Warrior News

'We Rise' fittingly chosen as school theme,

### SBOs gear up for a unique year



Serving as the 2020-2021 Student Body Officers are (from L-R) Caden Meyer, Sierra Wolcott, Caleb Turner, Tyler Garner (President), Maia Vaatuitui, Lilly Mecham, and Davis Cope.

Regarding the theme,
SBO President Tyler Garner said, "We chose "We
Rise" as the school's theme
this year because we really believe that Weber has
so much potential to grow.
Given our current situation,
it's hard to be optimistic.
However, when we focus
on the chance that we have
to rise, it becomes easier to
focus on the good.





Caden Meyer has always been impressed with his peers. He says, "I love the drive students have here to be successful." His other favorite part of the gig? "I like telling jokes on the annoucements."



Sierra Wolcott is excited for this year because "Despite the circumstances, I think we can have a better year than we've ever had. This year is a blank canvas!"









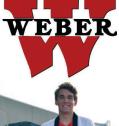
Lilly Mecham says, "To me the theme 'We Rise' means we can all overcome any struggles we have. When we fall, we can pick ourselves up and become even stronger. I love Weber high and I think the student body is doing a great job of rising this year!



Davis Cope says his favorite thing about Weber is "that we aren't Fremont." He is looking forward to see "what great things we can accomplish and make happen this school year."



Garner also said, "I love
Weber because of the
culture that we have. Here,
everyone tries to be kind
to others, and I think other
schools aren't as awesome
at that. I also love how
much school spirit we have.
I love going to games and
seeing our strong student
section. I love the support
we give to each other."





Caleb Turner loves the sense of community at Weber. "I love that the faculty is here for the students and how they show us that they are." He adds, "Ms. Earnest has created a sense of family at this school and I love that."



Maia Vaatuitui wanted to be a student officer to meet new people. "Being an SBO has enabled me to become friends with people I wouldn't meet otherwise."



WEBER HIGH VISION STATEMENT:
WE INSPIRE STUDENTS
TO RISE TO CHALLENGES AND
LIVE WITH COMPASSION.

COVID-19, Wind Storm, Labor Day cause all to be creative,

#### Weber High students celebrate HOCO

By Ella Messerly Staff Reporter

When one thinks of Homecoming, you probably picture fancy dresses and your school all dazzled in decorations and fun activities. This year's Homecoming looked a lot different than it has in previous years. Nonetheless, the school was still sprinkled in decorations and the students at Weber High School still had a lot of fun during this year's special week.

A lot of the schools in Utah got

A lot of the schools in Utah got shut down for the week and only had to go to school Thursday and Friday because of the hurricane speed winds. News channels say the gusts of winds reached up to 99 mph. The Student Government Officers still tried to plan many activities despite the COVID and wind curve balls. For example, Monday was square painting for clubs/groups/sports in the front driveway leading up to the school. Thursday's activity was the pep rally and fireworks, where students at Weber got to do a lot of cheers and watch some fireworks afterwards. Friday was the chalk fight and football game, a red out versus Northridge which Weber won 48-0. Kynnady Close, a sophomore and cheerleader, said "My favorite activity was getting to paint the cheer square with my team and being able to go and decorate the inside of the school for homecoming week."

go and decorate the inside of the school for homecoming week."

Brielle Parkinson, sophomore and Warriorette, went to her own Homecoming Dance at Simply Posh dance studio with her boyfriend and all their friends. Since this was Parkinson's first ever dance in high school, she said, "I didn't really know any different so it was a blast and I can't wait to go to another dance." Parkinson made the best of her situation and said "even though this wasn't how I ever expected my first homecoming to go, it was still an unforgettable night." Parkinson had a positive outlook on her first Homecoming week and she ended up having a lot of fun.

Weber High cancelled their original homecoming plans due to the COVID-19, but a lot of students at Weber found a way to still have fun and follow safety precautions. Some kids went to different dance studios to have a dance, and others just went on a day date, to dinner and took pictures. Hannah Pollard, sophomore, went with one of her good friends to her first dance. For their day date they went to iRock, down in Ogden. Pollard said "I learned that I am definitely not very good at climbing on rocks and I learned that the hard way." Different people have different favor-

ite parts about high school dances, Pollard says her favorite part was going to find a dress. She said, "I found the perfect dress but it was too big and fluffy for a Homecoming dress so my mom let me go get it altered to be the perfect dress."

it altered to be the perfect dress."

Even though homecoming technically was cancelled, Pollard still had a blast and said "Homecoming was so much fun all day long and I am super glad that I got to go with one of my very best friends. He definitely made it a memorable day for the beginning of the day all the way until he dropped me off," Pollard said. She added, "Even though things are different right now, we can always look for the positive in situations. It's hard not really knowing what the future holds, but all you really can do is live in the moment and not think too hard about the future because you never really know what the future will bring."



Lining the driveway up the high school and toward the tennis courts are squares painted by various teams, clubs, and groups at Weber to celebrate student involvement during Homecoming week.



A group of dashing young men from Weber High pose by Dinosaur Park for their makeshift HOCO dance



Weber High young men Josh Orme, Jed Hamblin, Tyler Chambers, Aaron Ryan, Jace Neil, and Easte Mckay show off their color after the festive chalk fight.

Photo by Easton McKay



dents wear neon/80s for the Homecomimg game, a win versus Northridge 48-0. Photos by Hayden Evans



Despite not having a traditional Homecoming dance, these girls made time to get all dolled up to celebrate their senior year of high school.

Photo by Ben Putnam

Pleasant View, UT 84414

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Weber High School 430 West Weber High Drive

Issue 1

Since 1946

### COVID-19 accomodations make for a 'Safe Weber' educational environment Ms. Earnest and Administration work to lessen infection rates

By Caelan Roberts Editor-in-Chiet

At the beginning of every school year, there is an adjustment period for both teachers and students from Weber as they shake off the rust and get back into a daily routine. This year, the ongoing pandemic has made that adjustme nt much different and more difficult.

In order to keep students faculty as safe as possible whilst returning to in-person classes, Weber School District has implemented a new plan entitled "Safe Weber." This plan is a "responsive framework" to the COVID-19 virus, according to the WSD website There are different levels to the plan according to the state's colorcoded restriction levels. Most of Utah, including Weber county, is in the yellow, or low, level of restric-tion right now. So, according to the tions: facility sanitation, personal protection & hygiene, distancing & social gatherings, recognizing & completing unfinished learning and digital design & delivery.

Chris Earnest, principal at Weber High, went into more detail about what these moderate precautions actually are. "We are in the mod-erate phase of our Safe Weber plan which means we all have to wear masks, we have assigned seating in all classrooms as well as designated traffic flow throughout our building," she said. There are also hand sanitation stations set up throughout the building, as well as come reminding students and for throughout the building, as well as signs reminding students and fac-ulty to practice good hygiene and keep their hands clean. Earnest added, "We have doors propped open during classes and exterior doors propped open before school, in between classes and after school to reduce contact points. We have spread out seating for lunch in the commons and cafeteria, as well as



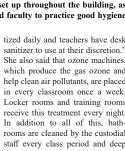
well as signs reminding students and faculty to practice good hygiene and keep their hands clean.

Safe Weber framework, the district is implementing "moderate precautions." If the state or the county were to get bumped up to orange, the school would then transition to the "enhanced" or "intense" precautions, respectively. If it were to go to red, school would go back fully online. Another situation where school would transition back to remote learning is if there were 15 confirmed COVID cases in the

school during a two-week window.
Included in the framework are five different sections of the plan, each with their own set of modertized daily and teachers have desk sanitizer to use at their discretion. She also said that ozone machines. which produce the gas ozone and help clean air pollutants, are placed in every classroom once a week. Locker rooms and training rooms receive this treatment every night. In addition to all of this, bathrooms are cleaned by the custodial staff every class period and deep cleaned every night after students and teachers leave.

In terms of school sports, a lot

has obviously had to change, but students are still able to support Weber's teams. "We are only able





A group of girls smile with their eyes in Mr. Potokar's classroom. "We are in the moderate phase of our Safe Weber plan which means we all have to wear masks," said principal Ms. Earnest.



'Safe Weber' is a responsive framework to the College aspect of the plan requires masks to be worn at the high school.

Photos By Aleez Bahe

to have 50% of our total outdoor capacity at football, soccer and tennis games. We can have 25% of our total capacity at indoor events such as volleyball," said Earnest. Because of this new stipulation, tickets to football games are being

sold in advance online instead of in

person on the day of the game. A lot of deliberation was put into these precautions in order to keep students and faculty as safe as possible. According to Earnest, the precautions were decided on by "input of the Weber Morgan Health department, the state health department, the Utah State School Board, guidelines from the CDC and a committee of Weber School District employees

Among all of these guidelines. perhaps the most controversial has been masks. There are many people across the country who are against wearing masks, as they feel that they take away their freedoms and individuality to make them cover their faces in public. Another con-cern with masks has been possible carbon dioxide poisoning, but these concerns have already been dis-proven, as there is no risk of CO2 poisoning due to face masks.

Still, there have been plenty of anti-mask" protests across the nation, and several in Utah, where protestors gathered outside Gover-nor Herbert's house to protest his masks in school mandate. If there are any of these "anti-maskers" at Weber, Earnest isn't aware of it. "I have not had any parents or students refuse to wear masks," she said. "The students that are attend-

ing school for in person learning want to be at school, and they are willing to wear a mask so they can be here." She added that if a stu-dent is unable to wear a mask for other medical reasons, they can get an exemption form that needs to be filled out by a doctor.

