can be dangerous to a person's well-being. Phinney says, "We compare our average lives with the best our peers have to offer. People do not post things on social media unless they are what they want others to see which is not always reality. For example, when I take a picture of my kids that I want to share, I take 10 pictures to get one where they are both smiling. I don't post the pictures where either child is crying or my two year-old is picking his nose. Therefore, the unreal perfection of social media can influence people to create comparisons and develop anxiety or depression as a result."

Another problem Phinney sees is phones can disrupt sleep patterns because the artificial light from the screens tells brains to stay awake later and make people chronically tired, especially if people use them before bed.

For those who feel they are addicted to phones, Phinney says habits can be broken when people can to change their behavior. "We have to get to that point where we say, 'I've had it!' And then take steps to correct the behavior. It might take baby steps such as leaving your phone in a central location at night so you don't use it when you are trying to sleep or maybe trying to go a whole day without using your phone during class time. Small success lead to bigger successes because you can see the progress you have made," shares Phinney.



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By **Rebecca Gonzales**
Editor in Chief

I am one of the whitest people I know. I glow in direct sunlight, I sunburn while in the car, I single-handedly keep SPF 80+ sunscreen in production and I can't find make-up pale enough to match my skin. I am a white person, but that doesn't mean I can't celebrate Black History Month.

Open up a history textbook. You'll find most of our country's history for hundreds of years was written by white people. Historically, blacks have been oppressed time and time again through slavery, segregation and racism. It's important to recognize the black people who beat the odds, turned the tides, fought for recognition and accomplished marvelous feats of bravery and creativity.

That's what Black History Month is all about. It's a way to celebrate the accomplishments of the African Americans who fought for civil rights and equality. It's a month to look to the example of those who came before. It's a way for everyone, no matter their race, to come together, learn from differences and be inspired to change and correct the injustices that still exist today.

One of the biggest heroes of the Civil Rights Movement of the 1960s was Martin Luther King, Jr. His birthday is even a national holiday. He started a revolution that forever changed the face of the United States and became the youngest person to ever receive the Nobel Peace Prize. He was a genius with planning, negotiation and leadership. The civil disobedience (marches, peaceful protests and sit-ins) he organized accomplished so much, including giving hope to America's oppressed blacks. He was and still is the face of racial equality. Almost 50 years after his assassination, his voice is still recognizable and his speeches are praised as some of the best rhetoric of all time.

Before Martin Luther King, there were other pioneers in America's black communities. Frederick Douglass was born into slavery,

the illegitimate son of an enslaved woman and a plantation owner. Despite laws preventing him, he taught himself and other slaves to read before eventually escaping. He truly believed all men are created equal but have to create their own freedom and work to make themselves better. His writings reflect on how slavery and education are complete opposites: slavery is ignorance and submission, while education is freedom and power. After he escaped, he dedicated his life to the abolitionist cause. He

In the early 1900s, culture flourished in the New York City's African-American neighborhood of Harlem. It quickly became a cultural mecca for literature, art, music and dance, starting the Harlem Renaissance. Black innovators pushed the boundaries of societal norms and created some of the most celebrated works in America's history. Louis Armstrong was instrumental in shaping jazz music into what it is today. Zora Neale Hurston's classic writings contain reflections on society and race and are still taught



finally gained the education he so desperately desired, started a newspaper, wrote autobiographies and toured around the country making speeches opposing slavery. His writings give a vivid firsthand account of the brutality of slavery and helped influence the eventual emancipation of slaves.

Thanks to Frederick Douglass and other abolitionist leaders, after the Civil War, blacks had a lot more freedom. Hiram Revels was the first black man elected to Congress when he filled a vacant seat in the Senate after the Civil War. He had previously been a preacher and ministered to both freed and enslaved blacks. He helped organize black battalions in the Union Army, founded an all-black high school in St. Louis and co-founded Alcorn University in 1872. Revels was a black pioneer during Civil War reconstruction.

in modern schools. Billie Holiday rose above her rough childhood and became one of the most well-known jazz singers in history. Bill "Bojangles" Robinson became a Broadway legend thanks to his tap-dancing skills. The list goes on and on. These individuals defined the 1920s and 1930s by embracing their uniqueness and leading their fellow blacks to a better future.

Maybe there's a young black boy or girl out there who will follow the example of Martin Luther King, Jr. or Barack Obama, and they'll be celebrated during Black History Month 50 years from now. It's important to remember the prejudices of the past and the people who defied them. And in the act of remembering, maybe our country will realize we're not so different after all. As King himself said, "We may have all come on different ships, but we're in the same boat now."

Video games exhibit sports-like qualities, gather millions of fans into new contests

For quite some time, video games have been labeled as fun distractions to get away from the stress of life. Competitions involving them were usually for fun or a small prize. However, telling anyone that you considered video games close to popular sports like football, basketball or soccer would probably have earned you strange looks from the athletes at school. But over the past half-decade, the "esports" scene has exploded in popularity from a relatively obscure background. It is no longer the laughing genre of the sports world.

The idea seems stupid to some. Watching other people play a computer game? While it may not be appealing to certain individuals, many enjoy watching others play their favorite games at a high skill level. Like normal sports, it is based on skill, mental coordination and quick reflexes. While most people say video games aren't a sport are on that side because of the lack of physical movement involved, then why is chess considered a sport to some?

The similarities between both video games and chess are quite apparent. Chess is competitive, played around the globe and requires strategy and keen thinking. These same principles apply to competitive video games. Also in Chess, people have to study how opponents play, they need to understand the rules and they have to practice to succeed. Again, playing video games professionally also requires these things.

However, the scene is not focused

on a single, particular title. Many popular titles exist, and while some may be apart of the same genre and have relatively similar rules, there is a still a heap of information to learn for every game. Some games may have completely different premises than other games. Regardless, they all fall under the name of "gaming" or "esports."

People who disagree might say that because the esports scene is professional video games, it must have a relatively small and loyal following. While this might have been true 2008, viewing numbers have exploded and so have prize pools. Take for example The International, an annual tournament featuring the game Dota 2. It first took place in Cologne, Germany, in 2011, and featured a total prize pool of \$1.6 million. In 2013 the creators of the game implemented a feature where a portion of the items purchased in the game went directly to the prize pool, leading to a \$2.8 million prize pool that year. During the sixth year of the tournament, the total amount of money broke records with the total reaching just shy of \$25 million, and the winning team of the tournament took home \$10 million of the total.

As for viewer counts, they have also increased dramatically. Another game with a large yearly tournament, would be League of Legends. It happens every year around September and lasts through October. The tournament is known as the World Championship. In 2014 it attracted 27 million unique viewers, more than the World Series finals

and NBA finals that year at 15.8 million, and 15.5 million respectively. The tournament itself has taken place all around the world, from the United States, Europe and China. It has been featured in various popular venues such as The Chicago Theater in Chicago Illinois and the Staples Center in Los Angeles, California.

A few teams in esports are also backed by big names in the sports world. A prime example being the team Echo Fox, an organization created by the former NBA player Rick Fox. The Philadelphia 76ers bought a majority share in another esports team. Even in Europe, professional soccer clubs such as the German soccer club Schalke 04 have joined in and purchased various esports teams to rebrand them.

Esports is a big deal, and there's no denying that. It has taken the world by storm and plans to cement itself as a popular viewing pastime. They may be "just games," and they are; however, they have qualities that make them seem akin to sports. In addition to a gargantuan following with both casual and serious fans alike, there are also prize pools reaching into the millions. Even the International Olympic Committee is talking about letting esports become a medal event in the 2024 Paris summer games. The professional video game scene has seen a sharp, exponential increase, and it doesn't plan to lose its fans anytime soon.

By **William Michels**
WHS Sophomore

Women empowerment, unity bring groundbreaking changes to society

Advocates help bring awareness to inequality in today's world

"We know it is the key to economic growth, political stability and social transformation," writes the Huffington Post. What is this unbelievable solution? It's something very simple actually, women empowerment.

Almost 100 years ago, thousands of women lined up for the first time to vote, which took reformers decades to win that right. However, in 1920 the Nineteenth amendment was passed. It prohibited the U.S government from denying someone the right to vote based off of gender. This was a big step for women in the history of the United States.

With the recent exposure of sexual harassment, women have taken down some of the most powerful men in Hollywood, politics and media. Women everywhere have joined together for a noble cause, thus launching another historical movement.

Time's Person of the Year of 2017 was the "Silence Breakers" – some of the women who shared their stories through the #metoo campaign. The cover of the magazine includes actress Ashley Judd who was one of the first to speak out against producer Harvey Weinstein. Along with Judd is singer and songwriter Taylor Swift who won a sexual assault lawsuit against a former radio host. Former Uber engineer Susan Fowler joins the other stars on the cover; Fowler wrote a 3,000 word essay on her blog exposing the sexual harassment she received while working for Uber, and how human resources didn't take her claims seriously. The "Me Too" campaign/movement was popularized by actress Alyssa Milano who encouraged women to respond with the phrase or hashtag "Me Too" if they had been victims of sexual harassment. From one moment to another, thousands of women responded and shared their heartbreaking stories. This shined a light on the immensity of this dark problem.

Almost all of the victims *Time* interviewed reported the reason why they didn't speak up was because they feared something bad would happen to their families, their jobs or themselves. However, it is so powerful to see how the voice of just a few women revolutionized all this. It only proves how strong and brave women can be when faced with such atrocities. Right now is the time to speak up. With harassment kept a secret for so long, it is satisfying to see justice is finally being served. Women have worked so hard to get where they are today. For decades these abuses have been hiding in the background, going unnoticed. Swift says, "You should not be blamed for waiting



McKayla McMann

15 minutes or 15 days or 15 years to report sexual assault or harassment." Encouraged by the words of fellow victims, women realized keeping quiet had been going on for way too long. The victims weren't just one social class or race; it was simply women everywhere speaking out.

In fact a big advocate for the rights of women is the Women's March. Their purpose is to harness the political power of diverse women and their communities to create transformative social change. They also fight for a diverse range of issues from ending violence to immigrant and disability rights. The movement also works for the civil rights of freedom of religion and



also speech that everyone deserves.

