



## Warriors unite to celebrate HOPE Week



Every year for a week, the community joins together to offer their support and experiences concerning suicide and bullying prevention. HOPE Week brings awareness to various teen's struggles.

Photo upper left: Sophomore Cortez Quinones shares treats with sophomore Amari Pierson and junior Izzy Hogland.

Photo above: John Bytheway shares his experiences as a youth to encourage students to stay positive.

Photo left: North Ogden, Orion and Weber High stand together as one to support HOPE Week.

Photos by Kyrsten Acker and Lorelei Grover

## HOPE Week speaker, Bytheway, motivates teens

By Kathleen Mejia  
Editor in Chief

"It is better to be respected than it is to be popular. Popularity ends on yearbook day, but respect lasts forever," was the one thing John Bytheway hoped students would remember from his presentation during HOPE Week, a time designated to help teens be more aware of their community.

Bytheway is a motivational speaker who visits many schools. He shares positivity and hope. "I got involved with the Especially for Youth camp when I was in college. One time I got the chance to give a talk, and I had a hard junior high life so that was what I wanted to talk about. I wanted to tell them they can make it through junior high and high school, too. That's how it all started," he says.

Bytheway also addressed the uniqueness of his last name. He said his name could be a sentence or a preposition. He also shared with students how over the years friends and family have sent him photos of his last name all over the world. There is the "By the Way" magazine, the German "By the Way" restaurant and the "Murder

By the Way" book.

Bytheway finds his own motivation through learning how others have survived their difficult situations. Bytheway says, "I read lots of books about others who have struggles, and who have made it. That helps me a lot." Bytheway has also published multiple motivation books.

When he was a teen, Bytheway and the Boy Scouts in his group were hiking to a lake. They got lost and wandered for hours; one of the scouts could barely walk. Eventually,

**"Life is already hard, but we sometimes make it harder by putting more things in our backpack. You can't change the trail, but you can make it easier by what is in your backpack."**

ally, they made it to their destination around midnight and started taking items out of their backpacks to get ready for the night. The one scout who could barely walk had brought multiple cans and heavy batteries, making his journey to

the lake much more difficult. Bytheway says, "Life is already hard, but we sometimes make it harder by putting more things in our backpack. You can't change the trail, but you can make it easier by what is in your backpack."

He adds, "I hope [the talk] makes people laugh a little bit. I also hope it helps them realize that if you can laugh a little bit, you can get through hard stuff. They can understand we are all in the same boat and we all have a heavy backpack and we can help each other make it a little lighter."

Bytheway also told the audience that life can be like a really hard test sometimes, it can get stressful very quickly. He added, that "if we take a fun and different approach at these problems, they can seem easier."

Bytheway mentioned the popular variety TV show *Hee Haw* and lessons he learned from the show. He talked about the skit "Oh that's bad, no that's good." An example given was, "My great uncle died, that's bad. No, that's good; he left me \$50,000," and so forth. Bytheway then gave his own personal example of "Oh that's bad, no that's good."

Years ago his children decided to make chicken wings and acci-

dently left the stove on. The family left and while they were gone, the whole kitchen had caught fire. Smoke reached most of the house, and the kitchen was beyond repair. They decided to remodel and little by little, things were back to normal and in the end they had a beautiful kitchen. While it was bad they had a fire, he saw the good that no one was hurt, and they eventually had a nicer kitchen. Bytheway also adds from this bad situation, he got to see the kindness of his fellow neighbors and friends. They all took turns guarding the home, so they would not get robbed. "You'll be a lot happier in life if you can focus on what you can give, not what you can get."

Bytheway reminded students that high school is not a forecast for their future, and since they made it through eighth grade, they can make it through anything. He says, "Everyone has their own personal problems. We need to be tall enough to see over the walls that divide us."

As teens struggle with life problems, Bytheway encourages them to, "Just keep on climbing; you'll be great. You will discover your talents with time, but just keep on climbing and be kind to others on the way."

## New principal looks forward to first year

By William Michels  
Assistant to the Chief

It's a new year at Weber High, and along with the returning students and staff, a new face has appeared to take charge of the Warriors. Chris Earnest starts her 28th year in education as the principal of Weber High School, and she is eager to get working.

All 28 years of her career in education have been in Weber School District. She originally coached softball, volleyball and basketball for 19 years at South Ogden Junior High before she moved into administration, spending four years as an assistant principal at Sandridge Junior High and two years as an assistant principal at Bonneville High School.

Earnest comes to Weber after a two year tenure as the principal of Orion Junior High, which she thinks shares more similarities with Weber than some people think. "Both schools have hard working students, and both student bodies share a strong sense of community. It felt very familiar transitioning from an Orion Titan to a Weber Warrior."

The first thing that caught the attention of Earnest about Weber was the sheer size of the school. "When I came in the summer to see the school, what stood out to me was how huge the building was. It's nearly double the size of Orion. It's way bigger than schools I've taught before," says Earnest.

However, Earnest took note of something else when students began to fill the halls of Weber High. "When the students started arriving, I noticed just how friendly they were. I'm looking forward to meeting more students through all our school has to offer, such as our fine arts programs. I'm really excited to see the theatre department perform in *Newsies*!" says Earnest.

Earnest is also pleased with the administration and staff. "I'm quite impressed with them," says Earnest. "They're very professional in what they do, and they're concerned about their students, and that's the big thing. [The staff and administration] want the kids to be successful in whatever they do."

Earnest is striving to continue Weber's excellence. "The vice principals and many people have helped decide what needs to be changed around the school and created a plan to facilitate growth," says Earnest. "We are committed to addressing the needs of the whole child, as every student is important."

Regarding changes, Earnest wants more Warriors to get involved with school related activities. "I want to see more students at school events," says Earnest. "Attending assemblies, going to athletic activities like sports games, doing theater, joining clubs to meeting new people and making new friends, among others. I want to see every Warrior be a part of something school related and show their pride

**"Being a Warrior means standing up and doing what needs to be done. You give it all you got, every single day, no exceptions."**

for Weber High and the Warriors."

Being a Warrior means plenty to Earnest, who holds the title in high regard. Earnest says, "Being a Warrior means standing up and doing what needs to be done. You give it all you've got every single day, no exceptions. It is a great feeling to know you belong to Weber High and the Warriors."

Although Earnest is busy with her new job as principal, she still finds time for other activities. "I'm not just a principal and nothing else," says Earnest. "In my spare time, I love to golf, ride ATV's, spend time with family, camp outdoors and read a good book."

Earnest looks forward to her life as a Warrior. "I love interacting with the kids and faculty, and I like to see the school improving academically," says Earnest. "The school's academics are booming with AP classes, concurrent enrollment and the International Baccalaureate program. However, there is one thing I don't like about being principal, and that's the staff meetings. They're long, boring and there's too many of them."



Principal Earnest and counselor Jen Paige promote Weber kindness.  
Photo by Lorelei Grover



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# Tips can help prevent procrastination habits

By **Zachary Blaser**  
Staff Reporter

Imagine this, you are given an assignment. It is not due for two weeks; however, it's a very long assignment and one you despise. Should you do it now and get through the stress of it all, or do you wait since it isn't due for two weeks?

This type of thinking often leads into procrastination habits. Often high school students are given assignments that aren't due for a while. These type of assignments can be very high in stress, so the student procrastinates and thinks to him or herself, "Well it isn't due for a while, so it can wait." As the due date draws closer, sometimes their projects become rushed and unpolished.

**"When you don't procrastinate, you have time to fix problems and issues, but when you procrastinate you don't have time to fix them."**

Sophomore Nathan Blaser understands procrastination habits. "When I'm given a long assignment, it discourages me to do it right away, so I delay to do it." Blaser feels these long assignments with a later due date can discourage students and as a result they procrastinate. However, Blaser adds when someone is thinking about procrastinating, they need to just force themselves to do it. He adds no one can do the assignment except the assigned student, "so don't procrastinate."

Not only do assignments become rushed and unpolished, but so do students grades. Counselor Weston Johnson said, "When you don't procrastinate, you have time to fix

problems and issues but when you procrastinate, you don't have time to fix them." He added that this doesn't only mean for school projects, but for any assignment that needs to be done. He feels procrastination makes the quality of any project drop immensely.

The biggest reason students, or people in general, procrastinate, according to Johnson, is they are afraid to fail. He said failure is often viewed as a negative thing, but Johnson thinks otherwise. He believes failing is also a way of trying something again. "Failure is often a scary thing for people to face. However, without failure people cannot improve at something," he said.

Johnson also has advice to avoid procrastination. "Use a time schedule and set time off in order to do certain events." He adds time schedules are very important in order to complete projects on time. This is not only helpful for school assignments, but also assignments that average people go through in their daily lives. "A job well done is a job no longer needed to do," Johnson added.

Often procrastination occurs when the project or task is deemed boring. According to Tony DeSandre, math teacher, people procrastinate because the task is not fun, which makes them want to delay it. He added that it is hard for anyone to do something boring. However, if the assignment is done before it is due, the time remaining can be used to fix any problems and polish the assignment more. DeSandre added he tries to help his students not procrastinate.