As one can imagine, all of these changes can make adjusting back to school life much harder than a normal school year. On top of that, some students still do not feel safe returning to in person classes. There are two options for these students within WSD. The first is Long Term Flexible Learning. Students who choose this option do school from home and access their assignments via Canvas. The second is Remote Learning, where the student is fully enrolled in either Weber Online or Edgenuity, and do all their classes through those plat-

All of this does not come with out problems. It is entirely new for both students and faculty, as well as entirely unexpected. "We are daily



new 2020 hallway decor.

working on wrinkles as things pop up that we didn't anticipate or think of or guidelines have changed," said Earnest. "Our safety plan is one continually evolving piece of work that will not be completely finished, and it is setting safety standards for the future."

Earnest's advice to students during this transition period is this: "Do the best you can each day." She went on, "This is a new experience for all of us. We don't have all the answers and we are adjusting each day to situations as they occur. I would also say don't slack, push yourself to reach realistic academic goals and make efforts to improve each day. Be fluid with the changes like a river. Areas of the river path will be smooth, but then there will be big rocks, drop offs, branches that snag us. We will hit the rapids, but then there will be calm waters again. Go with the flow and continually do your best.

## Latinos-in-Action class adds cultural enrichment to WHS

By Madison Rigby – , Editor-in-Chief

Latinos In Action (LIA) is a new addition to the classes offered at Weber High. This organization creates a model for Latino youth. "LIA is a class at a variety of middle schools and high schools that empowers Latino students to use their voice and be the change in their unity as well as in class. said LIA President, Jessica Juarez

Melanie Malan, LIA advisor, said that she had previously reached out to the administration at Weber High seven years ago to adopt the course but her approach ultimately got rejected due to the costs. It wasn't until this year that it was approved. "I approached Ms. Earnest and she was very supportive. We had to wait a year to get the the best year to figure things out, given that we are in a pandemic, but it has been badly needed here at Weber. I have a good group of students who are willing to participate in the activities and see LIA become successful."

There are many students at We-

ber High that don't necessarily relate to others childhood traditions.
"We can help Latinos at Weber
High by encouraging them to use their voice and to not be afraid of expressing who they truly are. Letting them know that they are able to reach out when needed is key in gaining their trust." said Juarez. 'We also do this by holding activities where we hope to reach out to our fellow Latinos and our com-munity. Due to COVID-19, we are working on how to hold these ac-tivities with the safety of others in

Due to COVID-19, many of



process started, but finally we now have LIA." said Malan

Included in LIA, are four 'pillars' within the class. These are: leveraging personal and cultural assets. excelling in education, serving the community and developing leadership skills. "They help students in everyday life by giving them a base where they can apply these to the work they do on a daily basis," said Juarez. She added, "We like to see students be the best version possible and empower Latino youth, to lead and be the voice of the next generation.

Historian Perla Garcia said that LIA has already been a big help to her personal life and mentions that the pillars are helpful in many ways outside of school. "It's helped me gain confidence in myself which helps with presentations and simply having professional conver-sations." Garcia began to take an interest in LIA when she began to feel excluded from the rest of her peers. "Obviously not intentionally, but I never related to their child-

hood traditions."
For Juarez, she joined because a friend told her about the class and she wanted to introduce herself to the leadership skills LIA presented. Although that is the initial reason Although that is the initial reason why she joined, she realized that LIA was a place where she could be herself and not feel judged. "Knowing that this was a place where we could be us without the judgement of others was empow-ering enough to intrigue me." said Juarez. "We all work as a team and respect each other's values, while informing and being the change for those who may not know who we are or what we do as Latinos.'

Malan said that her experience thus far in LIA has been a unique one, "This year may not have been

LIA's services have been hindered; usually, LIA goes to elementary schools at least once a week and tutors students. For Garcia, she mentions that while LIA has gone through many struggles relating to COVID, they are figuring every-

thing out and doing great.

While LIA does not disregard other cultures joining, they do want the majority of the students to be Latino. "Many Latinos grew to be Latino. "Many Latinos grew up with both their parents or a parent that is from another Spanish or

#### "It's helped me gain confidence in myself."

Mexican background. LIA is here to empower and provide them the resources educationally that their parents couldn't provide for them due to having other problems they had to focus on, such as making sure they earned enough money to support their families," said Juarez. Juarez's father traveled from Mexico to the U.S. "Many Latinos, including me, are usually a first generation graduating high school and any other educational institutions This puts pressure on many of us to make our parents proud because they came here to give us a better future than they had growing up."

Garcia has a similar story, being

a first generation U.S citizen. She mentions that her parents never had a stable household while they were young. "LIA is here to help those parents teach their kids they simply don't have the time or knowledge to teach." said Garcia. "I find comfort in knowing I'm not alone with traditions and even ways of living than the majority around me.

Inside This Issue

News.....Pages 1-6 Editorial.....Page 7-8 Sports.....Page 9-11 Back to School Feature...Page 12



HIGH POWERED OFFENSE, STOUT DEFENSE LEADS WARRIOR FOOTBALL TO CO-REGION CHAMPIONSHIP, SHIELD TROPY. PAGE 11.

MISS NORTH OGDEN IS WEBER'S OWN, GRACIE NICHOLS. HER PLATOFRM AND GOALS FOR THE POSITION ARE POWERFUL. PAGE 2.

**NEWS** Sept./Oct. 2020 Page 2 Warrior News

#### Senior Gracie Nichols dazzles as she takes Miss North Ogden crown 'Embracing differences' is her social impact initiative

The Miss North Ogden scholarship competition is an annual event in which young women aged 17 to 25 compete for scholarships by participating in a private interview, being judged on an evening gown section, answering an onstage question, pitching a social impact initiative and showcasing one of their talents. The 2020 winner was Weber High's very own Gracie Nichols

Nichols, senior, said that she got started competing with the Miss America foundation when she was 14 years old. "I did Miss North Ogden's Outstanding Teen, kind of as a joke with my friends. I didn't think I'd win," she said. "Once I won, I thought it'd be cool, but won, I thought it d be cool, but then they told me to get ready for state, and I was like, 'I have to do this again?''Nichols went on to get second runner up that year at Miss Utah's Outstanding Teen. "It was a really cool experience, and my family members all decided that I wanted to go back to state," she

auded. "So I went back to state the next year, but I didn't really want it. I didn't prepare and my heart wasn't in it." Nichols placed top eight, but she said she left with a lot of regrets. The next year, she returned to state again and that time prepared fully and did her absolute best. "I left with no more regrets," she said.

Out of all the aspects of the Miss North Ogden competition, Nichols seemed the most passionate about her social impact initiative. "Your ocial impact initiative is just some thing you're passionate about and you do a lot of service through, and that you really want to advocate for in the community if you win," she said. "Mine is called Embracing Differences, and I talk a lot about embracing others for who they are. This is really dear to my heart be-cause I have a gay brother so I ad-vocate a lot for LGBT rights."

In addition to her brother, Nichols said she chose her initiative because of Utah's social, religious and political climate. "It's just something that Utah needs so, so badly. I think Utah is great, but I definitely think that we struggle a little bit with loving each other, and accepting and embracing people something that I'm really passion-ate about, and I just know I can make a change." She added that the competition has provided a platform for her to be able to make a real difference in the state. "It's given me an opportunity to reach out to the Utah Legislature. I'm going to try and talk to them about implementing mental health checks in schools," she said. "We check for scoliosis and evesight and hearing. which are all good things, but we don't really check up on our mental states. The leading cause of death for kids ages 11 to 17 in Utah is sui-cide, and a lot of that stems from not being able to embrace your own differences."

Nichols also mentioned that her

community was more receptive to her because of her Miss North Og-den title. "The other thing is the exposure it gets you to the community. It's a lot easier to go out and talk to people when you can say, 'Hey, I'm Miss North Ogden. Can I talk to you about my social impact initiative?' It just gives you a great platform

For Nichols, her impact initiative of loving others and embracing them for their differences, especialdoes not come without conflict. She was raised in the LDS church, which has historically been unaccepting of the LGBT community. "There are some qualities of the church that I love. It has taught me so many good things," she said, adding that she still hones to see adding that she still hopes to see reform in the LDS religion in favor of those in the LGBT community. "Years and years ago, Black people couldn't hold the priesthood in the church. In my mind, someday, my brother and his husband will be able to sit in the front row of the church and hold hands. There's room for change and growth in every aspect."

In addition to her initiative pitch,

Nichols completed a private interview and an onstage question. The private interview is ten minutes long, done in front of a panel of six judges. They ask contestants questions ranging from their favorite color to controversial current events questions, according to Nichols. "I love interview but I hate it at the same time," she said. "You can't prepare for it, and I never want to offend someone. My mom always told me it's okay to talk about my beliefs, but some-times it's hard because I don't want to offend anyone."

As for her onstage question, she was asked about women's rights, an issue in which Utah ranks next

to last in the nation. "I think one of the reasons we are 49 out of 50 is because women in Utah didn't always have the same rights we have today, and we still often carry stereotypes that we had a long time ago," Within her interview, she said, "I told them we need to vote in leaders who address this problem and who will make sure we work on equal rights for women and men, and break those stereotypes, and advocate on social me-dia and basically put forth that message that women can do anything men can do '

Nichols' favorite aspect of the competition is the talent section. "I love talent because it terrifies me. At first, I sang and played the piano. The next year, I danced. Now, I am dancing to my own song. I love it because I have so many hobbies that I love and I have found a way to combine them by doing this," she said. She added that it acts as



held at Barker Park. She will next compete for the crown of Miss Utah.

a huge confidence booster for her. 'Whenever I finish it, I'm like, 'If I can dance to a song that I wrote in front of a bunch of strangers, then I can do anything."

In addition to her talent perfor-

mance, a big motivator for Nichols is the opportunity to earn scholarships competing in the Miss America organization. "For me scholar-ships are a huge thing. I've always been taught that if you want to get something you need to work for it, so I've always bought my own phones and helped pay for different things I have," she said. "College is something I've always worried about because I'm definitely not a great math student. I'm not going to get valedictorian. So if I can get to get valedictorian. So it I can get scholarships for talking about current events and raising awareness for respecting differences, then that's definitely something I'm going to work for."