Equal education for women around the world is also significant. Many don't realize how big this issue is outside of the United States. The next generation of educated and powerful women can bring even more groundbreaking changes. Some of them already have.

The youngest recipient of the Nobel Peace Prize was 17 year old Malala Yousafzai who defied the Taliban in Pakistan and demanded that girls be allowed to receive an education. In fact, a gunman shot Malala in the head after she was coming home from school because of what she was fighting for. However, instead of retreating and hiding, she turned this injustice to

something even bigger: becoming an activist for women education. Her example only further proves the inner strength and fight women have inside of them. These past few years have proved that women will not give up the fight for their rights.

2017 marked a historical year for women everywhere by making them feel safer and secure. Women realized that one small but strong voice can change everything, and they were supported by millions for speaking out. Put simply, *Time's* editor-in-chief said that this has been "one of the highest velocity shifts in our culture since the 1960s."

Celebrities joined together again and wore all black to the 2018 Golden Globes as a way to promote the Times Up Campaign. This movement aims to give a voice to women who are victims of sexual harassment and provide them with the legal representation they need. The campaign has already passed their \$13 million goal.

Emma Stone, America Ferrera, Reese Witherspoon, Shonda Rhimes, Eva Longoria, Natalie Portman, and even Oprah Winfrey are just of few of over 300 actresses, directors, and writers who have supported the campaign.


Celebrities have also used their social media as a platform to promote the campaign and take action against sexual harassment.

"We want to show our solidarity with each other, with women everywhere who are experiencing violence and abuse in the workplace, and to bring attention to the Time's Up fund, the legal defense fund, and try and drive more funding toward that resource for women and men," Portman said. It is so motivating and astounding too see these women use their fame to help others, and give them the voice they deserve.

Now is the time everyone can stand in solidarity and say, "Time's up on silence, time's up on waiting and time's up on tolerating discrimination, harassment and abuse."

By **Kathleen Mejia**
WHS Junior

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WARRIOR NEWS

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Young adults give ideas for inexpensive, fun dates

By **Jasa Moss and Kyrsten Acker**
Staff Editors

Some people think in order to impress a girl or have a good date they have to break the bank. They also think wintertime is not great for fun dates. In Utah there are many opportunities for fun winter dates that don't empty the wallet.

Ashely Blaisdell taught her adult roles class that some of the best dates aren't going to cost very much. She gave each of her students a sheet of paper with tons of creative date ideas.

As the temperature declines, all the witty ideas for romance that developed over the course of the warmer months are rendered useless. For winter, the Blaisdell list gave date possibilities of going sledding and grabbing some hot cocoa after. Another idea is a double date and have a cooking contest and see which couple can make the best dish. Other winter date suggestions were ice fishing, cuddling up in some blankets and watching a movie, having a board game night with another couple, and a Wii challenge/dance competition.

There's also the option to see who can stay standing the longest while ice skating. There's an ice rink at Weber State that does public skating.

"Ice skating is a classic," says Morgan Bailey, junior. She loves to glide around the ring whether it is with a group or someone more special. "Everyone has to go on a date to the ice rink at least once every winter," Bailey says. "It would be so fun, as long as my date doesn't make fun of me when I fall a million times," she adds.

Winter sports are a big part of Utahn culture which is why Bailey also loves to ski. With the white powder in perfect condition, she feels a ski date would be great for winter fun.

Junior Student Body Officer Lizzie Garner also loves to hit the Utah slopes during the cold weather, and uses hot chocolate to warm back up after the freezing, yet fun day. She believes anything involving snow is a fantastic way to connect with any date. Garner adds she loves to go on a skiing date, but she would avoid the ice rink.

"I love ice skating but I don't think it's a good idea for a date because one time a boy took me ice skating on a date, and he fell and got a concussion," says Garner.

Warriors were put to the test as they thought of creative dates that would cost \$10 or less. "The best \$10 dates I can think of would be going to an arcade, going on a picnic or doing a movie night," says Emily Godderidge, senior. "The price isn't what's important to a girl, it's how a guy treats her. He should treat her with respect, open the door for her and give her his jacket if it gets cold."

"You can always go watch the sunset or grab some ice cream," adds McKenna Roberts, junior. "My favorite date was going out for scones simply because I was with the person I care about a lot."

"I love watching Hallmark movies and drinking my hot chocolate with extra marshmallows and whipped cream on top," adds Bailey. She loves the silly humor of the Hallmark channel, and to her nothing beats laughing at funny movies with a date.

Sometimes fun dates can get lost in the particulars of the date because of money worries. Warriors feel fun dates are not to spend as much money as possible but to get to know the person and have a good time with each other.

"What makes a good date isn't spending a lot of money, it's going out and having fun and just being comfortable to be yourself," says Roberts. "It doesn't matter how much money you spend as long as you're both having a good time."

When the weather gets warmer, Blaisdell's list also has inexpensive date ideas: stargazing, feeding the ducks or hiking. There's also lots of places to play in the water like Pineview Reservoir or Causey Dam. The Ogden Botanical Gardens are worth a visit and would be a great spot to take some pictures. There's also options like going on a bike ride or flying a kite. Sometimes an inexpensive date could be as simple as driving up the canyon, long boarding down the canyon or having a bonfire with s'mores and hotdogs.

Past year news adds to future concerns

By **Rebecca Gonzales**
Editor in Chief

Last year was a big year in news. From a new president to groundbreaking entertainment to mass shootings and protests, the media was constantly abuzz with opinions and debates.

One of the biggest changes America faced in 2017 was the swearing in of a new president. Donald Trump's inauguration brought with it many policy changes. The travel ban was one of his first actions, with critics claiming he was targeting countries with a Muslim majority. He also opted out of the Paris Climate Agreement and his administration repealed Net Neutrality.

Natural disasters also abounded. Hurricanes Maria, Irma and Harvey wreaked havoc in the Dominican Republic, Caribbean and coastal U.S. states. Two massive earthquakes within a couple weeks of each other killed hundreds of Mexicans. California wildfires spanning almost 300,000 acres destroyed over 10,000 structures towards the end of the year. "These natural disasters seem like they are happening faster than us humans can keep up with," says sophomore Oriannah Furgeson. "Many of the towns affected won't be able to heal for years. This breaks my heart. However, it is amazing to see how many people have come together through their losses."

Last year also brought several mass shootings, including the deadliest shooting in American history. On Oct. 1, 59 people were killed and 515 were injured as a result of the Las Vegas shooting. Sophomore Riley Drake says the event was tragic. "It affected the world and the western United States greatly. It made us realize that anything can happen," she says. "Events like this matter because then we can prepare and prevent."

"Although law enforcement is becoming stricter, I feel as if terrorist attacks are becoming more frequent from our own people," claims senior Caprice Anderson. She says this has caused her to think a lot about the "right to bear arms" as stated in the Second Amendment.

"Guns come with defense and protection, but they also come with leverage and deaths," says Anderson. She also sees a problem with the current gun regulations. "A

handful of the people who committed the shootings had actually had mental problems that even were background checked before they got their weapons," she explains. "But mentality is not always something that can be proven to be driven to violence. Although we can put more force to the background checks, weapons and arms will still land in the hands of criminals."

Last summer, neo-Nazis, KKK members and other white supremacists held protests and rallies in Kentucky and Virginia. They carried Confederate flags, tiki torches and weapons. Clashes with counter-protesters were fatal. However, senior Natalie Nielsen feels the media overreacted. "Yes, they are a terrible thing, but the media almost made it sound like they were a bigger problem than they are. Very few Americans are neo-Nazis and all the media did was increase tensions between Americans unnecessarily." If things like this keep being blown out of proportion, Nielsen says, "I fear we may lose the ability to become friends with people of all races, religions, political ideologies and so on."

On Aug. 21, a solar eclipse awed the nation as the moon passed in

"Although law enforcement is becoming stricter, I feel as if terrorist attacks are becoming more frequent from our own people."

front of the sun. Nielsen says it was absolutely amazing. "My family drove up to Wyoming to view it. It was beautiful. The whole world felt like twilight had struck, yet it was the middle of the day."

Drake says the eclipse was amazing. "It affected my community greatly; it felt like everyone was united," she says. "This matters because it brought people together."

In the world of celebrities, 2017 was the year to open up about sexual assault. After the Weinstein scandal, accusations came pouring in. "It just takes one person to speak out, and then more people think, 'Oh, I can actually speak out, because there are people that know how I feel,'" says Emilie Hadley, junior.

However, many of the alleged assaults happened years ago, so there's no evidence to back them



The Capitol was the site where many Utahns united in the Women's March.

Photo by **Ellie Mae Kerr**

up. "I feel like with anything, there should be some investigation. It should be taken very seriously," says Hadley. She also claims the wave of victims coming forward will help stop victim-blaming and bring people together against sexual misconduct. Hadley hopes people realize it's not okay to assault anyone.

"They say they can't control themselves, but they can freaking control themselves. It's not that hard," she says.

Cities around the country held Women's Marches to raise awareness for women's rights. Junior Amanda Widner went to the one in Salt Lake. "It was a sort of spontaneous decision to go, but we all wanted to go and show our discontent with the recent election," she said.

Widner was astonished when she made her way to the Capitol Building and thousands of men and women covered the front steps and the floor of the building. There was a woman giving a speech, but Widner couldn't hear her over the roar of cheers. Widner says, "We went to look outside at the view of the continuing March and there were still thousands of marchers that had not yet reached the capital. It was amazing to see such a huge gathering of feminists standing up for themselves and for each other."

Widman adds, "It wasn't just a feminism march. It was a humanism march. It was a nationwide movement to show that we are here and powerful and united and that we would not simply fall willingly into submission."

2017 also brought a lot of new popular culture and entertainment sensations. The year started with the infamous Academy Awards blunder—*La La Land* was announced as best picture instead of the actual winner, *Moonlight*.

There were also several successful blockbusters. *Wonder Woman* empowered women and gave young girls a strong role model, grossing more than \$800 million worldwide.

The newest installment in the *Star Wars* franchise, *The Last Jedi*, was one of the best movies Anderson has ever seen. "The production was incredible. The cinematography, soundtrack, acting, costumes and the effects were breathtaking

and absolutely professional," she claims. "*Star Wars* is something that will always be a legend and I think Episode VIII added to the brilliance."