"I constantly remind students when the projects or assignments are due. With reminding students when projects are due, it keeps the project in the back of their head, which helps them remember the projects or assignments," he said.

DeSandre also advises students to, "get it done early. Just remember Larry the Cable guys famous words, "Get her done."



**Friends and family enjoy corn dogs from the food trucks at Orion Junior High.**  
Photo by Emily Bischoff



**A professional BMX biker demonstrates his tricks for the audience at Orion.**  
Photo by Aleez Bahena

# HOPE encourages friendship, happiness

By **Caelan Roberts**  
Staff Reporter

"It starts with each and every single person deciding to be kind." That was Mr. Godfrey, HOPE advisor's, response as he explains what the squad promotes to prevent and stop bullying at Weber High School.

Every year, the HOPE Squad bands together to prevent bullying and make Weber students feel welcomed and accepted. This group of students act as "the eyes and ears of the counselors," according to HOPE Squad president and senior Brittany Hall. Junior Ryan Peterson, also a member of the HOPE Squad, emphasized their goal was to counteract bullying by making everyone feel welcome.

One way they do this is the annual HOPE Week. This week raises awareness about teen suicide. "HOPE Week is a celebration of hope and life," said Jen Paige, We-

ber counselor and HOPE advisor. During this week, the HOPE squad sponsors various activities at junior high and elementary schools, as well as at Weber. They also give suicide prevention presentations to FLEX classes. "We want to get information out about suicide prevention and resources," said Paige, "but to also, sort of include the whole school in something that brings us together."

"You don't see the kids getting canned or getting willies in the toilet," said Mr. Godfrey about bullying techniques. He added that today's bullies come in the form of cyberbullying.

Online harassment is an increasingly large problem throughout the country, not just at Weber. It's just a "new way to spread hate," stated Godfrey. These online bullies come mostly through anonymous comments, "But you still see a good chunk of people being deliberately mean... and owning it too. You know they do it from their own profiles," Godfrey said.

Another problem with bullying can come from cliques. "People like to be in their own groups, and they don't like to include others," said Peterson.

But what can be done to prevent this bullying from happening, or even to stop it once it's already begun? Mr. Godfrey referenced the HOPE squad's theme for the year: Stay Kind. "We believe that everybody already is kind and demonstrates kindness, but we need it to be more consistent," he said. "We need people to carry that through even when they're cool or even when they are attacked or even when they're treated unfairly. We need to stay kind through those scenarios."

Sophomore Cortez Quiñones, HOPE squad member, also stresses the importance of stepping in and saying something in defense of the victim if someone was to witness bullying at Weber.

Bullying can happen for various reasons, and it can affect its victims in a multitude of ways.

Godfrey said it could be a sign of a larger mental problem. "Acting out or bullying or acts of aggression can sometimes be a symptom of a mental health disorder that we need to figure out and help somebody with," he said. He also stated bullies often act out simply because of problems with their families and friends.

"It affects people differently depending on where they are in life," said Hall. "Depending on what type of bullying and how bad it is, it can really put someone into depression and totally close them off from the world."

She also emphasized it's impossible to know what people are going through, and that can play a major role in how someone might respond to being bullied.

As for who can impact the prevention of bullying, most Warriors had the same answer: fellow students. "It starts with yourself being and staying kind," said Godfrey, "I do think it starts with one individual, as cliché as it sounds."



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**Weber's HOPE Squad gives creamies to students after school for the celebration of life.**  
Photo by Kyrsten Acker




**Lexie LaFeber, sophomore, hands out treats to Warriors during HOPE Week.**  
Photo by Emily Owens

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Emergency officials help secure the school after students are evacuated from Weber due to a gas leak in the science hall

Photo by Hatch Kerr

# Students feel unsafe, Safety concern rises at schools

By Erin Hansen  
Staff Reporter

School is meant to be a safe place for students to come and learn. That's exactly why the school holds drills for fires and lockdowns, and there are anti-bullying policies and the HOPE squad. However, some Warriors are not sure this is enough for them to feel safe both physically and mentally.

Sophomore Sierra Enriquez

**"I think social media is a big factor in making students feel unwelcome and out of place, and with cyberbullying, it is unsafe."**

says she doesn't feel safe walking around the halls of Weber High. Enriquez said, "You never know when something could happen because of all the school shootings."

Carolyn Macfarlane, PE teacher, says she hopes students are feeling confident and prepared in case the school is ever put in an adverse situation. Coach Macfarlane adds students need to take every drill seriously and treat them as if they were actually happening.

So many unexpected events have been horrifying schools, students and staff all across the country. Many lives have been taken due to school shootings including the 17 lives lost at the Marjory Stoneman Douglas High School shooting on Feb. 14, earlier this year. There was also an incident on Aug. 20 where a 17 year-old senior at Mountain View High School was arrested for taking her mother's gun and posting a picture of it on Instagram with a caption that read, "You ready for your first and last day of school?"

Junior Kelton North says he feels unsafe knowing there is little fire-power in the school and said, "Most kids might feel unsafe thinking that a bad guy couldn't be stopped."

While much of the students' safety concerns are centered on school shootings, some students are also feeling emotionally unsafe. Enriquez mentioned she feels vulnerable and unsafe when she is "surrounded by people or trapped

in a classroom." One of the only times she feels safe at school is during lunch when she is "around her trusted friends." Enriquez thinks social anxiety is something that is not discussed enough at schools. According to the Anxiety and Depression Association of America, most cases of social anxiety disorder start around age 13 and is a growing issue with today's teens.

There are several reasons as to why students might feel unsafe. Social anxiety, fires, gas leaks and school shootings are just a few things on the list, but there's another safety factor concern that hasn't been mentioned yet and has caused problems for teens. Everyone has access to it and according to Psychology Today, it's one of the major reasons that many people are exceptionally good at procrastinating and have faced severe depression.

Social media is considered a safety concern for teens. Macfarlane believes students are so tuned into social media that the situations they face online and at home are often packed up in their backpacks next to their books and carried to school with them. She feels social media may be a good way for everyone to connect, but it is also a major contributor to making students feel disconnected from their peers. "Whatever is happening online often becomes the talk of the school, and it can have a bad effect on students," she said.

Suzanne Thompson, WHS counselor, also believes social media plays a role in depression. "I think social media is a big factor in making students feel unwelcome, and out of place and with cyberbullying, it is unsafe." Thompson added she knows social media is partially responsible for putting the frequency of school shootings in everybody's head.

While some students aren't feeling safe at school, faculty members, are trying to find ways to make schools safer. Enriquez said she knows some students with social anxiety feel extremely stressed when being put in class participation situations. Enriquez says she understands how some students might feel they need to purposely get an F on an assignment just to avoid speaking in front of a class, and she wishes teachers could provide alternatives for things like presentations and group work.

Macfarlane added, "I think one of the most important things people

can do is sit and listen to anyone who has something on their mind because sometimes all they really need is someone to listen. I never tell a student it's going to be okay. I just tell them we're going to figure this out."

Enriquez believes students could be doing more to help their peers feel safer. "I think students could categorize each other less, accept each other more, and have more support and positive energy towards each other," she said.

For some students, the situations they are in are so bad that they spend as much time away from school as they can. They would give anything to stay at home where they feel completely safe and welcome. Thompson said, "Students who feel unsafe or unwelcome generally begin to have attendance issues. It is very hard to go somewhere or be with people that you feel don't like you or make you feel out of place. If we all tried to make sure we are cordial to each other, smile, say 'Hello, How are you', it could go a long way for someone who is not enjoying school."

Enriquez and Thompson aren't alone on the idea that students should be more supportive and accepting of each other. North said, "I feel like students need to have more respect for each other. That is one

**"I think students could categorize each other less, accept each other more, and have more support and positive energy towards each other."**

quality that I think a lot of our generation is missing. I think a lot of us don't have respect for ourselves and others."

Thompson also offers advice to students. "I hear people all the time say that high school was their favorite time of their lives. That wasn't true for me or most of the people I know. So don't get after yourself because you're not enjoying it as much as you think you should. Many of us blossom later in life. High school is just a few years and life just gets bigger and better," she says.

## Mounting stress is overcome by teens

By Cyan Brynda  
Staff Reporter

Studies have shown that the levels of stress in students' lives have increased, creating more cases of mental health issues such as depression, anxiety and ADHD. Stress affects everyone from students and parents, to teachers as well. Many people feel with busy schedules consuming their days, little to no time can be left for a break.