Up next for Nichols is the Miss Litab competition. That along

Utah competition. That, along with community service hours and working toward her social impact initiative, is one of her main responsibilities as Miss North Og-den. She has already started prepar-

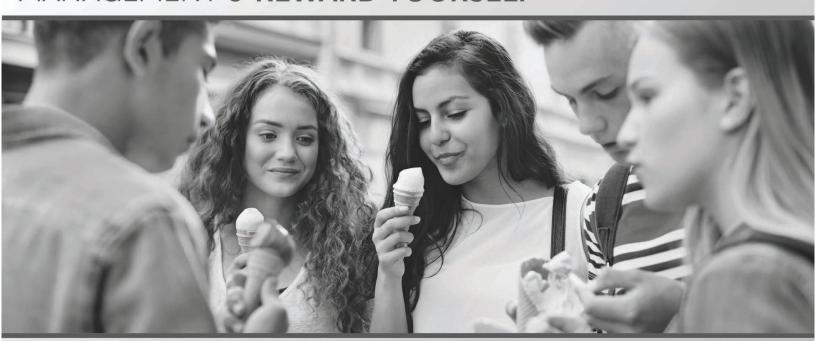
even though it's still months away "I have the same social impact initiative," she said, though she added she'll be making a few other changes to her routine. "I'm changing my dress. We got a dress for 90% off at this place that was going out of business. It's, like, my dream dress. It's silly. It's just a dress, but it can really add confidence. I'm still going to dance to a song I wrote and composed but I might write a new song for it this winter."

As the Miss America competitions have provided Nichols with so many opportunities, it comes as no surprise that she recommends all her friends to compete. "I always encourage my friends to compete. I tell them to find what they are passionate about and go out there, inform their community and do service. You get great interview skills and you get scholarships. I don't see why someone shouldn't do it." Her advice to new contestants is pretty straightforward. "Don't let other people get to your head and be 100% yourself. I know that's, like, super cliché but it's true," she said.



Out of all the aspects of the Miss North Ogden competition, Nichols, far right, seemed the most passionate about her social impact initiative. "Mine is called Embracing Differences, and I talk a lot about embracing Photos Supplied By Gracie Nichols

### LEARN MONEY MANAGEMENT & REWARD YOURSELF



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## GSA community at home at Weber during after school's inclusive group, builds connections

By **Ian Spencer Holliday** Staff Reporter

Guess what? Weber High School has a GSA club! Now if you don't know what that means, the acronym 'GSA' stands for 'Gay/Straight Alliance.' Weber High's GSA is an all-inclusive club that was made to provide a safe place for members of the LGBTQ+ community, but also to bring in allies, or supporters, of the community. Led by Mrs. Kimberlee Kelson, Weber High has had a GSA since 2015.

A lot of LGBTQ+ people get bullied or picked on just for being authentic in who they are, so GSA almost acts as a support group for those students who might feel unsafe at Weber High, anywhere outside of school, and even at home. "GSA is important because, I think that the demographic of students who identify as LGBTQ+, they have more challenges, in a lot of ways, than your average student that's coming to Weber High School, and especially in our state," Kelson stated. "So it is important that these kids have somewhere they know that they are accepted, safe, and feel a sense of inclusion," she added.

In GSA, there's lots of fun people and activities to enjoy. Last year, they had their own school pride parade. Plus, by joining, you can get some Weber High School GSA club/LGBTQ+ pride apparel. If you're interested in joining the club, GSA club meetings are usually about twice a month; on the first and third Thursday of every month. Students can find more information about GSA on the club's Instagram account, from any of the GSA club leaders, and if you ask, Mrs. Kimberlee Kelson, Weber High's GSA adviser, can give you the GSA club's google classroom code or any other information you might need.

"I am the adviser and essential-

"I am the adviser and essentially I provide the classroom, a time period for meetings, and an adult leadership role, but the group is mostly run and organized by students. GSA club is mostly taken



Mya Espinoza, sophomore, poses during a recent GSA club meeting. GSA provides a safe plcae for students to feel accepted and included.

care of by a GSA student government," Kelson said. She added, "Those chosen students run most of the meetings and everything. I'm just there to provide anything that needs to be taken care of between the administration and the group. Anything that requires a teacher." If you support the LGBTQ+ community and are interested in leadership roles, Weber High School's GSA club could be a perfect fit for you. There are three student government roles in the club. Weber High School's GSA has a president, vice president, and a secretary.

vice president, and a secretary.

The LGBTQ+ community is such a colorful, friendly, and supportive group of people, but they get a lot of backlash from people outside of the community. It is important, then, to be supportive of your LGBTQ+ friends and to always be kind to those around. Having differences from others, whether it's contrasting political ideas, physical differences, or any other opposing traits, should not be dividing people or keep people from being friends.

"My favorite thing about GSA, and I say this all the time, is that we have the most diverse group of students from all different walks of life," Kelson continued, "We have the nerds, we have athletes, we have people into leadership, we have artists. And when we're in here, it seems like this group is always happy, and they all care about each other, and they're all rooting for each other. I think that's my fa-

sified under any of the LGBTQ+ classifications. GSA is very flexible, almost commitment free, so you won't get kicked out if you miss a meeting or if you have bad grades. There are so many amazing opportunities to find a few new friends, which is really the whole



The GSA group meets in Kimberlee Kelson's room twice a month, usually on the 1st and 3rd Thursday. Photos by Aleez Bahena

vorite thing about it."

Weber High School's GSA club welcomes everyone and will be very happy to have new members. And if you are a part of the LG-BTQ+ community, you don't have to be out of the closet, or even clas-

point of the group at Weber High. If you are at all interested in joining GSA, just let Mrs. Kelson or any of the other GSA leaders know, and they'll be happy to help you out.

Steps for success,

# Tips help with virtual learning

By Emily Rob Staff Reporter

Schools are about to see round two of unplanned online education for millions of students. Online learning requires simple computer skills and learning strategies. Things like persistence, communication, and intrinsic motivation are all key if you are learning from home.

Persistence is the first step to be a successful online learner. Sometimes one will run into computer problems and you will have to push through and ask for help. One will have to work daily on every class and make sure you go through anything that stands in your way. If you run into problems, email a counselor, teacher, or peer. Do not be afraid to ask. Make sure to set up a schedule to study or do homework. Make sure to make progress on your courses. All of this requires persistence.

persistence.

Communication skills are necessary to online learning because when a student is needing help with something, they need to understand teachers are there to help. A couple ways to contact teachers are e-mail, canvas, office hours, and discussion over the phone. When communicating with teachers and other staff, write in full sentences that are grammatically correct and with a respectful tone. Senior Dominic Surnock said, "sometimes it's tempting to say things out of anger or frustration that I would never say to a teacher or an administrator in person during frustrating times."

Most online learners will need basic technical skills to be successful. One needs to know how to create new documents, or use a word processing program. One will also have to know how to navigate the Internet. Most teachers will have a document showing you how to move around Canvas or whatever site they are using to teach. One can also find online tutorials on sites like YouTube. Teachers might also have some on their own website. All of this requires technical skills.

You will also need a great study environment to work in, so here are some general tips. Go to a place that you will be comfortable. You will need a quiet place to work without any loud distractions. Don't play any games on your computer, keep focused. Keep your cell phone away so you can concentrate. Senior Jace Nordrgen said, "It is always good to sit at a desk with your chair adjusted to something comfortable with your forearms and thighs level and parallel to the floor." Make sure your wrists aren't bent while you are typing, or else they will hurt afterwards. Schedule a time to take a break and eat some lunch or a snack. It's very important you don't push yourself too hard to the point you don't want to do anything anymore.

Lastly, online learning requires independence, internal motivation and personal responsibility to be successful. Surnock said, "with my experience of online school, the hardest thing was to keep up and I had no motivation. I recommend setting alarms or reading a motivational quote each day. You always want to study for online classes because at the end of each online class is one final test, sometimes that's what hurts your grade the most." Senior Avery Ward, agrees. She said, "The hardest thing about online is getting the motivation and courage to actually do it, so you would need to get yourself on a schedule to help you get things done. You aren't in a class with the teacher telling you about the assignments in person. It's up to you to know what assignments you have and to make the time to get them done on time."

#### Online learners adapt,

## Digital learning a challenge

By **Rigby Peterson** Staff Reporter

The year of 2020 has not been easy. Everyone has been impacted by the effects of COVID-19 and schools are no exception. In March of 2020, every school in Utah transferred to online learning. CO-VID-19 was spreading so fast that schools were no longer a safe place for students to learn. Little did anyone know, COVID-19 would impact the following school year as well.

After spring break, teachers continued to teach their students from the comfort of their own home. The transition from school to online school was a hard process. Abby Peterson, sophomore, said, "It was hard to understand online school. Transitioning from going to school every day to learning from home was hard." Some students thought

"It was hard to understand online school. Transitioning from going to school every day to learning from home was hard."

that the transition to online school was smooth and comfortable. Lee Woolsey, senior, said, "The school shutting down helped me have more time to work and spend time with friends and family." For people like Woolsey, online school was better than normal school. He then explained that he was able to learn better and get his school work done faster. With the help of his teachers, Woolsey was able to have a

smooth transition to online school. The teachers and staff at Weber

The teachers and staff at Weber have worked hard to inform students about changes around the school. Throughout the summer, Weber School District was in a scramble to come up with a solution to COVID-19 learning. Their goal is to make sure students can learn as well as stay safe. Students

"I used Warrior Time to make up tests and other assignments that I couldn't do at home. Now, it is more difficult to retake tests."

and parents got emails all throughout the summer when there was an update. Eventually, Weber School District decided to do their split program. This split program helped students to know what learning is best for them. Every student got a taste of online learning at the end of last year. It was now up to them to choose if they wanted to continue online learning, or go back to inperson learning.