Anderson adds the movie's twists and turns were out of the ordinary for *Star Wars*, but the "risky" change kept her on the edge of her seat. "This was one of the biggest movies of all time (and its only competition was the last *Star Wars*) and almost everyone saw it within a week. *Star Wars* is important because it has gone from being incredible 40 years ago to still being incredible now. It is something that will never be forgotten."

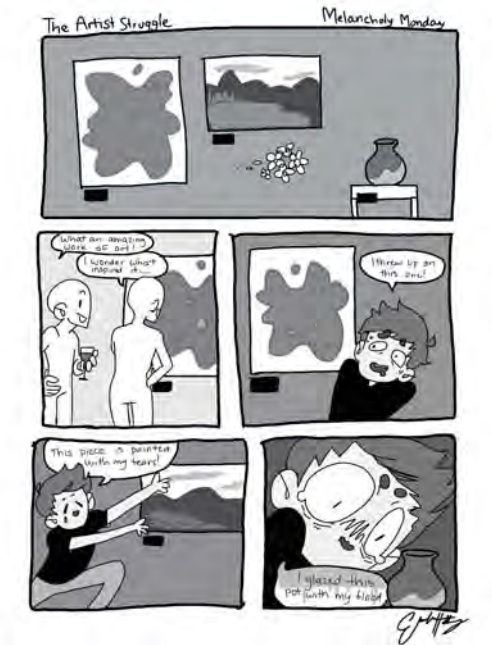
One of the most controversial issues that came up in 2017 happened

"It affected my community greatly; it felt like everyone was united."

in the world of sports. Many sports players chose to kneel during the national anthem to protest injustices in America. This left Anderson incensed. "They are supposed to be heroes and role models, and they are not even standing for those who have fought for our country. I don't care what they have against the country, but you do not cease to respect this great nation," she says. "Yes, America is not perfect, but we should respect the soldiers and our people who have been affected by the wars that have made us free. And yes, free to even kneel during the anthem. None of us will agree to everything that our nation is doing, but the anthem is a tribute to our freedom."

Furgeson had a similar standpoint at first, but eventually came to terms with the peaceful protest. "When the news first came out, I was quite mad. But now that I'm able to step back and look at the whole scheme of things, I realized that I shouldn't judge them for kneeling," she says. "However, I will stand because we have the right to kneel."

Through turmoil and triumph, 2017 proved to be an eventful year that showed the power of the people.



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Memories: Teachers look back on good, bad of Prom

By **Brandie Huddleston**
News Editor

Prom has been a part of high schools for a long time. While yearbooks didn't start documenting the annual dance until 1930, colleges held the formal dance and coed banquet in the 19th century.

Prom, which is shortened from promenade, became an event where couples in formal attire would parade into a dance celebrating the senior's final school year. However, not all schools held a Prom which is seen in today's schools.

"I grew up in a very Christian society. One year we had a dance, but nobody went with dates. We all went stag (by ourselves). I remember all my friends and I went in a big group," says science teacher Mrs. Goff.

"Oh my gosh, it's like Foot-

loose!" said junior Kennedy Staples in Goff's Flex class.

"Yes, it was a lot like Footloose," replied Goff, giggling. Although Goff didn't get to go with a date, photography teacher Ms. Nish was asked by a boy to Prom, and he had the biggest crush on her.

Nish states that her favorite Prom memory was how nervous her date was. "He wanted to ask me all three years, and he finally got the guts to ask me our senior year. I remember it was still cold outside and we got in the car and he turned the air conditioner on full blast because he was so nervous."

One aspect that hasn't changed much over the years is finding the perfect dress to wear to Prom. Not only does it matter what happens on the date though, but what you wear was equally important.

"I wore a grey, floor length dress that I got at Ross for \$20 and then trashed it right after the dance,"

said history teacher Mrs. Simmons.

Spanish teacher Mr. Lattin remembers his date, Courtney, wore purple. "I remember she wore a purple dress, and she looked really, really good in the dress," commented Lattin laughing. "I had a tuxedo because I was in choir, and I had a friend that had a light purple vest from choir, so my date and I kind of matched together and I think we looked good in our picture."

"I wore a pink dress with an opening in the front where you could see other layers. The next layer was floral, but not today's standards of floral. The style has changed a little bit," remembered Nish.

Most of the WHS teachers felt Prom fashion may have changed over the years, but the dance itself is the same as it is today.

"Prom really hasn't changed much. Maybe some of the dress styles or the music, but eight years isn't really a long time," said Simmons. "We had our Prom downtown at the Portland World Trade Center. I'm guessing the only difference between 2010 and 2018 would be the type of music we danced to."

Nish agreed with Simmons. "Not much has really changed from when I went to now; we still do day dates and dinner. I was supposed to go on a day date, but I couldn't because I had a volleyball tournament, but we still went to dinner and we went to Teppanyaki and it was really fun because they cooked it in front of us," added Nish.

Many teens can't wait to experience Prom; however, not all Prom dates are wonderful events. "Prom sucked big time," said Lattin.

Prom was about a week away for Lattin, and he hadn't asked anybody yet. He didn't really want to go because all the girls he was going to ask, had already been asked. However, his friends were peer pressuring him to find a date. One night Lattin and his friends were hanging out at Chili's, and there

was a waitress Lattin recognized from his school.

"We actually had English together!" Lattin said. "She was really good looking." However the only problem was she had a boyfriend who went to Ben Lomond High School. This didn't stop his friends as they kept pushing him to ask her to Prom, and he was hesitating "because she had a boyfriend, so in my head I was saying 'no way am I going to ask her!'"

Lattin gave in to the peer pressured and she said yes when he asked her to Prom. The day before Prom, he called her and was telling her the plans for the day date, dinner and after-the-dance party. His date said, "I can't go to the day date; I have something going on." Lattin was really sad about this, but he then told her about the plans for after the dance. This time she said, "I have to be home at 10:30 p.m."

"I was so confused and she starts explaining, and her opening excuse was 'I'm on parole and can't be out past 10:30,'" said Lattin. "So first of all Prom sucked because I didn't get to go to the day date because I didn't have a date, and second I had to take her home at 10:30. I could tell she didn't really want to be there because she probably would have rather been there with her boyfriend, and I didn't really want to be there and because I didn't want to go in the first place," finished Lattin.

Not only did Lattin have a bad experience with Prom, there is also psychology teacher Mr. Hardy who would also like to forget Prom. "My favorite memory from Prom is when we got back to my buddy's house to watch a movie, we decided to prank call some people. After we prank called some people, we sat down to watch the movie and about 15 minutes into the movie, my friend's little brother came downstairs and says 'the police are here!' We were soon surrounded by police officers in my friend's basement as they came in from every



Surrounded by police, Mr. Hardy's Prom was a memorable experience

Photos given by teachers

door of the house. All my friends and their dates had to take a breathalyzer test. We found out that one of the kids we prank called, called the police and reported us for underage drinking. It made for a very eventful night!" said Hardy.

While Prom is considered the social event for high school teens, Lattin and Hardy would like to remind students that it is just a dance and while teens are planning their fun, not to be surprised if some things don't work out as planned.




English teacher Mrs. Grover with her Prom date.



Mr. Lattin looks back on not so fond Prom memories as he spends an uneventful evening.





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Planning big day creates memories

By Cade Allen
Staff Reporter

Prom. It's that time of year where everyone is excited for a special dance. This dance is the most formal one when compared to other dances. People go on their day dates, attend fancy dinners and arrive at Prom in their extravagant outfits.

There are several things that make Prom special. "It is a big tradition across the nation," Mrs. Perry, student government advisor, said. "Usually Prom is just for seniors in other states, but it is a special night for everyone at Weber because it is the last formal dance of the year. Girls get to feel beautiful in their dresses, and the guys get dressed up really nice for the night and help make that night truly memorable and magical."

"My most memorable part about Prom is when my friend Erica (Lee) got nominated for Prom queen and she actually won!" senior Shelby Fischer said.

Senior Kennedy Salerno's favorite memory from Prom was spending the night with her friends. "I'm dancing with my friends and just enjoying the music. It's really fun creating memories, especially when it's Prom," she said.

One aspect of the dance that people enjoy is going to dinner. "For going on a fun Prom date, Maddox is a really good place to go out for dinner. It's really fancy and it has super good food," said Fischer.

Maddox is located outside of Brigham City and is a popular place for Prom dates. The menu includes a wide range of choices from signature chicken to steak choices. Prices also fit teen's budgets with



dinners starting at \$12. Because the restaurant is busy on weekends, especially if it is dance time, reservations are necessary.

"For a fancy dinner, you could also go to Tokyo Station. The chefs there cook right in front of you! It's really fun and their food is so delicious," said Salerno.

Tokyo Station is not only good for individual dates, but also for small groups. Located in downtown Ogden, guests dine at a private cooking station. The chef prepares the food at the station and entertains those waiting for their meals. Dinners start at \$14 for chicken and there are also sushi, steak and seafood options on their menu.

Another fun part of Prom is the traditional day dates. "For going on a fun day date, you could go on photo scavenger hunts, go to escape rooms, go go-karting, go to Color Me Mine and so much more!" Fischer said.

A day date idea that Salerno had was ice skating. "It's so much fun but be prepared if you're like me because you'll probably be falling a lot," she said. If it is warm outside, "hiking is also really fun too!" Salerno added.

There's also another part of Prom that everyone looks forward too: the crowning of Prom King and Queen. After the couple has been

chosen, there is usually dance held between the Prom King and Queen to celebrate the win. "Being nominated as Prom Queen was such an honor to me," Lee said. "It was so nice to know that I was worth being nominated. When I was told I was nominated, it was during Flex. I had left to another class to do some work and the sophomore officers came into my class while I was gone, but Mrs. Champi told them to come back because she knew my reaction would be priceless! So I went back to my original Flex class, and they came back in and asked for me. I turned around and they told me I had been nominated! That had always been a dream of mine, and it actually happened!"

Warriors look forward to Prom and living out their high school dream dance. "It's the biggest tradition all across the nation. It can be a really special night for many people. It's different because not only do you get to dress up, but you don't just go back to the school for the dance," Perry said. She added the dance is usually held at another location, so teens are able to leave the school and celebrate.