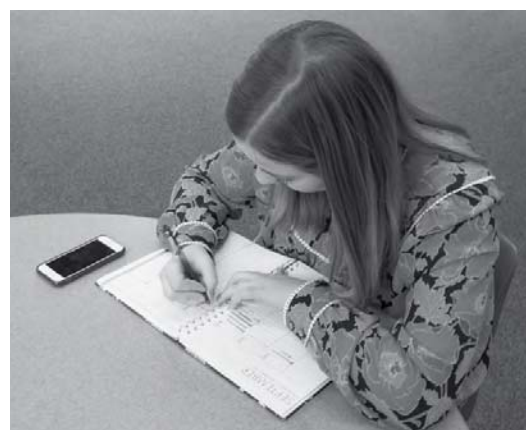
"I wake up and take three different buses to get to school. I'm there from 8 a.m. to maybe about 9 p.m. I work out for like an hour or two, catch the bus for work for four more hours, walk to the next bus stop for college and I'm there until 9 p.m."

**"When I'm at school, I just take a deep breath and save the stress for later. No use in stressing while you are taking a test."**

says junior year college student Sabrina Diggs. "After college, I come home and do my assignments while watching my siblings. Some nights I'm not in bed until 2 am."

With such a busy life, many people have found ways to organize their time to lessen stress. "You can't mess around," Diggs says. "Crap will pile up. Don't waste time, especially with fake friends. They'll only create drama and waste your energy."

Because stress levels in students have gone up, many things add to



To help manage her stress, Emily Good, senior, plans her school work in a planner.

their load. They are worrying if they can reach their goals. Senior Class Officer Sacoya Ipock believes that nothing can be too high of a goal. "I'm ready to work as much as I need too to get to that goal. But if you're working too much and constantly stressed, then maybe it's too high. However, if you don't get into a college, it's probably too low."

These days college has been made out to be the only way to go after high school. With everything going on with the clubs, classes, sports, work and much more, teens struggle managing the amount of stress, so they can reach college goals.

"I listen to music," says Bricklyn Ciria-Cruz, junior, "but you've honestly just got to do your work. You put it off for a second and it all piles up."

While some teens find plenty of ways to release stress outside of school, there are also ways of keeping cool during the school hours. Ipock says, "When I'm at school, I just take a deep breath and save the stress for later. No use in stressing while you are taking a test."

There are times where students don't have the time to do all of their work in one night with all of their extracurricular activities. Quitting jobs or leaving sports isn't the first thing they want to do when they run into this issue. To make sure her

students can manage their activities and excel in school, Mrs. Phinney, the psychology teacher, says, "I do standard based grading. Not everyone does, but I do. I pick out what I think is most important for kids to learn. I teach it, and only assess them on that particular thing. Packets are a whole bunch of information and I don't know if you need all of that information. I also like to use revision."

Phinney feels teachers can help students plan and be successful. "You tell kids your goal for them and they get to show me how they can achieve it. Allow kids to redo their assignment until they achieve the goal you want them too. Teachers should be more judicious and decide if it's that necessary and get students to show that they can do it."

Warriors feel there are other ways for teachers to help students with their workload. Senior Ryan Anglesey says, "Doing more interactive, in class, work would help. Students learn more with other people."

When Anglesey feels anxiety mounting, "I overcome stress by pushing through doing stuff at school and being with my friends helps a lot."

A final piece of advice, Anglesey says, "Don't give up. 'Do or do not, there is no try.'-Yoda."



Finding quiet time in the library, seniors Emily Good and Sarah Martin work on their homework, and they try to get ahead with their school work.

Photos by Kyrsten Acker



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# Teens feel pressure from parents

## Pushing to succeed brings negative results

Everyone makes mistakes and so do our parents. Often times teens will feel pressured by their parents to get perfect grades never break the rules and always come home before curfew. It is healthy to want to bring the best out in your child but it gets to a point where the teen suffers from the constant pressure.

Parents often put pressure on their teens academically and although a small amount of pressure may help sometimes it can backfire and affect them negatively.

Perfectionism among teens is getting out of hand and parents aren't helping. Teens believe they have to appear flawless in school, athletics, looks and different activities. It has even gotten to a point where teens feel judged just by who they are friends with.

Many students feel pressured to succeed and to get approval from friends, parents and family. Everyone is different and has different strengths and weaknesses however many times parents will compare teens' weaknesses to another's strengths without even realizing it. Not only does that hurt self confidence, but it also pushes their amazing strengths to the side making them feel unimportant and useless.

Parents often worry about their teens being a good student and getting into a great school like Harvard or succeeding athletically. However they should be worried about if they are going to be a good person or if they know how to treat people. Some parents will do anything for their kids except let them be themselves.

Parents can also pressure their teens by praising their good grades efforts. For example when they do really good in one subject the parents become happy for the teen. At the same time he/she is doing bad in another subject but becomes afraid to tell parents in fear of making them upset or disappointed.

# Stress causes multiple problems, students search for ways to cope

Every year stress increases dramatically in teens. Anxiety and depression are affecting kids' behavior and their ability to learn which can lead to dropping out or home school," claims Ellen Chance, co-president of the Palm Beach School Counselor Association. In 2018 nearly 10 percent of teens say they are always stressed about things like school, work, relationships, socializing, etc. This is a big deal and can even lead to teens with anxiety, depression and even thoughts of suicide.

Most teens reach out to unhealthy coping mechanisms such as alcohol and drugs to avoid or ease the stress. This may seem like a good idea at the time but these are unhealthy coping skills that only offer temporary relief. They are more likely to cause more severe stress in the future. Don't be afraid to talk to a friend or a parent about what is troubling you. They just might be able to help.

It is alarming that the teen stress experience is so similar to that of adults. It is even more concerning that they seem to underestimate the potential impact that stress has on their physical and mental health," says American Psychologist Association, APA, CEO and Executive Vice President Norman B. Anderson, PhD.

According to APA, the first step to decreasing stress is to identify what the cause of the stress is. People may find there are multiple stressors in their life but they need to locate the main one. The first stressor is usually the one that amplifies every other thing happening in one's life. Once a person finds the original cause he/she needs to find a way to avoid or change the stressor, possibly even adapt with it.

The next step is to know oneself. This includes knowing what type of things stresses a person and even avoid making goals if someone knows he/she won't put effort into. Evaluate what is done



Sophomore Jena Hansen has felt the effects of pressure. "I've seen it everywhere at home at school and at work. The pressure put on us is mostly to be more responsible or act our age." We are constantly being told that we are just kids yet still we're expected to act like adults," she says. I think this is true because it gets confusing and teens don't know how to act.

Parents are a huge part of this because they are the main role models in our lives and we tend to act as they do and mimic their doings," she adds. Parents need to be good examples to their teens because most of the time teens will follow parents' example but not their advice.

Often times seeing disappointment in parents' eyes is heartbreaking but you can't go back in time and fix that mistake on that test or decide not to make that dumb choice. I'm not saying that parents

should stop parenting but they shouldn't tell their teens they are always doing wrong. Instead they need to help them with what to do right. Anne Fran said Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands."

Many teens feel the pressure to fit in, to be perfect and to be successful and more. Some things parents can do to stop putting pressure on their teens is be involved in their life, focus on their positives instead of criticizing, focus on their health instead of appearance, challenge your teen to be a leader-not a follower and teach them about your values and expectations.

My message to teens is don't let yourself fall into the pressures of the world. Just be yourself.

Jena Hansen  
Sophomore

each day and how it may affect you now and in the future. When people understand themselves and the patterns they tend to create the more likely they will understand how to manage their lives without making things more intense.

Another thing people probably already discovered is that they have limited amount of time to get certain things done. APA adds a big thing to learn is how to prioritize. For example now when homework is due so the assignments are done in the order they need to be done. Don't be afraid to take the time to plan out what needs to be completed each day. People may think it is a waste of time but it saves more than they could imagine. Ways to do this is to keep a planner or use a whiteboard to write daily goals. It is also smart to inform others what someone is trying to do so they can help keep someone on track.

The biggest thing oneself needs to take into consideration is that we are human and we have needs. Taking care of oneself should be number one priority. Taking the time

to sleep, eat and just anything that you may enjoy such as a coping skill. When you are happy and healthy their productivity not only increases but even get better.

Now that you know how to avoid stress, people need to also know what to do when a certain stressor cannot be avoided. The biggest help for this type of stress is to use coping skills. APA says coping skills are things that people enjoy but also puts them into the correct state of mind that helps them keep a clear head. Coping skills may include dancing, taking a walk, drawing, reading, watching a movie, etc.

It is a need to avoid and manage stress along with its possible outcomes. Ways one could do so is to make oneself a main priority and knowing who he/she is as an individual. If someone were to manage life and stress incorrectly it could lead to a disastrous situation. It is very important to take care of oneself and especially to know how to.

Jena Hansen  
Sophomore



# Time Out

By Anna Hendersen  
Staff Reporter

All around Weber High, students stream into visual arts, choir and theatre classes. We learn to sing, dance, act, paint, sculpt, etch and so much more. For many of us, the arts are why we come to school. These areas are where we can express ourselves, explore our own thoughts and feelings and get out of a traditional classroom environment for a period.

School is designed to prepare students with all the things they will need to go into the world as happy, productive members of society. Arts programs are often accused of being unnecessary in public schools, but they provide skills students will need for their futures.