Online learning is a different experience than learning in school. Students get to learn at their own pace. Some students need more time for specific subjects. Online learning gives students time to focus on their harder to learn subjects. Peterson said "Online learning gave me time to sleep in and focus on the classes that I struggled with." She further explained how she had plenty of time to get ready for the day and still get her schoolwork done. For students like Peterson, COVID-19 gave her more time to focus on school. How-

ever, it isn't for everyone as other students prefer traditional school. Although this pandemic is hard for the world, it has given students a chance to learn their own way. With in-person learning, another

With in-person learning, another change is that students are released 45 minutes early every day to give teachers time to contact their online students. However, not all the changes at Weber are beneficial to students as Weber High has chosen to remove Warrior Time and the Flex period to keep classes 80 minutes long. However, this gives students less time to work on their homework at school in the Flex period. Lauren Batson, senior, said, "I used Warrior Time to make up tests and other assignments that I couldn't do at home. Now, it is more difficult to retake tests."

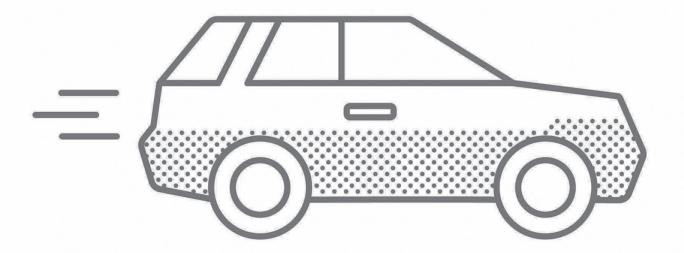
COVID-19 also caused Weber High School to remove their attendance credit loss policy. Students who are not in class will be marked as absent, but that absence will not go against their record. This is necessary for online students to stay home. Weber High has encouraged students that are sick to stay home. While at home, students will still be able to learn. Many of the teachers record their lectures and post it on Canvas for online students to use. Sick students will not miss their learning opportunities by staying home.

COVID-19 has changed many policies at Weber High School. The students and the staff continue to change as the policies for CO-VID-19 change. Online students have needed to adapt to COVID-19 as well. There are similarities and differences between in-person learning and online learning as the students at Weber High have gotten the opportunity to choose how they will learn for the 2020-2021 school





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## pandemic and associated trials

Instructors buy into 'We Rise' theme and Warrior pride

Text and photos By Arrianna Gonzales and Isabel Ford Staff Reporters

With such a unique year that 2020 has given, a great deal of us have faced many ups and downs. But this is the start of a great year at Weber High. A much different year, yes, but the year "We Rise", not just as individuals but as Warriors. Changes were made, of course, from face masks becoming a fashion statement to dabbing up in the hallways becoming elbow high fives. Weber is not the same, no, but it isn't just COVID-19 that is changing our school. Amazing additions have been made to our school as well in the form of new teachers and staff. A few of the astounding new staff have a few words about their Weber High experience so far.



chology, and sports psychology teacher

"It's great! I love the pride here at Weber!" Nielson said. This is her first year of teaching, but she also did her student teaching at Weber with Mr. Hardy. She is married, has a dog, has many adorable family photos to show! "Go Warriors!" Nielson said.



CAB Sugar

Caroline Martin -Dance teache

This is Martin's first job teaching at a school but she has taught dance at studios and subbed for dance and yoga teachers in different schools. Being at Weber "has been really exciting, but with COVID-19, it's also been kind of crazy," said Martin. She added, "Everyone has been very supportive and following the rules with the mask." In order to follow the guidelines of the school, dance students are required to wear their mask unless they are far apart or working out. However, Martin said, "but I do give the students a mask break where they can go outside for a little bit and breathe." Outside of school, Martin has a puppy. "She is super cute! Her name is Penny!" Martin said, while adding, "GO WARRIORS!"



Ryan Waite - Assistant Principal

"It's been FABULOUS!" Waite says. He has taught history for 20 years. "The first 10 at Ogden High, and the other 10 at Roy High." Waite explained. It's his first year as an administrator but he is loving his own office in a school full of

great kids and staff. He has a cement Roy lion in his office that was given as a prank, but he keeps it for the great story that comes behind it. Waite is married, has kids, has a dog named Max, and went to BYU (but don't hold that against him).



Choir teacher

"It has been FANTASTIC - I love it here!" Marriott said. She's lived in the Weber area for over 20 years, even teaching choir for six years over at Orion Jr High. She is married with six kids and she just got a new puppy. "He is a golden doodle, the cutest thing!" Marriott said. "Bring on tomorrow, Warriors!" is Marriot's quote for the year.



Colten Smith - Plant Science and Ag Biology teacher

"It's been great! I love the teachers. I got to meet some during the summer and they've been very helpful, especially showing me around the school." Smith said. This is his first year of teaching. He just graduated from Utah State in April. He has been married for two years and has a one-year-old daughter named Christine. "The students here are great. I hear from other schools where they say their kids are kind of crazy, but here I have no problems." Smith said. "We rise! Go Warriors!" Smith said.



Troy Caldwell -Math teacher

"It has been quite unique," Caldwell said. "With all of the COVID-19 madness going on, but I am excited to be here at Weber High." He has taught for 12 years, six years at Hunter High School and then the other six at Roy Jr. High. This is his very first year at Weber High. He is married with four kids "and I've got one on the way."

BIG () TIRES

Shaking the mental health stigma,

## Get help or talk through personal struggles to cope with teens' anxiety, depression

By Erica Badger Staff Reporter

The mental health of students at Weber High is in jeopardy. Unfortunately, the social stigma around mental illness still exists among people of all ages. It's hard to talk about this topic because it can be so controversial, but, in reality, Utah and Weber High School has had high percentages of suicide and mental illness. Because of this, high school students often hesiate to seek help for depression, maybe in fear of being judged for it or that extreme measure will be taken.

Many teens experience some form of academic pressure. Today's teens spend so much time on their homework and screens that they don't get to go outside enough. Nature deficit disorder refers to the fact that human beings, especially children, are spending less time outside. This results in a wide range of mental health problems including depression. However, an uncertain economy and tough competition for college, scholarships, and graduating school make that pressure even worse. But parents are doing the best they can to help their children.

In today's world, most teens are more protected than in the past. Parents are trying to shield them from failure and disappointment. Because of this, teens often have

fewer chances to build resilience so they don't learn how to cope with challenges. Bullying is directly correlated with depression in school. Teens that are victims of bullying are more likely to develop depression or some other type of mental disorder. Depression in school due to bullying leads to high risks of student suicide. Furthermore, children that are bullied are more likely to be depressed as adults. Children who are being bullied in early childhood have an increased risk of depressive disorders and need psychiatric treatment later in life.

Mrs. Phinney, AP Psychology teacher at Weber High, thinks

ogy teacher at Weber High, thinks the biggest reason for depression is high expectations. 'I think that students are anxious because the tension is so high. For some reason, students in Utah think that their expectations are higher than anywhere else." She added, 'students feel the need to be perfect. It may not even be something that is explicitly said to students but they think they need to be perfect. 'She brought up a point that there is a one in two chance that someone you know has some type of psychological disorder, whether it be ADHD, anxiety, depression, or Bipolar tendencies. Anything is a possibility.

Not only is school a major factor in teen depression, but the CO-VID-19 pandemic has been a big influencer recently, as well. Teens and children strive to have a social connection to the world. Children are very impressionable and being quarantined without any other kids to influence them, they can develop early symptoms of depression, social anxiety disorder, and even

It may not even be something that is explicitly said to students but they think they need to be perfect."

sociopathy, which is a person with a personality disorder manifesting itself in extreme antisocial attitudes and behavior with a lack of conscience. All of these can be a major problem for their future.

We are social beings no matter how isolated we are. Naturally, we want that connection to other humans so we will go to whatever extent we can to have a social life. During the pandemic, this has been through social media. Social media is both good and bad; it is good because you can keep in touch with friends and family but it can also set unrealistic expectations of what your life should be like and create cyberbullying. Social media is a primary source of anxiety and pressure for adolescents. Teens become depressed when they compare their lives to other people's lives. Moreover, they feel they must uphold perfection on social media, which leads to overconfidence and a narcissistic mental state. Ultimately, teens focus on screens and social media which causes damage to real life relationships, education, and extracurricular activities. It can even contribute to teen depression, as well as oppositional defiant disorder, anxiety, ADHD, and depression.

What can teachers and school staff do to help the student body with the mental war that's going on in their schools? Revisiting Mrs. Phinney, she said, "Teachers should know better about what's going on. Instead of saying that it's just an emotion, they need to recognize that it is a real thing that can be diagnosed. They should be more aware of students. If a student tells their teacher that they have anxiety, instead of just pinning them as "anxious," they should consider that it could be clinical anxiety and that they should ease up on the student. If they see something, they should say something."

Depression and other mental health issues are a big problem at Weber High and across the globe in general. It needs to be taken more seriously in the student body and students should update teachers and staff regularly of what is going on to try and create a better environment for the students and staff members that may be struggling with something serious. It's also important to stay kind, on and off social media, as you never know what someone is going through.



You are not a burden when you call for help. If you are struggling, confide in someone you trust or use the SAFE UT app. Depression and mental health issues are a big problem at Weber High and across the globe.



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#### Warrior News

## QUESTION: IF YOU COULD DESCRIBE YOUR SENIOR YEAR IN A FEW SHORT WORDS, WHAT WOULD THEY BE?



Kira Coleman: "Oh my gosh I'm nervous for senior year. But, it's fun and different, too."



Halle Hart: "Memorable, exciting. Different with COVID-19 going on, and with masks and everything, but it's been a party."



Mykenzie Preisler: "It's crazy, but fun.'

Photos By Hayden Evans

#### Wind storm shakes students, trees adding new drama to 2020 chaos Classes cancelled for two days

By **Lorenzo Venegas** News Editor

Arriving the evening of September 7, a large windstorm swept across the state of Utah, bringing much damage and havoc to neighborhoods and cities. But how did this windstorm greatly affect the people of Weber County and Northern Utah?