"We have traveled to Weber State because it's one of the only places that can hold us all. But going away can make Prom special and different," she said.

Highly anticipated school dance starts with creative Promposal ideas

By Brandie Huddleston
News Editor

Prom is one of the popular high school dances and coming up with a unique way to ask someone adds to excitement.

"One of the best Promposals I have ever seen was when the guy filled up my friend's room with balloons and lights and said, 'Let's light up Prom,'" said sophomore Lauren Simmons.

Another way one could ask someone to Prom is by using musical talents. "One of my friends wrote a song for a girl, then he knocked on her door and sang for her, right then and there in front of her family and her," said senior Aaron Roskelly. "I just kept thinking in my head 'he is the man.'"

"This guy spelled out Prom in roses and candles all over this girl's driveway," said junior Madi Wilcox, "It was all just really, really pretty."

For those of you who are shy and don't like to be there when someone finds the Promposals, they could always go for the doorbell ditching approach.

"Roses are red, donuts are the bomb, do me a favor and come to Prom," said junior Holly Kendrick. She continued, "It was just so funny and I got a whole box of donuts so that's a plus."

Some people may procrastinate asking a date to Prom so they may take the social media route. "He Snapchatted me and said, 'If I asked you to Prom, would you have a dress in time?' Keep in mind, it was literally four days before Prom, but I still went and had a great time!" said Wilcox.

Junior Tayler Tallerico said the best way she was asked to Prom was "this guy bought me a dog and on his collar he had a tag and it said 'Prom?' The dog's name is Boomer, and he is no longer a puppy anymore, but I still love him."

Sophomore Shelby Fronk added her favorite part of Promposals "is the candy and the presents!"

Whereas, Roskelly said, "My favorite part is the creativity people have with asking and answering. But I also love the reactions on people's faces when they see something outside their door."

Tallerico said her hardest part with Promposals was finding a unique way to answer. "I wanted

something original that had never been done before, and it is actually harder than it looks, but I just had to think about the person I was answering to and it all worked out in the end," she said.

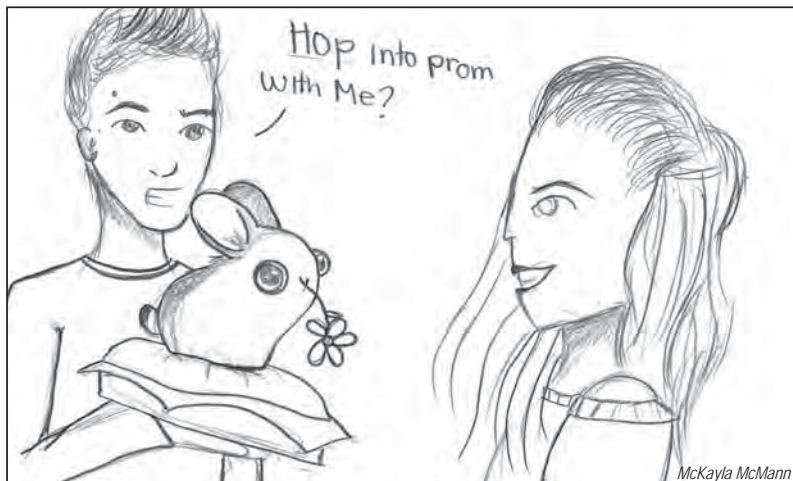
If people are scared to ask someone to Prom, Tallerico's advice is "man up and do it! You're only in high school once."

Simmons also encourages people to ask someone to a dance. "You have to realize that the worst thing that can happen is she says no," added Simmons.

Wilcox encouraged people to put those fears away and ask. "Just be creative, unique and yourself, and she will love it," she said.

If someone says no to a Promposal, Warriors added it isn't the end of the world. "In my opinion, the worst part about asking someone to Prom is worrying that they have already been asked," said Roskelly.

Roskelly's advice to those who are scared to ask someone to Prom in fear of being rejected, "This is off a movie, but sometimes all you need is 20 seconds of insane courage, just literally 20 seconds of just embarrassing bravery. And I promise you that something great will come of it."





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Teens express feelings of Feb. 14; Single Awareness Day celebrated

By **Cade Allen**
Staff Reporter

Each year on Feb. 14, many people exchange cards, gifts or flowers with their special “valentine.” There are many believed stories about why this day was named Valentine’s Day, but according to History.com, the story of Emperor Claudius II beheading Saint Valentine for performing secret marriages to young men and women who were in love is how this holiday got its name.

Emperor Claudius outlawed marriage for young men because he believed single men were better fit to be soldiers than that of men with a wife and family. Saint Valentine did not like this law, so he defied him and continued to perform marriages for young lovers in secret. When Valentine’s actions were discovered, Claudius ordered that he be put to death.

According to history.com, before his death, “Valentine actually sent the first valentine greeting himself after he fell in love with a young girl – possibly his jailor’s daughter – who visited him during his confinement. He wrote her a letter signed, From your Valentine, an

expression that is still used today.” Ever since, the holiday that many know today is named Valentine’s Day because of his heroic deeds.

In today’s modern world, and because of the story about Saint Valentine, many people celebrate this day by demonstrating their love. And it doesn’t have to be just the boyfriend-girlfriend type of love. “Every year, I usually go out and get my mom a huge bouquet of flowers and surprise her with it,” senior Kennedy Salerno said. “It makes me happy to see the surprised look on her face every time I get her flowers.”

Senior Katie Alexander celebrates Valentine’s Day by “making cookies while I babysit that night so my parents can go out on a date.”

Others, though, think that Valentines Day should also be considered Singles’ Awareness Day. According to the Huffington Post, Singles’ Awareness Day “is a humorous holiday that provides single people with an alternative to Valentine’s Day festivities. Some people consider Singles’ Awareness Day (sometimes shortened to S.A.D.) as the anti-Valentine’s Day and celebrate it on Feb. 14, but other – who visited him during his confinement. He wrote her a letter signed, From your Valentine, an

“I honestly celebrate this holiday

because I am an independent woman and I don’t really care about finding a relationship,” senior Kahliah Nelson said. “I would just grab some snacks and sit on my bed and watch Netflix.”

Senior Kelsie Maughan also celebrates Singles’ Awareness Day by “eating a box of chocolates by myself while hanging out in my room.” Maughan added, “I don’t like that it points out who has a significant other and who doesn’t.”

There are also people who don’t like the Singles’ Awareness Day idea. “I don’t like this holiday because in my opinion, it makes a lot of people feel incompetent,” Alexander said. “It’s the time of year where we celebrate love and kindness to one another. Saint Valentine sacrificed a lot in order to perform these sacred marriages for the young men and women,” she said.

Valentine’s Day can mean something different to everyone. While some feel it means to celebrate love to one another, others think it can be celebrated through Single Awareness Day because they like being independent. “People can celebrate Valentine’s Day however they want. It can be for love for independency or through one another. It’s really all the same if you look more into it,” Salerno said.

a combination of giant horse, cat, dog and lion, but they really look like they have bunny ears, and are part llama and are the size of a giraffe.

The movie features beautiful special effects shown in the fight scenes along with other places in the movie. Hamill said in *People*, “The whole idea with these movies is to try and keep it fresh and give the audience something they’ve never seen before. We’ve certainly done that.”

The Last Jedi is such an epic story with so much action. Loose ends and questions were answered from the last episode, and new ones are introduced. There were many twists and turns, like when Rey went toward the hole in the ground that Luke claimed to be the darkness on the island. There was also an unexpected familiarity between Rey and Kylo Ren at one part of the movie. It was almost like a friendship. It was a spectacular addition to the Star Wars saga.

Behind the scenes of *The Last Jedi* is director Rian Johnson. Even before *The Force Awakens* was being filmed, Kathleen Kennedy, Lucasfilm president, asked Johnson to write and direct *The Last Jedi*. The job offer came as a surprise states Ram Bergman, Johnson’s producing partner, in *People*. He added, “[it] was the best decision we’ve ever made.”

Of course fans want to see the movie to honor the galactic princess-turned-general, Carrie Fisher, who passed away Dec. 27, 2016. She had finished filming for *The Last Jedi* and some shots for the next movie (which Kennedy later published would not be used for Star Wars episode IX). Fisher, the daughter of Edie Fisher and Debbie Reynolds, who were both actors and singers, had gained her own stardom from the Star Wars trilogy.

Fisher was honored to play Princess Leia in the first installments of Star Wars. She told Ridley, the star of the next Star Wars generation, “You should fight for your outfit. Don’t be a slave like I was,” referencing the metal bikini she wore when Jabba the Hut captured her and some of the other outfits she wore in the films.

While Fisher had a bigger role in Episode VIII than in Episode VII, it didn’t seem like her part was big enough. The best part of the movie was when she used the force to save herself from the harsh environment of outer space. It was also amazing to see her and Luke reunite at the end of the movie. It is heartbreaking to know she will not be in any more movies.

The Star Wars universe continues to expand whether it’s movies, games, shows or books. It takes time to traverse the Star Wars universe but learning about the history, characters and creatures held captivates both the young and the old.



So students can get to know their teachers a little better, check out their four truths and see if you can guess which one is a lie before you read the last comment.

Steven Godfrey

1. I was Student Body President at Weber High School.
2. During tryouts for the basketball team, I took charge and had to get stitches. I also made the team.
3. I have a twitter account strictly dedicated to the Utah Jazz - @JazzJunkie12
4. I randomly met Selena Gomez while I was with my mom and my mom asked Selena to kiss my cheek and she did!
5. I crashed a go-kart in a church parking lot which broke the neighbor’s fence and my foot.

(4 is the lie. It happened to Logan Crowell, not me.)



Steven Godfrey



Joni Saunders

1. I wear a size 2 shoe
2. After a sledding accident at the top of Mt. Titlis in Switzerland, we discovered I had a stress fracture on my ankle... on my birthday.
3. In Florence this past year, I climbed Giotto’s Tower (414 steps!), took pictures and made it back down within a half hour.
4. I got lost in London, but I was able to find my way back to the hotel we were staying at on my own.

(2 is the lie. I did hurt my ankle after sledding at the top of the mountain. My little brother dropped the sled on me, but my ankle was not broken. It was just bruised, swollen and bleeding. It was on my birthday, though.)