According to the Bureau of Labor Statistics, the employment demand between 2011 and 2021 is projected to grow six percent for fine arts careers, eight percent for multimedia and animation careers and a whopping 12 percent for actors. Many students will be going into these fields, so not providing arts courses would be defeating the purpose of schooling. In addition, art classes foster creativity, out-of-the-box thinking and independent attitudes that are necessary for suc-

cess in almost any career.

The arts also allow us to express ourselves and explore personal passions and interests that other courses don't. In contrast to the quiet, uniform classes that are to be expected in the rest of the school, art classrooms allow for sometimes loud, messy and passionate environments where we can connect with one another, our teachers and the material in a way that is suited to us. They foster learning that engages us and teaches us on a personal level.

It also gives us an amount of emotional support and freedom that can help us relieve stress that many other classes bring. School-related stress is higher than ever with large amounts of homework and high pressure to be successful coming earlier and earlier in students' lives.

Arts programs in schools can often be safe havens for us to momentarily forget the high-pressure classes we have throughout the day and express ourselves. The arts are a healthy outlet for many of our negative emotions and pent-up feelings. This is vital for students to be successful in today's sometimes hostile schooling environment. Finding a healthy productive outlet for our feelings can be an asset throughout our lives.

These programs also foster a place to meet new people with

similar interests. Many of us find friends through the arts. It is easy to feel alone in a school as big as Weber. Finding a place in Arts Departments helps many of us find a place where we belong. Officers in the Theatre Department make it a goal to get to know each and every student they work with personally. They always strive to make people feel included and cared about.

Arts courses also bolster school spirit. Being part of a play or art show at the school increases our connection to it. We take pride in our hard work and thus the schools work. When we see our work as well as the work of our peers displayed and enjoyed, it gives us a love of the school that helped us create it and an excitement for other events the school might be hosting. These things also bring in interest from outside the school in the community. Seeing our achievements and efforts noticed by not only our fellow students but by those who live around us can give us a large confidence boost.

Countless numbers of us can attest that we have been positively affected by arts programs at Weber High. They give us emotional support, an outlet for our feelings, a place to belong, a source of pride and school spirit and skills we will need once we leave. They are an invaluable asset.

# Technology in classes causes conveniences, inconveniences

In the past few years alone, technology has advanced at an incredible rate. The World Wide Web began in 1989, the smartphone was invented in 1992 and the iPhone was available in 2007. Every year new phones with new features are released, making things easier and more accessible. Companies try to make things more convenient for the buyer. In the most recent years, these advancements have stretched into the school environment.

More and more classes have taken to using technology to their advantage. Orion Junior High has given Chromebooks to each and every one of their students to take home and use for their schoolwork. I, myself, have five classes this year alone based online. But where is the limit? Is technology bothersome or is it actually helpful?

One issue that I have with classes and technology is there isn't much consistency when it comes to the online programs that teachers choose to use. Some prefer Google Classroom while others use Canvas. Some even use both or neither and some still use their blogs. It makes it difficult for some students to remember which homework is due where. With so many different websites to check, it can get confusing. It would be much easier if

teachers in schools used one type all together but everyone has their own preferences.

In a world where so much technology is readily available, it's sometimes easy to forget that not everyone has the same access to it. There are still several students in each of my classes who don't have smartphones, sometimes no phone at all. They can't download an app to participate when the teacher says "Pull out your phones." In these cases, they have to either share a device with someone else or use one of the computers the teacher has hopefully brought in. They can't easily check Google Classroom or get reminders like the other students in class making it harder to remember what homework they have and limiting the times and places they can access it.

I remember someone saying a long time ago that having more materials online will eliminate the need for textbooks in the classroom, but that's a change that still hasn't taken place. Several of my classes this year have textbooks as do many other classes. Our backpacks are still weighed down with pounds upon pounds about 20 to 30 pounds according to an article on [the](#) or [Times](#). So what's the point of having materials online

if we're going to have to carry textbooks anyway?

However, for those who do have smartphones, there are a lot of conveniences that come with classes that use these online tools. One is the Google Classroom reminders. I can't tell you how many times a simple ding on my phone has saved me from a grade drop. Anytime a teacher posts something new or has a due date in a reminder, it will come up on the students' phones, giving them a last warning to get their work done. But as already discussed, not every teacher uses Google Classroom nor does every student have access to a smart phone.

As with many things, technology has its pros and cons. For me, the biggest con is the fact that it's still not organized. There are teachers who can't seem to decide what to use if for. We seem to be the generation who got stuck with the transition between technology being a menace and it being used in school. All we can do is hope that as time goes on, more solutions are found, schools find a cohesive way to use technology and that smartphones keep getting smarter.

Jena Hansen  
Sophomore

Warrior News

Warber High School  
430 West Weber High Drive  
Pleasant View, UT 84414  
Oct./Nov. 2018  
Volume 308  
Issue 1  
Since 1946

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# Halloween excites many, displays traditions

By iai ris iansen  
Staff Reporter

Whether it be falling leaves cooler weather or even the colors many people love the fall season. There is November that has Than sgiving and family Septem-ber when the leaves start to change color but right in the middle is Oc-tober which holds a holiday older than Than sgiving Halloween.

Halloween has come from many different places and is celebrated in many different ways. First starting from the Celtics who celebrated Samhain sow-in people would dress up and light bonfires. At this time the Celtics believed the lines between living and deceased worlds were blurred allowing spirits to come bac to the land of the living. When the oman Empire too over people adopted the holi-day and called it All Hallows Eve. The holiday moved to America where it was adapted into what it is today.

Dia de los Muertos is also a holi-day that starts on Oct. 31. This holi-day is mainly celebrated in Mexico. Although this is not the Halloween that most people celebrate. It is a time where people believe their dead ancestors come to visit them.

There are many different things people love about present day Halloween. Ashton Wic s junior li es dressing up in costumes it's just really fun and it lets you show off your creativity."

Traditional Halloween costumes come from the Celtics who would dress up with mas s to ward off evil spirits. abi Wiesenber g ju-nior said I loved the Halloween



parade in elementary when you'd wal around the school in your cos-tumes and show them off to parents and students."

Another tradition of present day Halloween also came from the Celtics. The festival of Samhain would have bonfires and sacrifices. While these bonfires were lit, in-sects rodents and bats would be drawn to the flame. This is where the correlation between Halloween and bats came from.

There are also different traditions that Warrior families do each year during Halloween. This includes putting dry ice in root beer eating a certain treat or visiting relatives. Tasi Fewell a senior and her fami-ly have a certain tradition they have been doing for six years. My fam-ily and I go in our costumes and eat dinner at a fancy restaurant. Then we go home and ma e Halloween themed desserts."

Carving pump ins is another fa-vorite tradition. This is originally from the Celtics who carved tur-nips not pump ins with ghoulish faces in hopes of scaring off ghosts. Hannah Christiansen a Weber High graduate said My favorite memory of carving pump ins was probably last year when my ncle Alex came and we all did really cool pump ins and watched the glow."

Emma Holmgren junior added When I was little and my fam-ily would carve pump ins we would ta e the pump in guts and build The reat Wall of China' all around my itchen table. Playing with pump in guts is surprisingly fun and has stuc with me as a fa-vorite memory for the Halloween season."

Another Halloween tradition many families do is from the Mid-dle Ages, but the first activity took place during Christmas time. Beg-gars would go door to door see-ing food. Another similar custom called "souling" would happen on All Saints Day. People would go begging for food. When people mi-grated to America this tradition be-gan again and people would dress up in costumes and go door to door as ing for money and food. This of course is tric -or-treating.

Although Halloween is fun there are other things people li e during this month. Taylor Jen ins junior enjoys candy corn and Boo Berry cereal. retchen Nygaard junior adds she li es pump ins and eating candy.

People have lots of fun during Halloween and the times lead-ing up to it along with the cooler weather fall leaves and longer clearer nights. But at the crown of it all there is Halloween.

# True, loyal friendships found necessary attributes for teens

By a r H an  
Staff Reporter

Friendship is a vital thing for everyone in the world. Without that true connection and relation-ship some people would suffer from loneliness and feel li e they are lac ing something important in their lives. Sure having some friends will bring people a lot of joy but as yan Anglesey senior said True friends will be some-one that will have your bac and do anything to help you."

A recent poll of 70 sophomores showed what some teens at Weber High loo for in friends. Trevor Sheridon sophomore felt popular-ity was one of the least important traits and that loyalty was the most important. Maddie rimes sopho-more presented loyalty and trust-worthiness were both very impor-tant to her and yet again popularity was the least important.

Sophomores aren't the only people who thin loyalty is one of the most important attribute for a friend. Natalie Quinn junior said

A good friend will be someone that will hold true to their prom-ises."

There was a recent study done by a group of students at the niver-sity of Virginia and they examined brain scans of 22 different people's reactions to electrical choc s when they felt threatened by something. During this experiment they com-pared strangers' feelings friends' feelings and even their own feel-ings to see how they would react to danger. It resulted in showing that friends would feel the same amount of danger and threat more than a stranger's feelings. At the conclu-sion of this experiment it showed that friends actually activated em-pathy in one another.