Within Weber County, the wind-storm reached its peak during the storm reached its peak during the early morning hours of September 8. Many areas feeding into Weber High, including Harrisville, North Ogden, Pleasant View, and Huntsville, were greatly affected. Wind gusts were known to reach 100 mph in some areas of Northern Utah. Many trees collapsed in numerous locations, including sev-eral that fell around Weber High School's campus. Affecting the power of over 180,000 customers throughout Utah, the wind caused throughout Utah, the wind caused dozens of power lines to fall, which left many neighborhoods in darkness for several days. Schools in Northern Utah were also forced to shut down temporarily because of damage and power outages, such as Weber High's two-day cancellation. Many Warriors in various locations of Weber County were affected by the storm.

fected by the storm.

"I slept through the entire storm.
When I woke up, the neighborhood when I woke up, the neighborhood looked destroyed and yards were such a mess. I also didn't have any power in my area," said Braxton Gray, a Weber senior. He went on to say that his power was off for nearly 24 hours. During the school cancellation, Gray found ways to have fun and serve his community. He said, "I have a truck, so my friends and I cleared some yards with our chainsaws." Senior student at Weber, Caden

Meyer, explained his experience at his home in North Ogden. "There was lots of wind. The electricity

kept going on and off during the night." Meyer continued to ex-plain what he saw the next morning, "There were lots of trees on the ground. Every little bit down the street you would see a tree down." During the two-day school can-cellation, he just hung around the house and helped one of his friends

clean their yard.

Living in the same neighbor-hood as Meyer, Senior Lucas Simmons, explained his experience. "The night before, like around 11:30 p.m., I was painting a "W" on the street (for Weber High's Homecoming), and then the wind started to pick up. All these cool thunderstorms began appearing ev-erywhere." Simmons didn't think much of the windstorm that night, so he was shocked to see a couple of trees on the ground in other lo-cations. "It got really windy, but nothing really blew over in my neighborhood. I wasn't hit that hard. I mean the front porch deco-rations moved around a lot during the night, and lots of pillows were in my yard," he said. Meyer also helped some neighbors clean their

yards the following day.

Davison Cope, senior, had just come home from a Labor Day vacation when he got hit by the storm. "Just as I came home from vacation, I heard people talk about how there was a big wind storm coming I wasn't hit that hard where I was though, because I live on the mid-dle side of a hill. But it was kind of weird, because the entire house was shaking and creaking like those scary movies," he said.

Many people in Weber County, as well as the state of Utah, were affected by the windstorm that blew havoc along its path. Many Weber High School students took the time to help a friend or neighbor clean up their yard. As Utahans, they should remember that when they help each other through tough times, they can get through anything that blows their way, even during natural di-saster situations.





safely and anonymously.

Hope Squad and Hope Week inspires kindness,

## 'Our goal is to lift each other up'

Staff Reporter

During September, it was Hope Week at Weber High School. Nor-mally, Hope Week is only about suicide prevention, but widespread Covid-19, bothersome earthquakes, and rampant wild fires proved that everyone needs an extra boost of "Weber United with Hope!"

The high school had lots of fun

and inspiring activities during Hope Week. Monday night, September 21st, Weber had a large number of students who went to the top of Ben Lomond Mountain and held lights for the whole area around the face of the mountain to see. Perla face of the mountain to see. Perla Garcia, a senior in the Hope Squad presidency, said the purpose was to inspire hope. Garcia said that lights on the mountain were to symbolize "that there is still hope in the darkest of times." This was a fun activity because it involved families and the community. The message was also uplifting, part of Hope Squad's purpose. Sheri Porter, one of the counselors in charge of Hope Week, added, "That's what we are, showing kindness and just giving hope to everybody. Our goal is to

lift each other up."

Tuesday was Neon Day; if you wore neon to school, you got the wore neon to senoil, you got me opportunity to be entered into a drawing to win a prize. Wednesday was Warrior Gear Day where you would also get the opportunity to be put into the drawing if you wore any Warrior gear, or if you wrote a thank you letter to a you wrote a main you teleft to a teacher. Because the Hope Squad had stationery available, many stu-dents wrote their gratitude to fa-vorite teachers and staff. Thursday during lunch, kids painted rocks to bring hope into the community. They wrote strong, kind messages on the rocks and placed them throughout the area in The Straw

Market, Taco Bell, Lee's Market-place, Maverick, The Valley Market, EO's Gym, Smith's Market-place, Hardee's, Wendy's, Zang's Chinese, and Kirt's. Friday during lunch, students had the opportunity to write their desires for their future on a star, which now hangs by the counseling office. One fun student wrote, "My hope is that Chick-Fil-A will add spicy chicken nuggets to their menu"

Outside of a hope for nuggets or lights on a mountain, the Hope Squad simply desires all students to find hope in being alive. Porter said, "We are a suicide preven-tion organization, our students are trained to understand what hope students need for suicide prevention and how to recognize those signs and give the hope that they need."

Hope can mean many things to different people. Halle Hart, a senior on the Hope Squad, said, "Hope is believing things will work out. Hope is going through something hard, but still believing that the outcome will be better." Another senior, Jackson Olson, responded succinctly. "Hope is a deep desire for something to hapdeep desire in sometiming to hap-pen, or a belief that things will get better," he said. Hart also added, that "Without hope you wouldn't be able to appreciate the beauty of life because challenges will continue to be thrown at you every day."

During past hope weeks, there would be fun activities or training in classrooms about how to respond to struggling peers. That wasn't the case this year, but it's still important to be mindful of your mental health, or to be aware of a suicidal friend. "Hope is being there for a friend in need, with faith that things will work out." Hart said. She added, "Hope is helping your niece tie her shoes, and having her feel confident to know and do it on her own. When you have hope you believe that you will get gh tough tim

So what are some small acts of kindness you've imagined or observed around Weber HIgh School? Probably the simplest and nic-est thing you can do regularly is to learn your fellow classmates' names and greet each other with a smile and eye contact. But what else? Do pupils remember and celebrate each other's birthdays? How about collecting money or food for the poor or hungry? Do you say, "Thank you, this is my fa-vorite!" to the lunch ladies? When exiting the parking lot after school, do students exercise restraint and cooperation and allow someone to

get ahead in the line-up of cars?

"My hope is that we will be able to be kinder people to everyone around us. My hope is that one-day people will reach out to those in need and be their friend," Hart

said. "Watching all the small acts of kindness done by people is what

gives me hope," Hart expounded.

Let's all work on adding hope to each other's lives. Hope is something we can all work on together. We all need to belong. We need one another and causes that are bigger than ourselves. We all need been

"Hope is believing things will work out. Hope is going through something hard, but still believing that the outcome will be better."





## Start the habit: Recycling pays dividends Recycling can keep the natural habitat alive and improve the environment

By **Hogla Sierra** Staff Reporter

Ever since you were younger you've been constantly reminded of all the things you should make a habit of doing. These things involve brushing your teeth, washing your hands after using the bathroom, taking your daily vitamins. Another one of those things you were taught to do is recycle, yet not many people do it.

many people do it.

Recycling affects the world more than you may be aware of. One thing to know is that there's more ways to recycle than just throwing your paper or bottles in the recycling bin.

There are many reasons as to why everyone should mke a habit of recycling. One of those reasons is that it helps keep the natural habitat alive. By recycling, more trees are kept alive, which means more oxygen on Earth. The more trash added to the pile in the landfill, the more methane and greenhouse gas is produced, and the greater it affects global warming and climate change. Recycling can improve

Want to be a part of

something amazing?

the environment, along with the economy. Even the animals can be saved if waste is prevented from going into the ocean. According to the Recycle Across America organization, if recycling levels were to ever reach 75%, it would be like removing 50 million cars from the roads. By just one can getting recycled, it could save enough energy to power up a T.V. for three hours



Some people aren't too aware of the many different ways to recycle. One of those ways is the obvious way, which is to recycle plastics, cans, paper and electronics. Another way to recycle is to save water. According to Home Water Works, the average American uses 17.2 gallons of water in an 8.2-minute shower. Putting a bucket in the shower to catch any clean, unused water can also save water. That water can be used for plants or for flushing the toilet. A couple of other ways that help save the planet

are when people buy secondhand clothes, catch rainwater to water plants, and recycle food. By only buying food that's absolutely needed and will absolutely be eaten, less food will be sent to the landfill, and less greenhouse gases will be produced. It'd also save people a lot of money.

of money.

In the U.S., recycling levels are currently at 21.4%. That number is really low compared to what it should be. If waste pollution could be put to an end, then global warming could also be stopped, and help preserve forests.

In the U.S., lots of people take global warming as a theory, but in many other countries it is taken as a fact. Due to that and many other confusions on recycling, recycling is a huge crisis in the U.S. Studies have shown that people who are constantly recycling don't tend to buy unnecessary things. This can not only save the environment but also save lots of money a year

also save lots of money a year.

Next time people want to throw away some trash, some facts to remember would be that plastic takes around 500 years to completely decompose and 24 trees have to be cut down just to make one ton of

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# Warriors find ways to adventure during school's summer break

By **Zander Moosman** Feature Editor

The summer of 2020 was a whirl-wind, quite literally. Even though the summer forecast was sunny and warm, the overcast of doom during these troubling times put a damper on usual summer plans. However, through all the glum events of 2020, certain individuals decided to punch through the smoke and cast a shimmer of sunshine with strange times during their summers.

times during their summers.

Our first culprit accused of having a strange summer story is Makena Barrows, junior. One fateful night, she and her friends were out on the town in West Willard as they were trying to have some fun while drifting a truck. But life went upside down, and not figura-tively. Barrows stated, "The truck had turned over and flipped mul-tiple times," bringing a whole new meaning to a common cliché that 2020 has been like a roller coaster. After multiple barrel rolls, they were stuck in the truck upside down, until some dashing men in shining armor decided to save the day. These knights came to their aid and helped them out of the truck.
They even banded together to roll the car back on all fours, just like a new father trying to teach his son how to crawl. Luckily no one was hurt, other than a completely totaled truck. Sure the truck was towed away, but some crazy people decided to have the time of their lives and flip a flippin' truck. Also, if her mom asks, tell her that a deer jumped in front of the truck.