Adam Webster

1. I have only ever had one girlfriend, but not even she believes that.



Adam Webster

2. I failed social studies in third grade.
3. Each of my feet has an extra heel bone.
4. I have committed at least one federal crime.
5. I once shot my older brother in the bottom with a B.B. gun.

(5 is the lie)



Kirk Ottley

1. I graduated from high school in a class of 35.
2. I once owned nine horses and two mules.
3. My date and I went to my first high school dance with my parents.
4. I have surfed in both Hawaii and Brazil.
5. I played guard and center on my high school football team.

(4 is the lie.)



By **Jaden Pratt**
Editor in Chief

Star Wars Episode VIII, *The Last Jedi*, released on Dec. 15 was a hit for all ages. Old fans and new fans alike came together to watch the newest addition to the famous saga. The movie was epic and daring. It was the space adventure film we all wanted to see.

The beginning of the movie shows Poe Dameron, the x-wing pilot, and other pilots on a race to destroy a first order ship. Poe, played by Oscar Isaac, gets demoted by General Leia Organa, Carrie Fisher, for his recklessness during this fight.

The scenes then change to continue the cliffhanger ending from episode VII, *The Force Awakens*. Daisy Ridley plays Rey. She is from the desert planet Jakku which is very different from the planet Luke Skywalker, played by Mark Hamill, has been living on for years. Rey stands before Luke waiting to deliver the news that they need him to help stop Kylo Ren played by Adam Driver. Luke is very temperamental and tells her to leave the planet and that he cannot help her. This was somewhat frustrating being in the audience. I wanted Luke to take on Rey like his

own Padawan.

Luke is an interesting character in this movie. He has changed from the original trilogy. Luke is filled with regret in this movie and he says the Jedi needs to end. This is coming from the most talented Jedi ever!

Another highlight is the great addition of new characters in this movie along with creatures and planets. For instance, Rose a maintenance worker played by Kelly Marie Tran, joined the Resistance along with her sister, Paige. Rose meets Finn, the ex-Stormtrooper who is famous for his assistance to the Resistance and they become teammates of sorts.

One of the newest creatures are known as Porgs. They are 10 inches tall and are similar to birds. They make screeching noises and live on Luke’s island planet, Ahch-To. Another of the planets is Elerion which is a gambling planet full of casinos and the richest people in the galaxy. This planet was first mentioned in the book, “*Lucky Stars: Star Wars Tales #15*,” states Wookieepedia, but it has never been shown before.

I also enjoyed the scenes filmed on Elerion. It was fun to see Rose and Finn navigate their way through it. Rose’s back story is revealed here and her distaste is shown for the fathiers being raced like racehorses. The fathiers are



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Senior Lizzie Gardner and her Quarters and Cans blind date, junior Koby Pack, support the Christmas fundraiser.



Lending their voices to raise money, Warriors went caroling door to door in the Weber High area.



Junior Sean Wallace creams Coach Hardy in the name of Quarters and Cans.



Sophomore Paige Wilder play Guitar Hero during the lunch activities.



Holidays are made merrier through student donations during fundraiser

By Cade Allen
Staff Reporter

This year for Quarters and Cans, Weber High focused solely on helping the local community.

"Quarters and Cans is about bringing hope to the families who are in need of a Christmas," said Mrs. Perry, student officer advisor. "We turned our attention to the families of students currently attending Weber High or will attend in the future. These families were struggling financially and may have someone who was diagnosed with cancer or struggling with any other type of illness."

The student officers planned all of the activities that were held during Quarters and Cans, so an element of fun was part of the giving. There was a dodgeball tournament where students paid to compete and the money was donated to Quarters and Cans. There was also an assembly where most of the student donations came in. To add to the donations during the assembly, there was a bidding for doughnuts, a pay to play, pay to throw a pie at a teacher's face, and a teacher's parking pass that was sold at almost \$100.

Some other activities that were held during Quarters and Cans included raffle baskets by the sophomore class which contained gift cards and various prizes that equaled to \$1500. Another fundraiser activity was bidding for a lunch date with a Warrior, a ping pong tournament and video game competitions which included Just Dance, Mario Kart and Guitar

Hero. Warriors also braved the cold as they went caroling. All of the collected money was given to Quarters and Cans.

"All of the money this year that was raised came to more than \$12,500," Student Body President Erica Lee said. "This money was used to help at least seven families who were in desperate need of a

Along with the financial support, there was also a canned food drive to help fill pantries. A competition was held between first period classes, and the class that got the most canned goods received cinnamon rolls from Straw Market. The winner for this year's canned food drive race was Mrs. Perry's first period class.

"Everyone did amazing for bringing in all the canned goods," Lee said. "We've raised at least up to \$2,500 worth of canned goods."

Lee was impressed by the students' efforts to support Quarters and Cans. "I feel like this year was different than the other years because this time we got to focus on more in our local community," Lee said. "It really made us feel special to be able to provide everything that was donated to the all the families who were in need of a Christmas and to support anyone who was struggling financially."

Senior Class Officer Britton Johnson agrees and adds, "We got to focus on the difference that we could make to the local families instead of just doing a typical fundraiser like we did in past years. We were able to show the true meaning of Quarters and Cans to everyone here at Weber High."

Mrs. Perry added the Quarters and Cans tradition is worthwhile because "we are a high school that is making a difference."

"I think for our students there was a purpose behind Quarters and Cans," Mrs. Perry said. "The assembly put a face on where the money goes. The students were willing to give more because they saw who and how it helped."

(Additional reporting by Kyrsten Acker)



Senior Nate Chugg prepares to face his competition in a game of ping pong for Quarters and Cans.

Christmas for their family."

Lee also told how Warriors aided families in financial distress. "The money helped families pay bills as well as help them afford Christmas for kids and help with anyone in the family diagnosed with a life-threatening disease."



Class officers Erica Lee, Claudia Vinacco, and Porter Holiday dance for the Christmas fundraiser.



Photo left: Senior Hannah McKay cuddles a gigantic teddy bear attached to her fundraising can and Lizzie Garner and Caleb O'Neil work the halls as they collect money for Quarters and Cans.

Photo above: A boy's wishes are being fulfilled by junior class officers Caleb O'Neil and Gerret Dickson. The school officers visited Wal-Mart as they helped Santa with Christmas gift lists.

Photo right: Senior class officer Caprice Anderson and sophomore class officer Shannon Hunsman look for special presents to make a young girl happy at Christmas. The student body helped seven families.

Photos by Kyrsten Acker, Emma Reynolds, Melissa Overdiek and Raquelle Healey



Officer Kayleigh Anderson and teacher Mrs. Butler find a tripod for a teen girl.



Preparing for a caroling adventure are junior Eric Stanley, sophomore Shannon Huntsman, junior Kiara Lindsey and sophomore Porter Holliday.



Basketball players evaluate wins, losses during region games

By **Brandie Huddleston** and **Emma Reynolds**
Staff Reporters

“One of our key strengths this year is our chemistry. We have played with each other for quite a while now, and it shows up on the court. For basketball, chemistry beats talent, and we have both,” said junior and guard Hudson Schenck. The varsity team believes chemistry is a key factor for basketball and is an important asset to their strengths.

Along with their unity, “Our strengths as a team are our rebounding abilities and the way we move the ball around the court. My strengths in particular are rebounding and defense,” added guard and senior Austin Bartholomew. However, like other teams, they still have things to constantly work on. Right now they are working on their “shooting and defense,” said junior and guard Trey Worrell.

Head Coach Ryan Jones is pleased with the progress of his team. “I love everything about this team; great group of guys that play really well together.”

As the season progresses, the boys try to loosen their nerves by joking around saying, “The hardest team to face would be Oklahoma City Thunder!” However, Coach Jones sees a northern Utah school as a strong team to play.

“I don’t think we could stop Russell Westbrook,” Schenck jokes. “If I could play one of them [the teams] again, it would be Box Elder. They were our most competitive game so far and I could’ve done a better job coaching,” says Jones.

For the game against Logan on Nov. 21, Weber brought in a win with a final score of 64-51. Ali Carrillo led the way with 4 of the 13 steals made by the team.

With back to back games against Bonneville and Layton Christian Academy on Nov. 29 and 30, a major highlight for both games was Bartholomew scoring 20 points against Layton Christian and 12



Austin Bartholomew, senior and juniors Braedon Iverson, Hudson Schenck and Kobe Ferqueson attempt to stop a Clearfield player.

Photos by Melissa Overdiek

against Bonneville. The final scores had Weber on top with 55-35 against Bonneville and 56-42 against Layton Christian.

Another team Weber played is Cyprus on Dec. 5. During the game, there were several travel calls on both teams. However, Weber kept their focus and won with the final score of 59 and Cyprus ending at 50.

During the Box Elder game on Dec. 8, Bartholomew said, “Our strengths as a team were our rebounding abilities and the way we move around the court. “The final score for the Box Elder game was Weber at 60 and Box Elder at 58.

“Box Elder game was really intense,” said Jones. Kobe Ferqueson held the record for the most points scored in that game with a high of 24. Max Watson was close with 23. The game was close all the way down to 0.3 seconds when Capener hit two free throws giving Weber the win.

In a well fought battle against the Jordan Beetdiggers, Weber was unable to take a victory. They perse-

vered and gave it all they had, but ended with a close loss of 56-53.

Weber also had a hard time against Mountain Crest on Dec. 15. Their main issue was their shooting, so they went 6-24 from 3 point line. They also only went 6-15 from the line. The final score was 52-48 with Mountain Crest as the victors.

The Warriors also took another hard loss on Jan. 4 as they faced Salem Hills. Adding 19 points and leading Weber was Furqueron, and Bartholomew brought in 10 points. However, it wasn’t enough for a win. Weber took a 53-51 loss to Salem Hills.

Ready for a win, during the region game against Northridge on Jan. 20, Weber shined with a 68-57 win. Scoring 18 points was Bartholomew and Furqueron grabbed 17 for Weber. Schenck also added 15 to take the win.