While true friendship is im-portant people often can't have a friendship without getting to now

the person and understanding how they thin and act. Kelbee Daines a sophomore in Weber High's HOPE Squad said True friend-ship is very important and when you find it, it will last a long time."

She also added ou have to wor for it but it is super fun "

Perla arcia sophomore also said By getting more people in-volved Weber will become a closer and more unified community." She feels people need to become more respectful to each other as well.

arcia also added being ind can be learned from watching others. Some people that I loo up to as being ind are Selena Quintanilla and Jeremy Jordon." She added these celebrities are nown for their acting and singing however they are also strong examples of indness

Quinn added that when she wants to ma e someone's day she will smile and wave. Anglessly also

agrees that these small simple ges-tures can go a long way. When he wants to ma e a friend or any ran-dom strangers' day better he said I will say hi' smile and ma e them feel good." He also just tries to be ind to everyone as well.

School has to been nown to be a place that puts quite a bit of stress on students and Warriors feel that by being a true friend and an over-all nice person people can become less tense and more easy-going.

Saying hi really listening and noticing how they are feeling can help everyone. It's a goal of mine to ma e someone's day " Daines says.

By finding ways to make some-one's day better and being the best person that people can be the HOPE Squad is striving to ma e themselves inder and the type of true friends that they would all want for themselves and hopefully the type of friends that others really need.



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  - Collaborate on development of standards and techniques to be followed in production





erica - I want to graduate since you need a high school diploma to succeed in life."



reiner - I want to get enough money scholarships for college and have fun "



erian - I would like to get my Associates."

san  
er

# Stage is set for Newsies musical

By a ren as n  
Staff Reporter

On Oct. 2 Nov. Weber High's theater department will perform e ses The road ay scal. Based off of the real-life Newsboy Stri e of 1899 a group of teenagers try to sell newspapers to earn money for their family. When the prices for the paper increase the ids go on stri e for their right to be treated fairly.

The play consists of singing and acting that the cast feels will captivate the audience. This is an interactive cast that will ma e the audience feel a part of the performance.

It's a fantastic story about how hard wor pays off how we should stand up for what we believe in and how we should never settle for less than what we are truly worth " said Mar Daniels director of e ses.

The lead actors in this play include seniors Cameron inford as Jac Kelly Tessa Shelton as Medda ar in Connor Thompson as Joseph Pulitzer and Morgan Eric - son as Katherine. Also in the play is child actor Ty Fisher.

Bac in 1992 when I saw the movie starring Christian Bale I was in college and a musical theater major. I fell in love with the show and I new that either one day I was going to be in it or I was going to direct it " said Daniels. I got too old to be in it because Disney waited almost 2 years to release it as a Broadway musical. So I settled for the next best thing to direct it."

The cast spends about three hours each night wor ing with Daniels indsey Poll choreographer and Scott Wood music director . Even more time is spent individually studying their scripts.

We have a pretty tight rehearsal schedule " Daniels continued. The cast spends many hours of their own time and together as a group to prepare for the show in rehearsals by studying the lines and the music on their own time."

Jensen Huffa er sophomores a bac ground actor in the cast of



Newsies as sen an rrs in sri s earn  
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e ses says the hardest part of performing a musical is memorizing the scripts. He said in a musical there are not only lines to now but lyrics and music to learn.

We dedicate our lives to this but I love it with my whole heart so I'm o ay with it " inford said. The people I wor with are my second family I spend so much time with them. I would just li e to than everyone involved with e ses especially our directors Mar Daniels Scott Wood and indsey Poll. It is an amazing opportunity to be a part of this show and I love every second of it "

WHS is also the first school in tah to premiere the show according to Daniels.

"I love being the first to do a show after it is recently released "

he said. It eeps us on our toes and up-to-date. It challenges us because it's never been done before on this level. I love a good challenge and I love giving the ids something new and fresh to wor on as well as giving our audience something new and fresh to see.

Shows will begin at 7 p.m. with a special viewing for senior citizens on Oct. 30. Student and senior citizen tic ets are 10 children and adults 11. Premium seating in the front center is 12. rroups of 20 or more will get a 1 percent discount. Tic ets can be purchased through the school's website [weber.wsd.net](http://weber.wsd.net). An ad will be displayed for the play on the home page. By clic ing on the musical people will be directed to a seating chart and purchasing information.



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ines s ar anie s

## Saying goodbye to high school, Seniors prepare for last hoorah

By ee a ena  
Staff Reporter

Seniors it's their last year before graduating. Some seniors may already now what they will do after high school is over but others not so much. Their buc et list before heading to college moving out of state serving an DS mission or anything else they want to do after high school is vastly different from one another's personal goals and future.

Sacoya Ipoc is unsure of her future. Ipoc says being a senior is scary and she wants to get good grades so she can have a high PA and get into her dream college which would be Arizona State or Ar ansas State niversity.

Something Ipoc loo s forward to this year is having fun. It's my last year to actually do things as a child " she said.

As for what is the most difficult part of being a senior Ipoc added. The fact that I already want to be done I guess and I have a

whole year to go. That's about it the classes are about the same." Ipoc is ta ing Medical Terminology to prepare her for a possible future in medical school. She feels this course has helped her to have a basis of what she needs to learn. Her personal goal this year is to not miss school and to go to class as much as possible.

Stephani Shaver recently moved to tah from California for her senior year. Shaver is loo ing forward to her senior year adventures. She added being a senior is exciting but also ind of scary for her because she's new and is trying to figure out her class schedule which is confusing.

However Shaver said her classes are fun and she wants to enhance her writing s ills before graduating. She wants to be an author and plans to go to school for creative writing. I'm loo ing forward to obviously ma ing new friends because I'm new to the state. Then I'm loo ing forward to a bunch of school activities li e dances and plays all inds of stuff " said Shaver.

Some classes she's ta ing to help her future and writing are AP literature and poetry. There have been a few difficult aspects Shaver has had to overcome such as getting lost and not nowing anyone at the school. For a senior goal Shaver is writing a boo and one of her personal goals is to finish it before the year is over.

It feels awesome to be a senior and that is nice to now that you've wor ed hard to get where you are now and it's will be over soon " says Shelby Murray. Murray added she would like to finish out her senior year strong and eep all her grades up. Murray also loo s forward to graduating so she can start a new chapter in life.

I feel li e the next of my life is going to be fun " said Murray. Murray is ta ing several more college courses li e English 2010 and Math 10 0 to help her prepare her for college. I'm thin ing of The niversity of tah or Southern tah niversity" said Murray. She has also made some personal goals such as going to more sports games and getting a college degree.



n essen- I want to graduate and ma e it to state in bacstro e for the swim team."



E a a er - raduate and maintain a .0 while crying as little as possible."



Ha en H r - I would li e to pass my math class."

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**a e Harris**

er a e Treat other people the way you want to be treated." As the oldest I was constantly bullying my brothers and so I had to hear this often. I try to live this in my life now though. I believe EVE ONE deserves respect.


is a s rises e ra When people are disrespectful. e e s rise

n I have watched all of the Barbie movies more than once and I enjoy them.

e r i Teach school after this year. Just idding Never again will I quit I did it once in my life and it haunts me every day.

i eas re is Mountain Dew can't stop won't stop and playing video games. If I didn't have real responsibilities I would stay home and play video games as much as possible.

rs a i is Drin ing way too much Mountain Dew I OVE IT .



ni a ners En is

er a e How to love and to forgive.

is a s rises e ra When people don't use their blin - ers or leave gum under their des s e e s rise

n a . I have a size two shoe and I play lacrosse.


e e ra ain i Ma e peanut butter coo ies using salt and not



sugar.

i eas re is Watch- ing Asian dramas anime and eating chocolate and or coo ie dough

rs a i is Biting my lip when I am stressed.



rian a in anis

er a e How to save my money while shopping. She always loo s for things on sale uses coupons buys in bul etc. I've saved hundreds probably thousands of dollars since moving out on my own because of her teaching me how to save money shopping.

is a s rises e ra When students choose to be lazy in class and not do their assignments but then come tal to me when it's close to the end of the quarter and as me to help them raise their grade. I'll probably help them anyway because that's probably what I'm supposed to do but it bothers me that they expect me to do it.

e e s rise n that I am about to pay off my entire mortgage and be completely debt free and I'm only 29 soon to be 30 years old.

e e ra ain i o see another rated movie. I just went and saw one with my friends and I learned very quic ly that I cannot stand crude inappropriate language in that degree for that long.

i eas re is Traveling.