Another student who decided to not let COVID-19 mess up their summer fun was Reagan Ruddell, a Weber High School junior. The Ruddell family decided to have a family journey to Cameron, Montana. This adventure was filled with many cool places and scary situations. One place they decided to venture off towards was an abandoned mineshaft. This run-

down shaft had all of the appeal of a typical mineshaft. It had the half caved-in walls, the old-timey bottles that are classified as vintage today, and the tasty stagnant water that has been there for who knows how long. As well, because of the nearby road, they didn't know if the cave was going to crush them or if there were some hot rodin' rockets. The next day they decided to go off-roading in their third generation 4runner. They decided to go a little too crazy, though, because they ended up getting stuck in the middle of the trip. They had to use their winch to get out of that sticky situation, but Ruddell lived another day. The next day was perhaps her most daring adventure yet. She and her cousin decided to hammock on her cousin decided to hammock on the cables of a bridge over some shallow and rocky water. While her cousin was lowering her down onto her hammock, he dropped her before she was ready. She yelled, "EEEOOW! The second I get up there I'm going to throw you onto these frickin' rocks." Sure, she was a bit aggressive, but that's what happens when your cousin almost kills you.

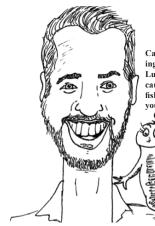
Weber teachers even decided to stretch out their rickety old limbs and get a piece of this summer's action. Mr. Birkholz, history teacher and avid fisherman, had one amazing adventure. Every summer Birkholz decides to guide some lucky customers on a fishing trip. Every summer brings him to a different part of the world, but his most recent excursion landed him on the South Fork of the Snake River. He decided to guide a pretty unknown person, you probably have never heard of him, Luke Bryan.

person, you probably have never heard of him, Luke Bryan.

Birkholz had a good time with Bryan and his family, Birkholz stated, "He's just a pretty normal and chill dude." They spent the weekend celebrating Bryan's birthday and fishing. They caught big fish, small fish, one fish, two fish, red fish, blue fish - you name it! Birkholz even spent some nights with Bryan and his family out on the town. Birkholz referred to the experience as strange because the group got many looks from passer byers. He thought it was strange that people act so strange around such a normal dude.

COVID-19 has been like a pro-

COVID-19 has been like a protective parent this summer, not letting you outside of the house to hang out with your boyfriend. But a few from Weber decided to say, "Enough of this! I'm hanging out with Brad tonight," and break out of their cage, and embark on an amazing summer adventure.



Casey Birkholtz guides fishing tours for country music star Luke Bryan. This summer they caught, "Big fish, small fish, one fish, two fish, red fish, blue fish you name it!

Art by Zander Woosing



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#### Advice from a senior to incoming sophomores

Staff Reporte

Welcome back to school. Weber. There have been many changes in the last few months, so all Warriors need a few bits of advice COVID-19 is running rampant and tensions are high. Weber High and virtual learning is a windowless labyrinth that all students need to navigate, figuratively and literally. These are six pieces of advice for the 2020-2021 school year. The first piece of advice is to get

a good night's sleep before class. Many students have stayed up late studying or trying to finish an assignment before the due date. After a week of nights with virtually no sleep, it gets really hard to think. Like a cycle that does not end, a lot of students push themselves to keep up with their classes by staying up late. Good sleep is healthy, and a healthy amount of sleep for teenagers is 8-10 hours. Getting 8-10 hours of sleep is actually not a bad idea before a test.

The one bit of advice that is of-

ten repeated over and over again is to not procrastinate. Students and teachers alike can testify that procrastinating is the fastest way to misery. Procrastination is what leads students to unhealthy sleep-ing habits. When work is given, it is best to get it done right away. Do not avoid school work and get help where it is needed. No one wants to be a slacker.

Every school is unique; that is no exception to Weber. When students enter the doors, the first problem of the year is the maze that makes up the school. Even with signs pointing out directions, Weber is an easy building to get lost in. Find classes as soon as possible. There are still landmarks around, even without the windows. It gets easier with every school day. After finding classes, do not arrive late to those classes There is no longer an excuse to be

High school does not have to be boring. Just about anyone in the school will tell you that having fun is the best way to spend the school year. Join some clubs and go to the sports games when you can These activities can lead to making new friends and strengthening bonds with old friends. Those can be times that you will not forget and make the school year exciting. As long as work gets done, there should be no trouble having fun.

Having fun can be a bit harder this year though. The COVID-19 pandemic is still a threat. Students and staff do not want to get sick.

Virtual learning is a good way to keep COVID-19 at bay. On campus, it is best to be cautious. Even though it is uncomfortable, keep the mask on. It is common sense to stay healthy to stay in school. It is also a way to stay safe, so the fun can continue

The best advice to give is to try your best. Try not to worry about what the future will hold. Everyone moves at their own pace in class. An A for effort may not be given out, but it is still worth it. Try to do your best and everything will work out. With hope, everyone can make it through the school year with this



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Weber High's self-proclaimed love doctor gives relationship advice, taken from classic movies

By Jack White Assistant to the Chief

When looking for tricks to roes it's best to reach for the top shelf. We often get weak cheap and ridiculously unrealistic advice from friends and family. So. we must turn to the best of the best, a high octane version of wooing. This is, of course, found on classic American television. But are cheap lines picked up from slapsticks like

Friends good enough?
Obviously not, everyone knows those old lines front and back. The best advice will be broad, subtle and more universal in every way. I said classic, didn't I?

One of the first TV womanizers

is from a little town called 1950's New York City. Working as a creative director on Madison Avenue. Don Draper has a way of getting that "classy chassis" where he wants it. What to take away from Don: the demeanor. His cold, yet domineering attitude is obviously irresistible to the ladies. Along with a steely eye, small mann help bring attraction levels through the roof. Smoking, heavy drinking and other disgusting habits drive the women wild. Also, being very rich doesn't hurt your chances. On Madison Avenue, the rule is: the

nicer the suit, the better the man.

What's more important than money and looks? That's right, a fancy car. Michael Knight's "KIT" brings him from Casanova to God. Single mothers with little boys seem to flock to him in droves. The little boys can't keep their hands off the car and the women can't off the car and the women can't keep their hands off the man. So next time you're looking to pick up chicks, hop in your parent's car and hook up the Siri setting on your phone. The differences between a sturdy beamer with voice compand and account that fights. mands and a supercar that fights crime is nearly indistinguishable.

You can't talk about TV's great-

est lovers without mentioning James Bond. The Bond franchise has created 26 amazing love affairs, each greater than the last. James Bond is a perfect conglomerate of both aforementioned studs, instituting the serious, classy demeanor of Draper, while driving a weapon clad, shiny sports car like Knight. The James Bond icon is not a static one and has been portrayed by some of the sexiest English accents

While the accent remains the same, it seems that there is no spe-cific look that draws ladies to Bond. Daniel Craig relies more on a chiseled body, whereas Sean Connery used a classic "dad body" mixed with thick, black locks of hair. These are very realistic aspira and every single guy has not only the ability to act like James Bond, but also look like him. Side note: jewelry always works when trying to get a lady, because diamonds are orever.

If you're a young sprite in high

school, you might not relate to these older characters. In that case, Arthur Fonzarelli from *Hap*py Days is a perfect role model Fonzie's look is easy to pull off. Jeans, a white shirt, hair grease and a leather jacket are all you need to accomplish the perfectly cool look of "The Fonz."

If you're going to hang out at a If you're going to hang out at a diner all day like Arthur, you're going to have to drop out of high school. Sell all of your prized possessions to buy a beautiful motorcycle. Say cool things like "Aayy!" Becoming a derelict will really bring the girl generating like marking the market. bring the girls swarming like moths to a flame. Oh, if you have time, hop on a pair of water skis and ımp a shark. Be suave

Be suave, yet slobby. Look dumb, but act worldly. And have an exciting mode of transportation. These characters may not be real, but their methods are as real as you or me. This, my friends, is the one sure way to get a lady for the back-yard, home DJ dance coming up.



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## Should masks become WEBER WARRIORS mandated in Utah?

By Lorenzo Venegas

Since there have been recent spikes of coronavirus cases, many Utah citizens are beginning to question if masks really do work. If so, should masks be mandated all across the state of Utah, and not

just some counties?

When America first got hit with the coronavirus in February, health officials, such as Dr. Vauci and Surgeon General Jerome Adams, stated that masks were not effective and wearing them should not be en-couraged. In the month of March, couraged. In the month of March, the World Health Organization and CDC finally began recommending only infected persons and people caring for the sick to wear masks. They stated that masks did not help avoid getting the virus, but instead it helped infected people not pass the virus on. The recommendation of wearing masks did not concern healthy citizens across America during this time. Finally, around the month of April, the health officials changed their minds and recommended the wearing of masks. The health officials restated themselves because they soon realized that some people who actually had the coronavirus never experinced symptoms. This made the virus spread at a fast rate across America.
Furthermore, the contagiousness of the virus is estimated to be around double of that of the flu. Doctors and scientists also discovered that whenever someone coughs, talks,

or sneezes, the virus easily spreads. Other tests showed that the incuba-tion period for the coronavirus is two weeks. This means symptoms will occur around two weeks after a person is infected with the virus, which makes it easy to spread. After the confusion of the mask rec-ommendations, many people are still unsure of what is true

Currently, across America and in the state of Utah, health officials are encouraging the wearing of masks The CDC and other health officials recommend the wearing of masks. They also enforce the rule of being six feet apart, and avoiding large crowds. The Global World Health Organization finally changed their recommendation of not wearing a mask in public in June. Currently within America, 33 states have all mandated the wearing of masks in public. These include the states where most cases shot up in large numbers, such as California, New Jersey, and New York. For the time being, the entire state of Utah is not under the mandate to wear masks. The Utah governor, Gary Herbert, did sign an order for the requirement of wearing masks in Salt Lake County, Summit Counties, state buildings, and in schools K-12. However, the entire state of Utah is not mandated to wear masks yet. Recently, Governor Gary Herbert issued the placement of all counties under three categories: high, moderate, or low; with different measures applying to each category. All 41 counties are sorted into each cat-egory based on a seven day average percent of positive cases, 14 day

case rate per 10,000 people, and Statewide ICU Utilization County is currently placed under the moderate category

By all means, the wearing of masks should be encouraged in many ways, but it should not be forced upon the citizens of America.