As the boys work harder on their season, the team members have at least one goal for this season. Worrell’s is to “win region and shoot 80 percent above free throw percentage.” Whereas Bartholomew says, “Our goals as a team this year is to win region and win at least two games in the state tournament. We have been to state the past few years but haven’t ever gotten past the first round. So a big goal for us this year is to succeed in the post-season.”

The personal strengths Bartholomew is working on is “my strengths in leadership, rebounding and defense.”

When preparing for the court, not only are the boys physically prepared, but they also look at getting focused for the game. Many players have different ways of preparing mentally for a game. For Worrell it is “by being confident and positive when/if things get bad.” Bartholomew adds, “Before every game, I take time to visualize how I want the game to play out. I find a quiet place and close my eyes and see things that I want to happen in my mind. This helps me focus and build my confidence.”

Team strives for successful season

By **William Michels**
Feature Editor

Some people may hate being in water and actively do their best to avoid it at all costs. It’s a different story for the Weber High swim team, as it is their home away from home.

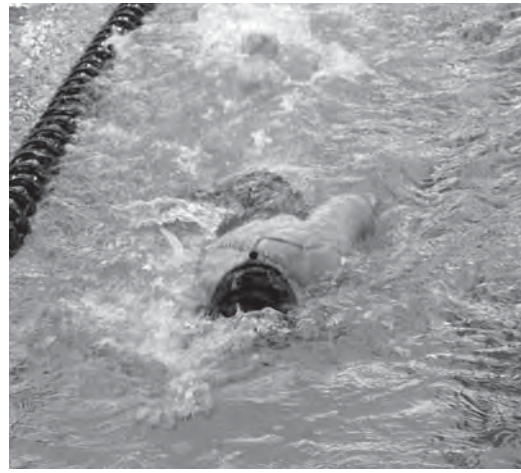
The Box Elder Invite was the first meet of the season, held on Nov. 4. The Weber team had a solid performance, doing well in a variety of events with a few stand out performances.

Weber placed third in the Girls 200 SC (short course) Meter Freestyle Relay, and the team also placed third in the Girls 200 SC Meter Medley Relay. The girl’s team took another third place finish in the Girls 400 SC Meter Freestyle Relay. In the Girls 400 SC Meter Freestyle, junior Ashlyn Cochran came in third.

Senior Ellie Nordfords finished fifth in the Girls 100 SC Meter Freestyle and second in Girls 50 SC Meter Freestyle, while sophomore Berlin Anderson competed in the Girls 100 SC Meter Butterfly and placed fifth.

On Nov. 14, Weber competed at the Region Relays at Ogden High. The boy’s team placed first in the Boys 400 Yard Medley Relay and placed a close second in the Boys 200 Yard Butterfly Relay. Meanwhile, the girls team finished first in the Girls 250 Yard Freestyle 25-50-75-100 Relay, and finished second in the Girls 400 Yard Medley 4 x 100 IM (Individual Medley) Relay. Weber took second in the Boys 200 Yard Freestyle 8 x 25 Relay and took another second in the Girls 800 yard Freestyle 4 x 200 Relay.

The City-County Meet was held on Dec. 2, and Weber had another set of great performances. In the



Junior Autumn Jessen practices her breast stroke as she prepares for region meets.

Photos by Kyrsten Acker

Boys 200 Yard Medley Relay, sophomore Michael Trejo, junior Caleb Richardson and seniors Wyatt Decker and Jonah Simmons placed first with a time of 1:49:65, breaking the City-County record.

“I really love the rush that you get when you win an event or beat your time. It gives you a lot of adrenaline, and that’s why I love swimming,” says Decker.

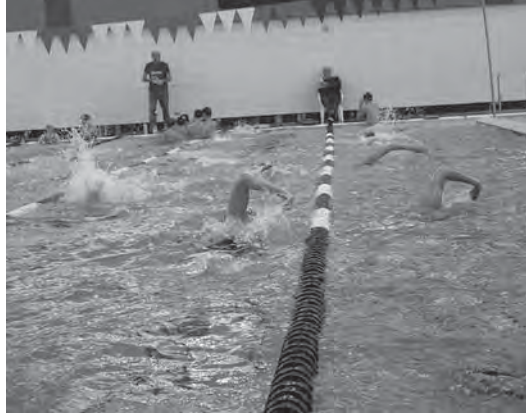
The girls also had similar success. Cochran finished first in the Girls 200 Yard Freestyle, and senior Kaylee Dockter placed second in the Girls 200 Yard IM. Dockter also placed third in the Girls 100 Yard Butterfly, and Anderson placed fourth.

“I would have to say my favorite stroke is butterfly, but I have a love and hate relationship with it,” says Anderson.

Region is filled with highly acclaimed athletes and teams and as with most sports teams, rivalries are present and the swim team is no different.

“I would say Fremont is our biggest rival,” says Simmons. “There’s already the school rivalry, but we’re so close in points. It’s really fun to race against them, but it’s also anxious at the same time.”

Senior Emily Suisse agrees and says, “Fremont is definitely our rival. The boys teams are neck and neck. The girls at Fremont are putting up a good fight, but we’re still doing really well.”



During practices at the Ben Lomond swimming pool, Warriors do lane swimming.

Coach Cruft adds Fremont is a rival for the boys’ team along with Davis. For the girls’ team, he says Davis and Syracuse are the teams that prove difficult.

Both team captains Suisse and Simmons have goals for the team. Suisse plans on the team becoming a cohesive unit. “While we’ve set a few goals,” says Suisse. “We just really want to function well as a team.”

On the other hand, Simmons wants the team to place in the top two at region this year. Additionally, he and the team are aiming to place top in the state for the Boys 200 Yard Medley Relay.

Simmons region prediction came true on Jan. 26 when the girls and boys placed second in the meet. Davis barely edged out the girls, 439- 430.5; and the boys finished 376 behind Davis at 410.

Individual winners included Trejo, Decker, Richardson and Simmons in the 200 medley relay; Richardson in the 100 butterfly; Trejo in the 100 backstroke; Sophia Traher in the 100 breaststroke; Decker in the 100 breaststroke; and Richardson in the 50 freestyle.

In regards to state goals, Simmons wants to finish top 10 and aims for 49 seconds in the 100 SC Meter Freestyle, and 1:50 in the 200 SC Meter-Freestyle.

The constant interaction between the team members bring them together, and this also helps as they prepare for competitions. “We spend so much time together inside and outside of the pool,” says Simmons. We have team dinners and hang out outside of practice.” Suisse agrees, saying the team members mesh well with each other.

“They have really impressed me; they don’t give up and are constantly supporting each other,” says Cruft.

Decker says the diversity of the team in their abilities and talents is a prominent feature of the entire team. And while the athletes compete individually in the sport, swimming takes a group effort to be successful.

“You have to work together as a team to win,” says Simmons. Suisse adds, “It [swimming] is individual, as we try to beat our times, but it brings us so close together.”



Junior Logan Lafeber prepares to pass to junior Braedon Iverson.

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Team shows strength, determinitation for state

By **Raquelle Healey**
Feature Editor

Weber High girls' basketball team is constantly improving their skills with hard work and dedication. Even when Weber destroyed Ogden High on Dec. 6 with a whopping 57-24 win, they still say there's more to work and improve on.

Senior Megan Smoot said as the team practices, they talked about being solid and working on things that will help them be better basketball players. Weber's Coach Mark Hansen added the girls seem to get in a rush when they take a big lead. "So we just talked about facing the basket, making good cuts, executing the offense, trying to get our footwork down and doing the little things well and I think all together we do that pretty well," he said.

Keeping these goals in mind,

against Brigham City, it was as though Weber couldn't have played any better. Smoot and junior Taylor Morris were the star players. Smoot scored 28 points and Morris 22 helping Webers' 73-59 win. "We moved the ball around, we shared the ball, got the shots that we wanted and it paid off on the score board," said Smoot.

Even Box Elder knew they had been beaten. The Bees Coach Aaron Dooley said in the Standard Examiner interview, "We don't need to just sit there and be like 'Oh dude that was lucky.' No, we need to get freakin' mad and get a rebound. We need to be able to force Morris to her right hand. Weber beat us to the ball every time."

As the girls work on their region games, Smoot says, "I think one of the biggest things we need to work on right now is talking to each other. We need to figure out how to communicate better and let each other know where we are on



Playing by defense, sophomore Yira Yoggerst and senior Bridget Triplett.

Good sportsmanship brings teams closer

By **Jayden Gordon**
Staff Reporter

Good sportsmanship is demanded on all high school sports teams. Schools nationwide require it. Weber High values good sportsmanship on all their teams. Carter Lang, a senior on the swim team, says, "On the swim team everyone has to be a good sport and treat everyone on the team, and the opposing team as well, with respect and be kind to them. Anyone who doesn't do that will get in trouble from the coaches and refs."

Weber's coaches agree good sportsmanship is one of the rules to follow in order to be on a team. Coach Hardy says, "It's up to the students on the teams to set an example for the school as they play and interact with the other high school teams."

Even the Warriorettes have to have good sportsmanship when dancing with/or against any other

dance company. Alyah Hashimoto, senior, says "If the sports teams were to do something at a game or a dance competition that was inappropriate, then that would add on to the negative reputation of the school."

Coach Hardy adds, "Being a good sport on the team doesn't only affect the school but also Weber

"If we all break out on the field and start being rude to each other, we could all lose spectators."

School District as a whole." Some athletes add people need to work on good sportsmanship more and improve on being better. Weber soccer player John Tony Evans, junior, says, "Soccer is a very dirty game and when it gets rough out there on the field and people are shoving and pushing each other around, it gets a little crazy and people start to get frustrated and angry. We all

have to try and keep our anger to ourselves and not let it get the best of us and cause a scene out there on the field" He adds, "People who behave the way they aren't supposed to out on the field being rude to others, are essentially bullying and they can get kicked off the team for being that way. It goes for the other sports as well."

Weber High's love for sports doesn't end, school spirit is wild at all games and full of energy. Weber football player Trenton Creelman, senior, says, "On the football team things get crazy in the locker room and on the field. It's a bunch of burly guys running into each other and even though we have protective gear on, people can still get hurt. When they start fighting on the field, they can do some damage to each other. Any sort of horse play is taking seriously out on the field."