I can sometimes be pretty cheap with what I'm willing to spend money on for entertainment but traveling is one thing that I will hardly bat an eye at when it comes to spending money.

rs a i is That I wor too hard I play too much I'm ind too often and my jo es are too funny.



an a i En is

er a e To be ind. She would say that it is easier to catch flies with sugar than vinegar

is a s rises e ra People who don't use their turn signal or students lining up at the door at the end of class.

e e s rise n a I was in two beauty pageants as a teenager.

e e ra ain i Ta e anyone for granted. life is short and we should appreciate everyone who touches our lives for good and not so good. We learn lessons in every relationship.

i eas re is 70's pop music and 90's boy bands. eah I love roc n' roll including hard roc but some of the gooey songs of Donny Osmond David Cassidy and Bobby Sherman bring bac great memories.

rs a i is Biting my nails sometimes they will bleed.

s rs en er

# Newest additions share hopes, intitial impressions of school life

By a is n i  
Staff Reporter

ately Principal Earnest's question has been weighing heavily on those new to Weber High. How does it feel to be a Warrior "

With there being so many more clubs classes and things to join sophomores were as ed what they thought about high school. Aubrey Darrington said I joined HOSA. I want to be a pediatric nurse and HOSA loo s really good on applications and resumes.

Emma Hurst also joined an extra-curricular. I thought it loo ed fun. I didn't thin I would join them but I joined theatre " says Hurst.

Many sophomores said they don't miss junior high and it was also very different from high school. High school is just so much better There's so much to do and so many more opportunities. There's just an endless list of amazing things to do at Weber High " said Jordan Brown. Brown is sure that Weber will be a positive experience.

igh school is just so much better here's so much to do and so many more opportunities."

perience. However Darrington is conflicted.

Well there were windows at Orion there aren't any windows here " she said. But you get noodles at the school store. ou didn't get that at Orion." However overall Darrington admits she li es high school better.

Junior high ids have also heard many things about the teachers. Some bad some good. A sophomore who chose to be anonymous said Miss unceford really lives up to her reputation." They suddenly went to a light whisper. Brown added though she thought unceford was fantastic.

Hurst said she had heard many things about the choir teacher Mr.

Wood. I learned that I love him so much He's a great teacher and I'm just so glad I got the teachers I got " she said.

While sophomores had a first impression of teachers they also had first impression of Weber. Zach Oveson said ou have a lot more choices of classes here at Weber." Darrington added There's a lot of ids here li e a lot a lot of ids And it's really hot in here."

Hurst's first impression was positive. She said she heard Weber was the best school ever and they were absolutely correct "

"I was a little intimidated at first, but when I got in there I just realized how warm and welcoming it was. I've just had such a great time and I now that everyone is out there doing their best trying to let me have a good time " said Brown.

Another aspect sophomores have noted about differences at Weber is the schedule. At the junior high schools, students have first to seventh period in one day. Weber has A and B day schedule. I li e it schedule because there's a lot more time to get things done in class. ou're not always rushing

to do things." said Oveson. Brown says he li es it because it's organized and he has more time to get the help he needs in some classes.

Some sophomores also added they are intimidated by some seniors and juniors. Darrington said Very much so. They now what they're doing and I don't And they're big "

No they're all really nice an they don't mess with me " disagreed Hurst. She added the reason upper class students don't mess with her was because I don't go near them "

Absolutely because they're all tall and scary and we're li e little beans compared to them " said Oveson.

As sophomores finish their first quarter they are loo ing forward to more school activities. Hurst said she's loo ing forward to the drama productions. I'm loo ing forward to the clubs and sporting activities because everyone is just so nice to me there I'm ma ing so many more friends " said Brown.

Darrington added she's loo ing forward to the dances Hit me up " she says.



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# Motivation is key for X-Country success

By iia ies  
ss sta t to the hef

Weber High's cross country team is eager for another season of success. With the old runners departing and new ones coming in to take their place the Warriors are ready to run.

One of the largest meets for cross country is the City County Invitational. Held on Sept. 12 seven region teams met on the cross country course at the Weber County Fairgrounds. Leading the girl's team was Sammi Lee junior taking second place with a time of 18:31. Aniya Bobo senior took fourth place with a 18:9.3 time. Junior Hannah Pope took tenth. Overall Weber placed second only behind Ogden High.

The boys also had good results. Sophomore Isaac Simmons finished seventh with a time of 1:02. Coming in at eighth place was sophomore Mason Froerer at a time of 1:08. Everett Scott junior, finished with 16:49.8, giving him ninth. Overall Weber placed third with Bonneville and Morgan ahead of them.

Running is appealing to many people for different reasons. Junior Gibson Bailey enjoys how it unites people. "It's a lot of fun because everyone comes closer together," says Bailey. When you run with your other runners it has kind of a family aspect. "You're running with your best friends who honestly feel more like family."

In contrast Lee feels the solo aspect of running. "I don't always have to depend on or talk to other people," she says.

Scott uses cross country running as a way to satisfy a thirst for completion of goals. "I can set my own unique goals and work hard towards finishing them," says Scott.

It's an appealing part of running and it is fun when you finally meet those goals."



Junior Sammi Lee pushes for the finish line at the cross country meet.

Motivation to keep going and improving is an important trait for runners. "It's important to make sure you're motivated when you run," says Bailey. "For me at least the motivation is the thought that everyone else is always getting faster. You don't want to be left behind so you push yourself to be able to keep up with them."

Pope also sees the benefits motivation brings. "Constantly making and achieving new goals is pretty motivating," adds Scott. "All the runners provide support for each other and that helps to keep people going."

Lee thinks about the end result as motivation," says Pope. "I really regret it if I don't do good."

Gibson Bailey says his strength is his will to improve and work. "I always keep working and always keep running. It's kind of hard to run really long and far though as I'm built like a football player not a cross country runner."

For some runners it's seeing who they are close to beating and pushing themselves to overcome that person. "Everyone is different but the team still comes together and cheers each other on."

Bailey says his strength is his will to improve and work. "I always keep working and always keep running. It's kind of hard to run really long and far though as I'm built like a football player not a cross country runner."

Pope says she knows how to

keep a good pace during races. "I'm good at keeping a steady pace and being able to push through the pain," she says. "I also know how to push myself and finish good at the end."

When it comes to team goals Ortega says "I don't have any specific goals for the team, but I do like to hear what their goals are. Before every meet the students sit down and discuss what they want to achieve. They set new goals and talk about their current ones."

With new goals comes hardships and this is no different for the Warriors doing cross country. Bailey says the hardest part is simply the running. "It's insane," says Bailey. "Some of the practices are crazy. We ran two miles back and forth five times one day, and it was really tiring. I was exhausted afterwards."

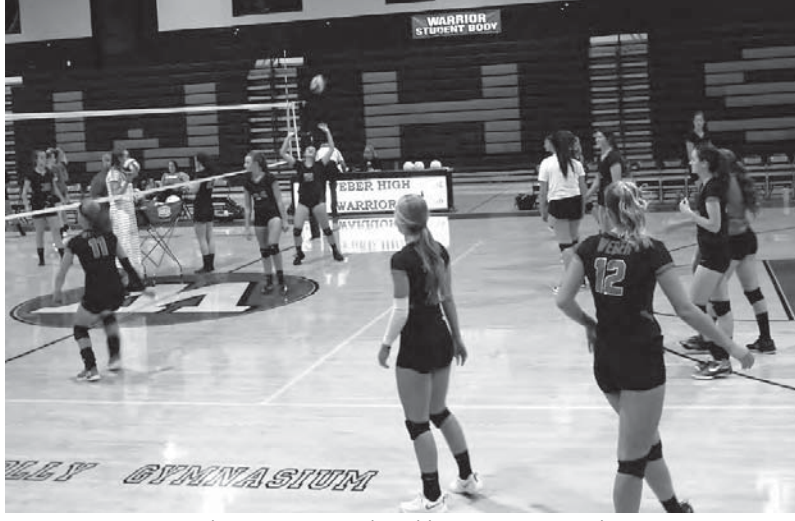
Scott thinks the track meets present a bigger challenge. "Aces are hard. I get really nervous when I race. It's hard to keep a strategy pace yourself and push forward ahead of everyone else. Also missing school because of the meets really sucks because you have to make up assignments," he says.

The elements are something Pope dislikes. "I hate running in the hot sun. I hate it so much," she says. "Also I really don't like anything uphill. From running uphill to uphill workouts."

Lee says for her, the difficult part is staying motivated while competing. "It's easy to get motivated before a race or practice but keeping that motivation when you start a race and keeping that throughout the race is the tough part."

As the teams prepare for their state competition Ortega says the athletes are striving to be their best. "The athletes are constantly pushing themselves and trying to get better," says Ortega. "The most difficult part of running is keeping your guard up. You need to be able to prevent negative thoughts from overpowering your motivation and will to succeed. If you don't think you'll do well then it's hard to improve."

To help improve Coach Ortega is helping the runners work better together. "We are working on running as a pack during races," says Ortega. "They're learning to work as a cohesive unit and make each other run faster by keeping morale high."



Senior Alyssa Hansen is one of the players on the volleyball team.