Should masks be mandatory all across the state of Utah? They should not be. Why? The citizens of America should be given the choice to wear masks and not forced. By all means, the wearing of masks should be encouraged in many ways, but it should not be forced upon the citizens of America. Our rights should not be taken away. There are many views that can be seen concerning if masks actually help, but the individual has to make that decision, and not the government for them. Every-one has a choice, and that right must not be taken away from the individual. Tests have proven that masks greatly help stop the spread of coronavirus. Encouraging others to wear masks all across America is good. But it should not be mandatory in Utah to wear masks. People must be given the choice and freedom to choose to wear one or not. Some people have medical conditions that prevent them from wear-

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pecially not have their rights taken from them. Freedom should never be taken away from the citizens. People must be given the right to

Affecting citizens all across the world, the coronavirus has brought many questions in regard to masks. Many opinions are held, but over-all, masks have been proven to reduce the spread of the coronavirus. Wearing masks should always be encouraged, but by no means, the citizens must not be forced to wear masks in public. The rights of American citizens should never be taken away.

## Tennis team

## serves an 'Ace'

Jacque Dunyon a three-time State champ

By **Gracie Nichols** Staff Reporter

Tennis season can be quite brutal on athletes. Long practices in 100-degree weather, playing up to 15 hours a week after school hours, long matches against hard teams, and constant wear and tear on the athlete's bodies can be daunting. For some this might sound terrible, but not for the members of the Weber High Tennis Team. Jacque Dunyon is a senior at We-

Jacque Dunyon is a senior at Weber High with a great background in tennis. Dunyon is an accomplished athlete and she just won state for the third time in her high school career. Dunyon said, "it feels super awesome to be a threetime state champ. I've worked hard



my whole life and it's super rewarding to win the championship." She recently had shoulder surgery, but trained around four hours a day, six days a week with hopes of coming back stronger than ever. Dunyon has devoted her whole life to tennis. Whether she is on the courts at Weber High, or in a different state playing in tournaments, the previously nationally ranked tennis player never takes a break from her sport. She is planning on playing tennis at BYU next fall, and picked that school from many offers.

For many members of the Weber tennis team this year is their first. Some of the new girls have played

tennis for years prior to joining the team, while others picked up a racket for the first time this summer. Abby Peterson, a freshman from North Ogden Junior High, for example, had never played tennis before this summer. "She was a natural and the coaches could see her potential on this team," Assistant Coach Jan Nichols stated.

Reagan Harrison, a freshman at Snowcrest Junior High, on the other hand, has played tennis since she could walk. This rising star on the team will likely take Dunyon's spot at Singles 1. Harrison has a court in her house and she practices day in and day out. She said her favorite part of tennis is, "making unbelievable friendships and meeting amazing new people." Harrison is also a tournament player, and trains 15-18 hours every week.

Enya Banks, junior, has been on the team for three years. This year in particular, she has made great improvements in her overall performance. She went from being a lower Junior Varsity player to a higher Varsity player in less than a month.

Weber High has three tennis coaches. Kaitlen Toole has been the head coach for two years now, followed by Kristine Orem, who has been an assistant coach at Weber for two years, and Jan Nichols, who is in her first year as an assistant tennis coach at Weber. Nichols is a former member of the Weber High School Tennis team, and won first in region back in her high school tennis days. Now, Nichols enjoys working alongside the team.

The Weber High tennis team took 5th overall in region and 3rd overall in state. Coach Nichols said their overall goal for state was to "leave with no regrets." and that is exactly what she said they did.



For some girls, tennis is not only about the competition and sport, but a way for "making unbelievable friendships and meeting amazing new neonle."



The 2020-2021 Girls Tennis team coached by Kaitlen Toole, Kristine Orem, and Jan Nichols.



Jacque Dunyon, senior, won singles at State for the third straight year.

### Boys' golf team on par this season Top golfer misses State due to quarantine restrictions

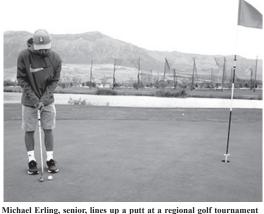
By **Spencer Finlayson** Staff Reporter

Golf is a sport that requires, above all, patience. The Weber High boys' golf team has competed with that patience and poise all season, even in spite of the ongoing pandemic.

Golf is a team sport, but it's also a sport that has a lot of room for individual achievement. Brex Patterson, a senior on the golf team, said that he made noticeable improvements to his game since last year. "Overall, I did way better this season compared to last season, but there is always room to improve," he said. Michael Erling, senior, on the other hand didn't do half bad, saying "I played alright."

As a team they took 7th place at the UHSAA State Championship, held at the Soldier Hollow golf course. Through the season Russel Messerly was the team's best golfer, but wasn't able to play in the championship due to exposure to COVID-19. Without him, Erling was the top player at state, shooting three over par. Cole Summerhays, sophomore, and Bennett Jensen, junior, were the next top two finishers at Weber as they both shot 10 over par. Head Coach Kory Woodland said, "It was unfortunate to not have our top ranked player, but we look forward to having him back with the rest of the team next season."

Everyone has their own reasons for playing and things they love about sports. Patterson said his love for the sport all began when his grandpa introduced him to golf. "At first, I hated it because of how slow it is, but it's now my favorite thing to do," he said. Golf is a game where you never know how you will play until the day of. Patterson said, "My best score was a 75, but in a tournament, it was an 81.



Michael Erling, senior, lines up a putt at a regional golf tournament in September.

Photos by Spencer Finlayson



Brex Patterson, senior, was introduced to golf by his grandpa. "At first, I hated it because of how slow it is, but it's now my favorite thing to do," he said.

That's way better than the scores I got when I was a kid." Erling said, "My best score in a tournament was a 72, but I shot a 66 in tryouts."

No matter how well the golfers

No matter how well the golfers play, they are always looking for ways to improve their game. Erling said his main focus for improvement this year is putting and chipping. "I would always like to improve my short game," he added. Patterson agreed, saying, "I would honestly like to improve on everything, but I would definitely say putting, because that's the most important."

Despite the individualistic nature of the sport, it is important for Weber's team to bond and work well together. This is why "we always have a chant before tournaments, and we usually go to lunch as a team," said Earling. This sense of unity has resulted in close relationships between many of the players, with Patterson even saying Earling

was his role model when it comes to golfing. "If you don't count Tiger Woods," he said, "then I'd have to say Michael is my role model." The boys golf team will lose three seniors to graduation: Erling,

The boys golf team will lose three seniors to graduation: Erling, Patterson and Kyler Dye. Coach Woodland said, "these guys are all great kids and will be greatly missed. They will always be a part of the Warrior golf family." Woodland was grateful for their examples and contributions to the program. What's promising is the team will have nine kids that will be returning for next season, proving the future is bright for Weber High golf.



Amy Filpot, Kamri West, Ben Vanbeekum, Lei Anne Price excited to be at WHS,

## New coaches added to the Weber family to help inspire 'Warrior Mentality' to student-athletes

By Anna Birch

Feature Editor

Weber High has introduced many new coaches to their staff this year. They are establishing their programs, learning what it means to be a Warrior and battling the effects of COVID-19 as they aim to keep their athletes safe. The drill team is being led by Amy Fillpot, Kamri West has begun to lead the cheer team, the girls' soccer team is following the new coach Lei Anne Price and Benjamin Vanbeekum is coaching Weber's cross-country

Fillpot is quickly becoming one of Weber's beloved coaches. Fillpot says, "I have been involved with dance for 37 years. Twenty-two of those years as a teacher/coach and the past ten years as the owner/director of a dance studio." Fillpot works hard to stay current in the world of dance. She says, "I continue my education still to this day at conventions, working with professional choreographers/dancers, and through online courses." The team is also led by Samantha Green. Ella Messerly, junior on the drill team, says, "Amy and Sam work really well together. They mix well." The team loves the new coaches and works hard under their lead. Fillpot says, "Watching dancers set goals and helping them work rard to achieve these goals is something that makes my heart happy."

West cheered all throughout ju-

West cheered all throughout junior high, high school and college at Weber State University. West says, "In the last few years I've started and built my own tumbling and cheerleading business: Powerhouse Athletics." West also notes that cheer has done a lot to shape her as a person. "Cheer...was such a big part of my life and so I recognize the power and importance athletics can have in athletes' lives." West recalls. The cheer team is battling COVID-19 this year and following counsel from the county and district. "We are so glad that we are able to have a cheer season this year. Because of COVID there have been so many policies and procedures put in place in order to keep everyone safe. The team has done an amazing job." West is hopeful for a good year and a strong program, "I hope to have a program that empowers the athletes, encourages lifelong friendships, pushes for personal and team growth, is exemplary in cheer competitions and also enjoys supporting Weber High sports."