He also adds, "Football and soccer are probably two of the most popular sports here at Weber High School, and we want to keep them that way. If we all break out on the

field and start being rude to each other, we could all lose spectators."

Warriors agree with the athletes on good sportsmanship at the school, and add fans need to show proper sportsmanship attributes at games. Ben White, junior, says, "Respect everyone, even if the team isn't respectful. We need patience and never celebrate in front of the opposing team," he says. Lang adds, "I see how when you're playing a game and you're going against the other team, things can get a little heated out there on the field. Someone makes you angry you can get heated back and thus that doesn't help with the concept of good sportsmanship. No school wants a bad reputation."

Macy Harris of the cheer team advises athletes and fans to respect one another at games, and that will not only create a better atmosphere, but also enjoyable to all those who participate. "Following the rules of the game and putting your best self out there for the team and everyone else who is watching," she says.



Senior, Bridget Triplett shoots a free throw show for Weber.

Photos by **Melissa Overdiek**

win. Acknowledging their losses, Coach Hansen pushes the girls even harder in their training, "We need to get better defensively. We also need to develop a mindset that we can and will get stops on the defensive end. Only then will we be prepared for state."

The girls are all working hard to prepare for state. "We practice hard and work harder," said junior Bridget Triplet. However, Triplet adds what is most important is teamwork and unity. "If the team isn't unified then we can't all work together, and if a team can't work together what kind of a team are they?" Aardema adds she wants the team to have a bond that's family-like, and that can't be broken.

Coach Hansen believes the team has to be unified, too. "One of our Core Values is WE! It's our hashtag. It is the most important thing to a team. Another is accountability. We believe that we are all accountable to each other on and off of the court. Selfishness is the biggest destroyer of a team. Our leadership committee works hard at nipping in the bud any actions that may destroy our bond. We're a very strong team and will stay that way until the end," says Coach Hansen.

Forget the cold, activities add enjoyment to winter

By **Bailee Montgomery**
Staff Reporter

With Utah being labeled as having the best snow on earth and having a few of the top resorts, there is always the debate whether skiing or snowboarding is the best. As Weber High School is one of the many schools in snow paradise, they know their stuff about these popular sports.

"Snowboarding is by far better," sophomore Chasen Stude says. "Skiing is harder. I've been snowboarding for seven years, and I love it. My dad taught me and I've been going with him and my brother always been a good time," he adds.

Most Utahns like to take advantage of the snow. "I've been to Brighton in Salt Lake City, and it was pretty nice. I'm not a huge skier but I do enjoy it," says Eric Gonzales; junior.

"I've only been to Basin," sophomore Sutherland Green states. "I learned from one of the trainers at Snowbasin for snowboarding which was fun and he was good at explaining and I enjoyed the resort. But I taught myself how to ski I was even better than this kid that has been skiing all his life, and it was really easy for me," he adds.

Several Weber students have a strong opinion about which sport is better. "I snowboard because I'm from California and used to surf so it was easier for me to learn," junior Tyler Long says. But other teens like either one.

"I have done both, and I like both but I definitely like snowboarding better because it's easier to learn," Gonzales said.

"I like skiing better I've grown up doing it and never really did snowboard," says sophomore Trey Schroeder. "Skiing is by far better. I sucked at snowboarding, it was too hard to balance," Green adds.

Along with deciding which activity is better, comes the decision of which resort is best to fulfill these avid snowboarder's and skier's dreams. "I've been to Snowbasin, Powder Mountain, Park City and Nordic Valley, but Basin is better because there's better food, my friends go there, they make their own snow and more famous people are likely to be seen there." Stude says. Long also thinks Snowbasin is best. "The slopes are clean, and it's really beautiful up there," he

adds. Snowbasin Resort offers ski and snowboard terrain for all ability levels. The base area elevation is 6,316 feet above sea level, and Mount Ogden Summit elevation is 9,570 feet above sea level. It has over 3,000 acres of world-class white powder. Adult's day pass is \$109, adult afternoon pass is \$85, senior day pass is \$39 to \$85. Senior afternoon pass is \$30 to \$71. Youth day pass is \$59, youth afternoon pass is \$45 and children under six ride all lifts for free. Purchase tickets in advance online and get up to 30 percent off.

Another northern resort is Nordic Valley, and it is a 140 acre boutique ski hill with activities for skiers and snowboarders of every skill level. The resort has three aerial lifts, one surface lift and 23 runs. Adult day pass is \$45, adult half day and night pas is \$30; youth day pass is also \$30 and youth half day and night pass is \$22; and children under six ride all lifts for free.

Powder Mountain is also a popular resort in Utah. With the addition of two new lifts and over 1,000 acres of lift-serviced terrain, Powder Mountain now has 8,464 acres of in-bound skiable terrain. An adult day pass is \$85, and adult night pass is \$29; a child day pass is \$47 and a child night pass is \$24; and children under six ride all lifts for free. Only 1,500 day tickets are available per day.

"I've been to Powder, and it's pretty fun. It is really beautiful up there, and the snow is really soft and powdery," Gonzales says.

As the temperatures drop, winter enthusiasts are coming out to hit the slopes. Not only is there skiing or snowboarding, but there's snowshoeing, sledding, ice fishing and snowmobiling that people can do at all these different resorts.

For those interested in hiking, they can snowshoe in areas such as North Fork Park Trail in North Liberty. The area is fairly easy with groomed trails that are great for beginners. Wheeler Creek Trail is another place to snowshoe. It is an uphill trail located in the Ogden Canyon west of Pineview Reservoir.

Ice fishing can be done in East Canyon Reservoir, Hyrum Reservoir, Lost Creek Reservoir, and Willard Bay Reservoir.

With all the snow in northern Utah, Warriors feel there are plenty of frosty activities to enjoy during the winter.

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Fitness solutions for winter season

By Rebecca Gonzales
Editor in Chief

"I believe that exercise should be part of your daily routine," says yoga teacher Mrs. James. "For example, you brush your teeth, you eat, you sleep and you should include exercise."

According to Mrs. James, in addition to keeping people looking healthy and fit, "regular exercise and a healthy diet can help reduce free radicals that release toxins associated with disease and infections. A healthy lifestyle helps prevent diseases that are passed on from one generation to the next: diabetes, high blood pressure, high cholesterol, cardiovascular disease, the list goes on. You need to think long-term, not short-term, about your fitness."

During northern Utah's snowy winters, outdoor activities normally done in warmer months are much harder. Because of this, athletes can have a hard time finding ways to stay in shape. "When winter arrives, there are not too many people who love the cold, and they do not want to be out when the temperatures drops and the daylight is cut short," says Mrs. James. "People want to be inside where it is warm and eat more comfort foods."

Emily Christensen, senior, says, "Usually when I think of exercise I think of enjoying the outdoors on a run, playing tennis, golfing or hiking, but when it comes to winter you usually have to go for a pretty good drive to do all of those things without chilling yourself to the bone."

Christensen also adds she has a harder time motivating herself to go to the gym than she would to exercise outside. "I think it's harder to exercise in the winter because it takes a lot more self-control, motivation and effort."

Senior Zach Elmer says he doesn't really want to go run in the snow. "It also gets dark earlier and limits outside time," he says. "Plus, it's the holidays when everybody eats like crap," which he says makes him feel like exercising even less.

Despite the challenges people face when trying to keep up their fitness during the winter, exercising remains important to Christensen even when everything's covered in snow. In her experience, exercise helps her "stay on top of things mentally" and improves her focus.



Senior Chet Peterson works on weightlifting as he stays physically fit during the winter.

"It also helps me stay sane when I feel like I've been trapped indoors for too long because of the snow," she says.

Elmer adds, "It's important to stay in shape during the winter, so you can feel energetic throughout the day and stay healthy." For him, a certain level of strength needs to be maintained in order to prevent injury. "My shoulder and hip joints are slightly malformed," he says. Without regular exercise, "they are more likely to pop out."

Christensen has found several ways to keep her physical fitness up. She says getting a gym pass can be expensive sometimes, but concurrent enrollment students can get a Weber State gym pass for \$10. "They have a nice facility and you and your friends can all go together," she says. For everyone else, she recommends enjoying the snow by going sledding, skiing or snowboarding. She adds it's always a "fun way to get some exercise and enjoy being with friends and family."

"Keep in mind you have to like the exercise that you are doing to want to exercise," cautions Mrs. James. "Find an activity that you enjoy and you are more likely to keep with it if you choose something you like a lot. A lot of people find it more fun to exercise with someone else, so you can find a friend or family member to be active with you."

According to Mrs. James, yoga classes are a great way to stay in shape all year round. "Yoga is not for everyone, but it is a total body workout. Another cool thing is that you can watch yoga videos on YouTube and follow along," she says. "I love teaching yoga to athletes; they make it look so easy!" She adds the change in people's fitness routine helps them with flexibility

Photo by Emma Reynolds

and visualization. "Yoga also applies to you mentally, emotionally and spiritually, not just physically."

Students also have the option to take a conditioning class for P.E. credit and to keep in shape. "Taking Coach Hammer's conditioning class has been a great way for me to get in shape and stay in shape through the winter," says Christensen. "It helps athletes work hard during both the actual season and off-season of their sport. I also love being able to get encouragement and feedback from the other athletes in the class."

"Take your time and find something you would enjoy doing," says Mrs. James. "At Weber High, we have a great P.E. department! We offer Fit for Life, conditioning, ILA sports, aerobics and yoga."

According to Elmer, there are lots of ways to exercise in the winter, including running inside on an elliptical or a treadmill or braving the elements and running outside in the cold. "You can do yoga, exercise videos or really anything that keeps you active and challenges you a bit," he says. Those who are not athletic can improve their fitness, too. "There is nothing stopping you from going to the gym or going on a run," says Elmer. "Eat healthy and just be active."

In addition to physical benefits, regular exercise, especially in the winter, can help with mental health issues. "Some people get the winter blues or the more serious SAD (seasonal affective disorder), putting a gloom over the colder months," explains Mrs. James. "A daily workout releases feel-good, de-stressing brain chemicals, gives you a break from the daily grind and it helps ease depression. Plus, if you combine exercise with the great outdoors you can cheer yourself up even more!"