## Volleyball team works hard to excel, 'never gives up' on goal for playoffs

By Arnes  
Staff Reporter

It's hard to beat a person who never gives up," Babe Ruth once said. The volleyball team lives up to this quote because they say they will never give up. They push hard and work long hours perfecting their skills and playing the game they all love. They feel the hard work pays off in the end when they can surpass their opponents.

Sarah Onghurst senior and varsity team captain says "I like volleyball because it is very intense and competitive." She loves her position because she gets to hit the ball a lot. "The best feeling ever is when you get an amazing hit right between the blockers and even the libero can't pick it up."

Before the season even started the girls had open gym and conditioning early in the morning. Onghurst says "I conditioned my butt off." For conditioning they would lift weights do other workouts and for open gym the team would go over drills.

Maena Barrows freshman and sophomore team captain also plays on the junior varsity team. "I was excited to play up but definitely more nervous," Barrows said. "She is the setter and loves her position

because she is on the court all the time. She assists all the kills and is a part of almost all the plays.

As the girls compete with opponents one impressive volleyball match was against Oxy High. Junior Alyssa Hansen had 13 kills in this match. After the three set sweep 2-18 2-12 2-20 Hansen said "We're really connecting...it's not hard because I feel like we know each other pretty well so we have good chemistry and we have fun playing together. It makes it easy."

Maia Vaatuitui another sophomore captain says her favorite game in the season has been awayton because we played really well and beat the crap out of them. It is all about the mind set and just believing in yourself that helps you in the game."

As the Warriors faced the awaytonancers in a region opening game the first set was a struggle as they lost 22-2. However the girls rallied during the next three matches and won 2-18 2-13 and 2-18. Hansen led the Warriors with 19 kills and Onghurst added 1 kill and 19 digs. Senior Chelsea Weaver delivered 38 assists while senior Teya Filiaga had 1 dig.

The Warriors also reigned as they swept Clearfield with set scores 25-23 2-23 and 2-19. Onghurst took 10 kills and senior Kaydee Weaver delivered 11 digs and two

aces. Sophomore Riley Brown brought 10 digs and two aces.

One thing Coach Brown likes to motivate the team is "Keep your heads above the tide. If the team drops their heads then the other team has already won the other point. It is hard to get out of the tide once you're under," said Brown.

Head coach Erica Nish has been coaching for nine years four years of club coaching two as assistant coach at Weber and three as head coach. She has played outside hitter for two years and middle blocker for two years. Coach Nish is impressed with the team working on not only offense defense and other skills but also being a team and having mental strength.

"Our mind is so powerful our body does what your mind believes so if you visualize proper form timing and actions your body can follow suit," she says.

When you picture things in your head the great thing is that you can always see it perfectly. "It's like getting more repetitions in but having them be amazing every time."

Nish also says it's important to be positive in one's visualization and self-talk. "Volleyball is a teeny portion of your life you won't have it forever. In the scheme of things it's only a smidgen of your existence. So enjoy every moment of it. Work hard play hard and leave it all on the court," says Nish.



Senior runners are eager to start the season in the fall.

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# Soccer team strives for unity to reach region, state goals

By a een e ia  
d tor h ef

For almost three months now the girls' soccer team has been practicing non-stop to bring numerous victories bac to Weber High. Although for some this might be their first year and for others their last year, they are all equally prepared to ma e it their best.

For many girls on the team this season will be their third year playing for Weber. Senior Savannah Jones says I've been on the team since my sophomore year and didn't ma e it. I wasn't going to try out my sophomore year, but I made the team and have been doing it since."

Senior Hannah Hillstrom joined the team when she was a freshman. "I was on the team freshman and sophomore year, but I didn't try out last year. I decided to join again my senior year. I was burned out and

wanted to take a break from soccer. I came back because I wanted another fun season of soccer, and the break really helped me," says Hillstrom.

Senior Camryn Karras has played WHS soccer since her freshman year. She says, "I've played soccer my whole life so it's a huge part of [me]."

The team has had a busy schedule throughout the wee . We practice every day except for Fridays. Usually it's from 3:30 to 4:30 p.m., and we have games every Tuesday and Thursday," says Jones. Hillstrom adds that she is also part of the track team, so she is used to working out constantly. I can bring a lot of speed to the team," she says. Sometimes practice can be tough when we get in trouble and have to run laps, but in the end it is totally worth it."

ast year brought a lot of challenges for the team because of all the injuries the girls suffered, so this year they are focusing on re-

building. "We've lost a few players because of injuries so we are not used to certain players yet. Last year we had about 17 players who were injured," says Hillstrom. Hillstrom explains some of the injuries were minor but many of them were serious.

Hillstrom also shares that getting to now the new members on the team is key and helps unite them. "Whenever we do things outside of practice we try to get to now the new players more so they feel more comfortable in practice and on the field."

The girls are also wor ing on building their relationships with the rest of the team. Jones says We are all pretty close to each other. We are all good friends. Because we get along when we play on the field we aren't yelling at each other or getting angry."

Hillstrom also shares they li e to spend time outside of practice as

"I think it is important we get to know each other because you always want to be on everyone's good side. ou also want to have fun with each other."

well. She says, "We are really good friends. We've all known each other for a really long time so that helps us a lot. We are all very united. We like to spend time outside of practice li e going swimming or hiking." Jones adds, "I think it's important we get to now each other because you always want to be on everyone's good side. You also want to have fun with each other."

Hillstrom explains if they get to now each other better we will know what the other person's next play is going to be and we know what type of player they are because we now them so well or



Junior Aubrey Hammons and senior Ellie Maughan fight for the ball against the Knights.

have practiced with them for so long. It ma es it a lot easier to connect passes and make combinations together."

Karras agrees with Hillstrom and highlights the importance of building friendships within the team. She says It is so important we get to know each other on and off the field; the chemistry needs to be there because it affects how we play. None of my goals would've happened if it weren't for them."

Jones says trying to figure out what the next pass will be is crucial to winning. Jones adds it is something the team is currently wor ing on. We li e to give the ball away. When we have it, we will be doing great and then all of sudden we will lose it," she says.

Positivity from within the team can also help the team stay focused.

We are all very positive with each other, and I also think when we get into a groove on the field, we make great passes," says Jones. She also says she li es to cheer everyone on from the bench or from the field. Similarly Karras says she li es to lighten the mood and make things fun when it gets stressful for the girls.

Another goal for the girls this season is to ma e it to playoffs. Sadly, because of the injuries last year they weren't able to ma e it too far. This year the girls have great expectations for the team.

Jones says Our coach Cloe Marble] has a goal board for us, and one of our biggest goals is to ma e it top of the region. We didn't get very far at all last year. We are on trac to be in the playoffs this year and in region I think we will be able to make it."

The team has already achieved one goal for this year. Karras says One of our goals was to beat Fremont, and we did it twice!"

In the game on Aug. 21 against Fremont, Weber had a 2-1 lead into

the halftime and scored a third goal in the second half. They also took a win against the Silverwolves on Sept. 13 with a score of 3-2.

Weber also had exceptional games on Aug. 9 and Sept. 14. The team won their first game of the season as they beat Viewmont 3-1. Two of the goals were made by Karras, and the last one was made by seniorachel Wight. Weber also beat Wood Cross 3-0. Goals were made by senior Kennadee Harris and junior Adree Johnson.



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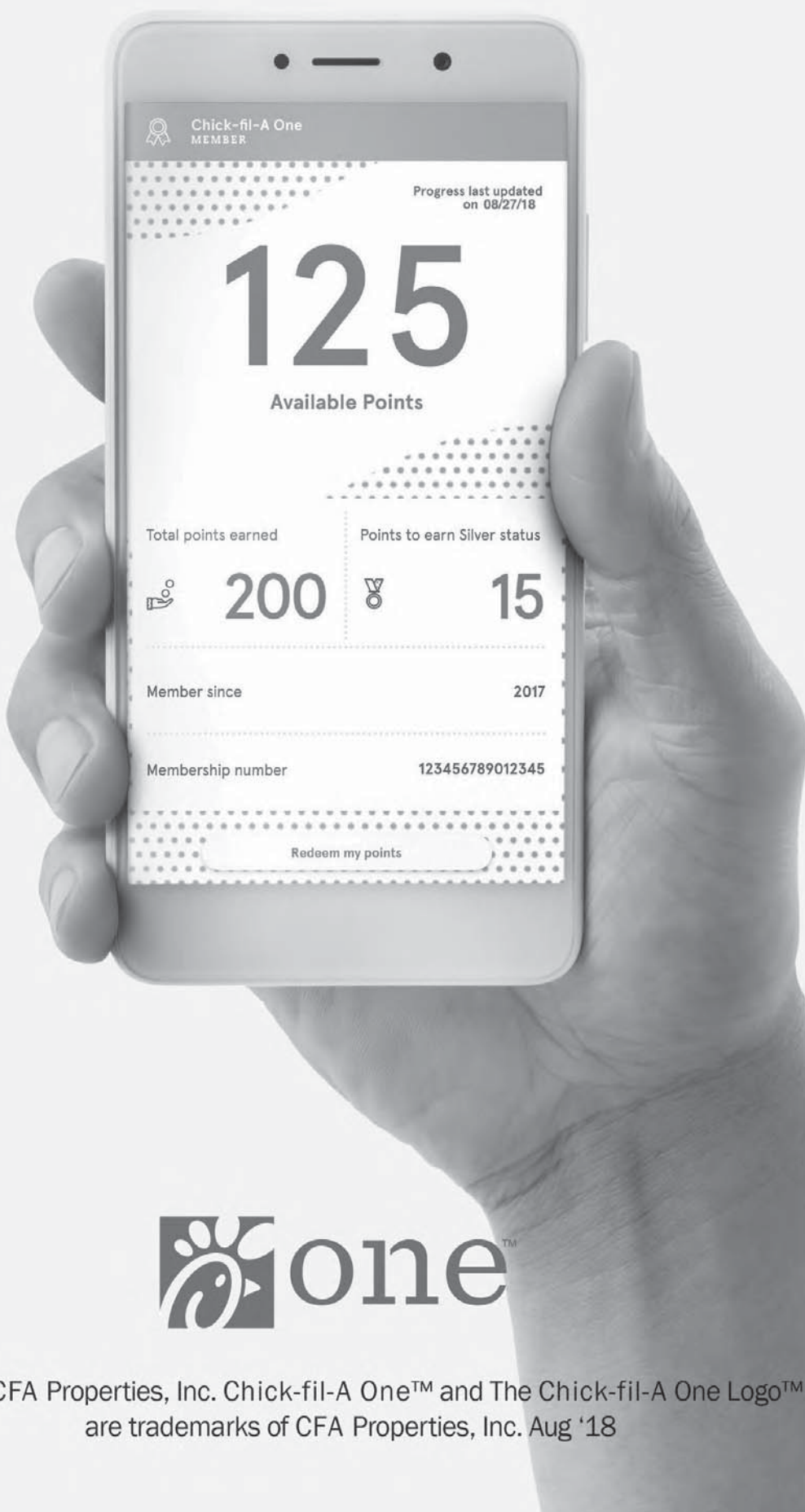
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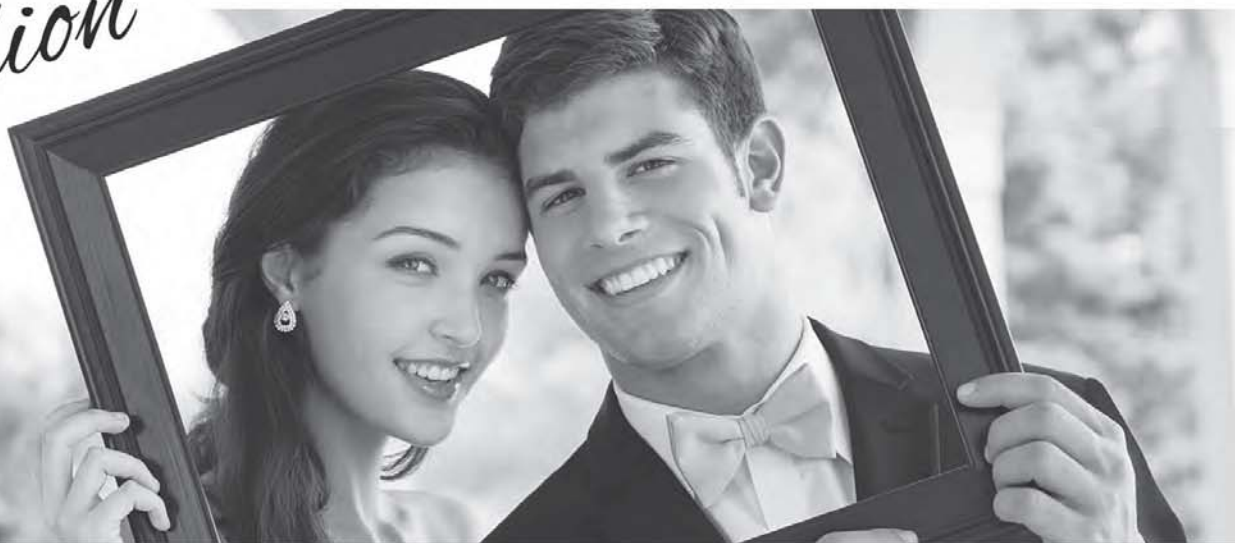
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# Weber Strong: United by spirit, Warriors celebrate



Senior officers Eason and Harrie are in the process of painting the 'W' on the driveway.



SBO president Koby Pack, with fellow senior officers Logan and Sierra, are seen at the Barker Park paint fight.



Students are seen participating in the paint fight, with some wearing protective gear.

By reporter  
Editorial

Traditions often occur once a year and Homecoming is no different. Every fall student governments come together and plan a whole week of events geared toward promoting school spirit. Weber High hosted their Homecoming week on Sept. 18 with a multitude of activities for students to enjoy.

The most celebrated activity was the paint fight at Barker Park. Student Body President Koby Pack loved the paint fight because he believed everyone was able to feel the school spirit. At this event students received plastic water bottles filled with red and black paint. Earlier that day the officers mixed the paint with water to give it a lighter consistency.

SBO organ Crowell wore white from head to toe which despite the paint being water based will never be white again. When everyone was throwing paint at each other the only feeling felt was one of pure joy and excitement," says Pack.

Street Painting was another successful event where the student clubs were allowed to paint a portion of the student parking lot. The different sports teams also participated by painting the driveway leading to the school front entrance. Mrs. Butler SBO advisor says "The painting of the driveway went spectacularly." And she was not the only person who thought so. Junior class advisor Mr. Godfrey felt the student involvement in the activity was a major part of what made it great.

While Godfrey enjoyed the Street Painting, his favorite tradition lies elsewhere. "I always like the Pep rally/Bonfire since we burn the opposing school's letter" says Godfrey.

The letter burned this year was an 'N' for Northridge. Ambry Burggaff junior cross-county runner says the team ran about 23 miles with a lighted torch changing groups of runners every few miles from Northridge High School in order to light the letter at the bonfire.

Before the pep rally though was the annual Homecoming parade. Once again athletic groups, clubs and the Homecoming royalty traveled from North Ogden Junior High to WHS and not only shared their school spirit but also plenty of candy for the parade fans. Tutasi Fewell senior class officer, sees the parade as an event for the community to come together and unite in WHS spirit. "I loved the huge audience" says Fewell.

The Senior Sunrise was a new tradition introduced to Homecoming Week. To provide incentive for those seniors to attend the event the senior class officers provided Beto's breakfast burritos, which did the trick in Mr. Tall's opinion. Mr. Tall the advisor for the Senior class says "The sunrise turned out really great despite not actually being able to see the sun rise." Tall blamed this on the fact that Weber High doesn't see sunlight due to the Wasatch Mountains until after school begins.

Another important event for the week was the Homecoming game. Football Coach Matt Hammer says the team was in complete control of the game against Northridge. The Warriors reigned triumphant with the score of 21-14. "The first half was very competitive," says Hammer, "and in the second half Weber fought harder than before."

Hammer believes school spirit is a big factor in the team's performance. He sees the games as a great event to come and have fun on a Friday night for three hours." Hammer adds "The best thing students can do to support the team and Weber High is to show up and wear your red."

Also during the Homecoming game there was the crowning of the Homecoming royalty. This year the title of queen went to Izzy Garner and her first and second attendants were Kaydee Weaver and Morgan Ericson.

The final event for the week was the Homecoming dance held during Saturday evening. Dressed in their best Warriors celebrated a great team win and a fun Homecoming week in the WHS commons.

Overall, the officers and the advisors felt the Homecoming experience was terrific. Mrs. Slater, sophomore class advisor, says, "The student participation aided in the success of Homecoming."

Butler adds everything took quite a bit of careful planning but she felt the time was worth it because it was all for the students." Looking forward to next year Butler believes there should be more paint bottles at the paint fight and more groups participating in the Street Painting."

More evidence of Homecoming week success is the spirit that was instilled in the students. Fewell says "I love how everyone is so pumped up." Pack likes how Homecoming unites Warriors. "I love to see how everyone comes together for a school activity and shows their school spirit. It's contagious once someone has spirit for their school it can quickly spread onto others" he said.

Since school spirit was the main goal of Homecoming Week Butler says she thinks this was achieved. "I think it is important to kick off the year with a good united front so people understand this is us and we are Weber Strong" says Butler.

Additional reporting by  
Editorial

Senior officers  
Eason and Harrie  
are in the process of  
painting the 'W' on the  
driveway.



Students are seen participating in the paint fight, with some wearing protective gear.



Students are seen participating in the paint fight, with some wearing protective gear.



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Students are seen participating in the paint fight, with some wearing protective gear.





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Ready for the bonfire are sophomores Harrison Marsh, Zach Oveson,  
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The bonfire during the night pep rally got stu  
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Juniors class officer Garrett Dickson cheers wheel-bar  
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son as they cross the finish line.



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