Jonah Simmons competes in IRONMAN after training in various sporting events

By Jaden Pratt
Editor in Chief

Some students at Weber High run, some bike and some swim. Jonah Simmons, senior, has done all three. Simmons took his skills and competed in the IRONMAN competition in Florida on Nov. 4, 2017.

Simmons started swimming at a young age. In recent years he began to run and bike. Simmons said he started swimming competitively when he was six years old. "I just started running my ninth grade year. I did track and joined cross country my junior year, and I just started biking six months ago. That's when I first started biking and just picked up all of it and put it together and decided to do an IRONMAN," he added.

The IRONMAN race runs in the family. Simmons wanted to follow in his family members' footsteps. He said, "So about five years ago my dad and my uncle did one [IRONMAN] and when I saw them finish, I was just like 'wow this is so amazing that those two did that.' I was like, 'One day I want to be able to do the IRONMAN.'"

A few years later after researching the competition, Simmons and his family found out he could compete when he was 18 years old. They researched and located one in Florida two weeks after he turned 18. "We signed up so I could do one as soon as possible. I just wanted to follow in my dad's and uncle's footsteps; they inspired me to do that because I just thought it was so cool that they did an IRONMAN," said Simmons.

To get ready for the competition, Simmons had to endure lots of training. Simmons said his training lasted six months. "It started at the beginning of June, and it consisted of alternating days. You do two day workouts: you have to swim and run one day or bike and swim on another day. Usually you have a long run that is about two to three hours long each week. Then a long bike ride that is like five to six hours long each week, and you get all those long bike, swim, and runs in and the past six months I've just been building that up and getting ready for the race," he added.

There wasn't a certain process to follow in order to sign up for the IRONMAN competition. Simmons said, "Anyone can do it, and that's all there really is to it; just sign up and go race."

The race itself was an all-day event. Simmons said, "The race consists of a 2.4 mile swim, 112 mile bike [ride] and a 26.2 mile run." His strength was tested a few times throughout the race but his spirit kept him going. "For me the

hardest part was about mile 70 on the bike. It's just like you've gotten in six hours in the day and you're out there and no one is around there cheering you on because when you bike out there is no one around there to cheer for you 60 miles out in the middle of nowhere. It's kind of like 'oh man, is this ever going to end?' That was really hard for me but just kind of have to get through that part," Simmons said.

The run was the final portion of the race. "Once I hit the run I was like 'Hey, we're here at the run, all we have to do is finish this.' I got to like mile 23 on the run, and I was just like 'We're three miles away from finishing this; it's a good day,'



Simmons encourages others to keep trying and to achieve their goals.

Photo by Raquelle Healey

and I was just happy and pushing through that," he added.

The competition was held in Panama City, Florida. Simmons said, "You race and swim out in the Gulf of Mexico." Since Florida doesn't have mountains like Utah, Simmons was given an advantage from practicing in the high altitude. He said, "It was nice because it was mostly flat. On the bike there were a few hills rolling up and down but for the most part it was really flat, and that helped because running up mountains in Utah is not as fun, but there it was flat and I liked that a lot better."

Simmons said somewhere over 2,000 people competed. "Overall I took 125th [place] and in the 18 to 24-year-old age group I took 4th place," he added. They separated people into gender categories and different age groups to find which place participants took.

Simmons has also competed in other triathlons and half marathons. "I've never run a full marathon before. I've done half marathons and that's the furthest I've ever raced in terms of running. I do triathlons but they're shorter distance, like the Olympic distance kinds of things. This last summer I won the Utah

State Championship for the sprint triathlon. So I was pretty happy with that too," he said.

Simmons' experiences have shaped his attitude towards triathlons and have brought him to the place to compete in the IRONMAN. He says, "My very first one [triathlon] that I ever did was just terrible. It was probably one of my worst races I've ever had. I was first out of water but then I got on the bike and I got two flats and one of my tires just entirely ripped off and I was out for the race. I was cut all over my body; I was all bloodied up and I couldn't finish the race. It was my very first one, and I was like, 'Why am I doing this?' But then right after was probably my favorite one I've ever done. I won my age group by 12 minutes

"Don't be pushed away by the fact that it's hard ,because when you do these hard things, it just feels so much better when you finish it."

or something like that. I was like, 'I'm not going to let that first race that completely went downhill dissuade me from doing it. I'm going to go out and give it my all,' and I did good on that second one so I was happy with that one."

Simmons appreciates everyone's support throughout his training, the competition and afterwards as well. He says, "Really everyone around me was so supportive. With my family first and foremost for putting up with me all the time I had to put into training and putting up with that was just awesome. My coaches, Mr. Cruff and Mr. Ortega. They really helped me and they motivated me. Just everyone who is around me, putting up with my training schedule and saying, 'Wow this is so great. I can't believe you're doing this,' motivated me to keep doing better."

Simmons is an athletic teen. He has accomplished something special that most students his age have not. "I just kind of like to repeat the motto of the race [which] is 'Anything is possible,' and I think that anyone could go do hard things like that and I just want to say anything is possible for anyone to do," he said. He also added for any future IRONMAN contestants, "I think it's hard but you can do it. Don't be pushed away by the fact that it's hard because when you do these hard things, it just feels so much better when you finish it. So just push through any pain or hard times that you have and don't give up."



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Hardwork, motivation improves teamwork

By Kathleen Mejia
Assistant to the Chief

“These wrestlers work their hearts out in the room. Even though we are a young, green team, they step out on the mat ready to give it all they have,” says Coach Hardy about his team.

The Warriors not only work hard, but they encourage each other as much as they can. “We just cheer each other on and give little pep talks before each player’s match to build up their self-confidence and get them going so they can do good out on the mat,” says junior Christina Smothers.

Juniors Tyler Long and Cameron Gould say supporting each other is key. “We are always supporting and uplifting each other and we try our best to stay positive during the matches if we lose one,” says Long.

Gould adds that they do their best to encourage their teammates to do



Senior Cameron Peterson takes a win as he pins down the opposing team member from Fremont.

Photos by Raquelle Healey

better on the team. “Some people have more confidence than others and some are easier to motivate than others,” Smothers says. Senior Brady Briskey adds, “We treat each other like brothers and we are all friends.”

Praise and advice on how athletes may improve their game is crucial in wrestling because it is a sport that relies a lot on mentality. Coach Hardy says, “The most difficult aspect of our sport is the mental game, convincing wrestlers of their own true abilities and helping them maintain that mental edge throughout the season. The most important thing for our wrestlers to take away

from this season is that they can do hard things. They will see that they are capable of much more than they previously thought.”

Hardy finds his coaching job rewarding as he watches his wrestlers improve. “My favorite part about coaching this season is seeing the progress that my athletes make.”

Various athletes have been wrestling since childhood, so over the years they have improved their skills. “My friends in first grade invited me to try out wrestling and I’ve been doing it ever since. Almost 11 years now,” says Zac Durbano, junior.

Like Durbano, Briskey has wrestled for a very long time. “I have been wrestling since I was three and a half, and I plan to continue to wrestle after high school. I have a lot of offers from colleges for wrestling. My biggest ones come from Oklahoma State and Ohio State. I plan on going to one of those after I go on a [LDS] mission.”

In 2017 Briskey won the State Championship, and he continues to improve and train year round. “I still need to work on my endurance, train even harder, and that way I can wrestle faster,” he says. “I think I have the work ethic that a lot of the boys don’t really want. I stay after practice and I drill by myself, while many others leave the room. I train for about 10-30 more minutes,” Briskey says about his personal strength that he brings to the team.



Senior Rylan Schmanski grabs hold to gain a point for the team.

Lee makes state history, takes first place X country

By Kathleen Mejia
Assistant to the Chief

It is not very common for a high school athlete to say they’ve made history. It is something that can never be changed and will always be remembered. Senior McKenna Lee has made state history in Cross Country; she is only one of two girls who has run the three mile varsity course under 18 minutes. Lee beat that record with about 10 seconds to spare.

Lee became the state champion running the three-mile varsity course in only 17:49.0. Previously, Lee had taken second place her sophomore year and then achieved second place again in her junior year. This year she won by a considerable amount of time; the competing time of the other runner being 18:11.6.

“It’s been a goal since I started running to win state, so it feels great to finally reach that,” says Lee. She adds, “I wasn’t positive I would win, but I was very hopeful. The last two years I kept getting second place, so this was my last year in high school, and I was very determined to win state this year.”

Although Lee has reached an important goal in her high school career, she still has other things she wants to accomplish. “I have been running for a while, since seventh grade. But some of my other goals are that I want to make it to the Cross Country Nationals in December, and I also want to win some other state track races,” she says.

The December Cross Country National competition means a lot more training and dedication. “I am confident and determined to get to nationals. I have to keep training so I can get there,” says Lee.

Running has benefited Lee’s future in many ways. “I am running in college, and I also have a scholarship to BYU. I got it for running. There weren’t specific requirements – just run fast,” she says.

Lee says each runner is different,

and each runner finds their endurance a different way. “I know that I can run my own race. I have to do it on my own and that I can actually pass the rest of the runners,” she says. That is her method to reach victory.

According to Lee, running can take a toll on the body but also on the mind. “I have faced challenges with injuries and also mental stress. Running is very physical and mentally straining and I have had to take breaks after each season to fully recover. It can be mentally stressful because it is hard to push through the pain constantly and racing can turn very stressful,” says Lee. She



Lee has a scholarship to BYU where she will continue to run.

Photos by Raquelle Healey

adds finding the right mentality when running is the key to other runners as well. “Running is hard but really it is worth it, and you feel very good after a workout.”

To compete and be outstanding, Lee adds one has to learn to love the sport no matter how difficult it can prove to be. “I love running because it always gives me a feeling of satisfaction after I have finished hard workouts and I feel more put together in all areas of my life when I exercise,” says Lee.

And when running and competing are done, Lee says she likes to celebrate her wins “by eating a lot of ice cream.”

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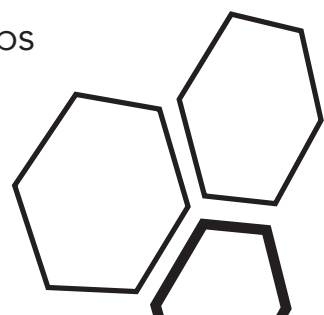
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