Vanbeekem has an extensive history in his field. He says "I have



Amy Fillpot, Drill Coach

been a runner for 17 years and loved every mile of it. I've been lucky enough to run as a top athlete in the state of Utah for years and compete with some of the best that the state has to offer." Vanbeekum is very pleased with the high school team. He says, "The thing I love about the high school level of running is that the kids never quit! They all come to practice ready to work hard." The cross-country team, like most teams, has not been unaffected by COVID. Vanbeekum says, "COVID challenges have



Kamri West, Cheer Coach

been tough. We've had to cancel a lot of our team activities and even a lot of races and invites were cancelled, too. But we have gotten through and tried to make it as normal as possible. The team has been great and has adapted to everything thrown at them in this tough year." The coach and team are excited for the season and hope to do well at their races. "We are excited to compete. We have a deep team of runners this year and if we put everything together at the right time we will have a deep run at state," Vanbeekum says, "The goal for our team is to win state."

Price is coaching the girls' soc-

cer team this year. Price is voaching the girls soccer team this year. Price says, "I have been coaching soccer for over 25 years at all levels: AYSO, competition independent teams, club teams, for Utah ODP, and I am currently the head coach for a La Roca girls U16 premier 1 team. I hold a National D coaching license as well." The soccer team has also been taking safety precautions against COVID-19. "We take temperatures, ask questions daily, and keep in close verbal or written contact with athletes who have symptoms. We do our part to keep ourselves and those around us safe. We have been very blessed to have a season to play the sport we love." The team has a goal to develop relationships within the team and find success on and off the field. Price strives to engrain strong Weber values into her athletes. "The Warrior Mindset has been established across the athletic community. Our athletes, especially girls' soccer, are stepping up to the challenge of being better. Our team goals are building relationships, finding successes, and being better each day as athletes and scholars. My coaching philosophy is, 'Enjoy the Beautiful Game,' and this goes beyond the field of play into our everyday lives at school, home, and work. I love coaching these amazing soccer players and I know they have

very bright futures ahead of them."
All the new coaches at Weber
High are excited and hopeful for
creating success, within teams and
individuals. While ensuring health
precautions, COVID-19 does not
stop Warriors from pursuing their
goals. Price represents the feelings



Country Coach

of all coaches when she says, "CO-VID has proven to be something we can handle if we follow directions and guidelines from our district and local health officials." As they prepare for the future of all these programs, Fillpot summarizes their feelings quite nicely. She said, "We desire to have every member work to their fullest potential and enjoy the memories each and every day."

Photos by Armani McFarlane

## Cross Country racks up the miles, races past competition

By Cameron Dearing

Cross Country is a school sport where student athletes compete and work together, running up to three miles for fun. What sets Cross Country apart from track is they get to run along natural terrain. Trees begin to blur as they run faster and faster, the sound of crunching leaves intensifies. Dirt picks up as athletes run up mountain trails, through lively parks and pass vibrant grassy green hills.

Benjamin Vanbeekum, the cur-

rent coach for the Cross Coun-try teams, as well as a new health teacher at Weber High School, said "Cross Country is an endurance sport that tests the body's limit from being comfortable to uncomfortable, learning how to deal with being uncomfortable for a long period of time." He added, "I think it sets itself from other sports because

he truly enjoys.

The season of Cross Country has gone incredibly well for the boys and girls team. Boys Cross Country came in first place at district.
The girls team at the City County
meet held at the Weber County Fairgrounds, took second in the Region race at the end of September. Passion drives these runners and pushes them to their limits, going farther and farther to achieve what they first thought they couldn't. Coach Vanbeekum has taken note of this and said, "We have seen a lot of personal bests in times this year and I expect both teams (girls and boys) to make a deep run at state." Cross Country is both a team and individual sport where an indi-vidual runner races their best, but gets the team points based on their placement overall.

With competition, there is al-ways fear of getting hurt, pushing yourself so far to the brink that you forget to keep your body and mind properly safe. Coach Vanbeekum said, "The hardest part about Cross Country is trying to find the bal-ance of training properly without overtraining to the point of injury Harris running is an escape from the craziness of the world. Harris has turned into one of the best runners for the Cross Country team. individually winning City County and taking 4th in the Region race.

State was held at a 5K course set up in Soldier Hollow in Midway, UT. Weber finished eighth in the boys 6A race, led by Harris who ran the hilly, tough course in 17:30. Harris finished 15th overall.

Regarding his race, Harris said, "I had a plan of how I wanted to race and I stuck to it. It was a very tough course that weeded out the participants from the competitors. The whole last mile was all grit and heart. I was hurting really bad, but I felt like I got a second wind with 50 meters to go and was able to pick off a couple of guys at the end. I have no complaints about how the race panned out. Definitely a race I'll remember.'

Coach Vanbeekum does his very best to support and help these ath-

## **Teamwork leads Weber** volleyball past struggles

By Rodney Glover

A tough COVID-19 season has not stopped the girls from being playing the game they love. Volleyball is a team sport that

takes hard work to play and the girls on the 2020 Weber High volleyball team have just that. Head Coach Liz Dutcher is a key part in creating the culture of hard work among challenges for the Lady

While many matches haven't gone the Warriors way, they have fought in all of them. Some highlights of the season were when the Lady Warriors beat Clearfield, pretty easily with a score of 3-1, at home at the beginning of September. To start October, the ladies battled Clearfield again and won in a sweep, 3-0. Wins were scarce. but despite this year's struggles, the girls were still able to come together and work on their skills. This is a very tight group of girls that had to overcome losses and learn to play for fun. Coach Dutcher said, "I'm so pleased with how well the players have adapted to playing with each other this year. Most of them haven't played together on the same court and many have been flexible playing various positions as they are needed." This is a lesson many could learn as things may not seem like they are going well,



you have to look at the positive and keep pushing through. The 20 girls on this team are spiking the crazy 2020 right back over the net.
Volleyball's last winning season

as two years ago when they were 17-13 and 6-6 in region. Almost every coach at Weber High will say Region 1 is a hard region to win, arguably one of the toughest in the state. Coach Trevor Howell, in his first year of being the Ath-letic Director at Weber High, says "everyone at this school is a War-rior" with how they battle in spirit. This couldn't be truer than with the girls' volleyball team. The girls fly around to make plays on the court and carry the Warrior spirit on their

Cassidy Done, sophomore, said "The losses have not affected the chemistry of the team, we have all become friends and most of us are super close." She also said she was excited for the future with her teammates and friends. Sophomore Kallie Gibby, who plays varsity. said, "My favorite thing about being on the team is making friends and getting to play a fun game." This year has been different for ev-



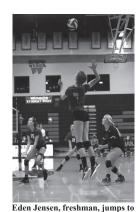
Sept./Oct. 2020

veterans with Jennie Taylor in attendance.

eryone, especially playing sports with COVID-19. Yet, Gibby said with COVID-19. Yet, Gibby said "The coronavirus hasn't really affected us this season. We were still able to play all the teams we wanted to play." That is a positive because a lot of games were canceled and postponed around the state and in different sports because teams had to quarantine. Coach Dutcher talked about COVID-19 as well. She said, "We have tried to really paint the picture that every game could be our last game: we are open about that reality." Even though COVID-19 did not shut down their season, most of the girls were sad they could not go to school with some teammates or have the same social experience of being on a team. Nonetheless, the girls are having fun despite a different experience. It helps when they feel easy to be around each other. Food also helps. Coach Dutcher said, "Our team moms have been very supportive by bringing meals and treats along the way."

So far it has been a good year for the girls on the Weber High

volleyball team. They were able to become friends and get close with each other despite the rough year from the scoreboard. But high school is a time to have fun and the girls are doing that exact thing even in the time of COVID-19.





Scarlett Kluge, junior, dives in an attempt to save the volley. Reflective of the season, the girls always gave their all.



Coach Liz Dutcher said, "I'm so pleased with how well the players have adapted to playing with each other court and many have been flexible playing various positions as they are needed.

a lot of other sports punishment is running. Our athletes come out to RUN! They love it and they want to better themselves in an endurance

Jacob Lund, a frequent runner and a dedicated member to the team said, "out of every extracurricular activity, cross country is where I want to be. Everyone is so kind and inviting that it's just ha every second of it. Not only are my teammates amazing but running is such a freeing feeling, not to mention a great exercise." For Lund, sophomore, Cross Country is a way to make friends, exercise and put

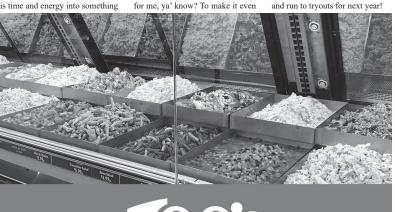
ground between over-exerting yourself and pushing yourself too hard is very important to maintain a healthy mentality, as well as physical health. Haruki Murakami, a famous Japanese author, has written many books on this topic. One of his famous quotes is, "Exerting yourself to the fullest within your individual limits: that's the essence of running, and a metaphor for

Not only is exercise good for your body but it's good for your mental health as well. Gavin Hahne, an-other member on the team stated "It does feel freeing to run but it's also nice to run free on natural ground. Everyone has a way to calm them-selves, Andrew Harris said, "Run-ning is kind of like a happy place

letes grow. He takes care of know-ing what's enough and what's too much for them. Vanbeekum says "For me as a coach, finding work-outs that work for a lot of kids that or exhaustion." To find the middle are all on different levels of running is hard." Coach Vanbeekum, strives to help the athletes to better themselves and improve but it's also very important to him that they stay safe and comfortable.

Cross Country is a common

sport found in most schools. Cross Country is one of the easiest sports to join, all it takes is dedication and a pair of running shoes. The mem-bers love it. Lund says "The major-ity of Weber High School is bound ity of Weber High School is bound to love Cross Country; it's full of good sportsmanship and I feel supported by all of my teammates." He also added that "it's insanely fun and our Coach is awesome at his job. Cross country is by far the best extracurricular activity!" Cross Country is loved and enjoyed by so many athletes, so put on your shoes



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## Facing challenges of a pandemic, Weber High football breaks records

By Raul Rojas

With having a different season due to COVID-19, the Weber High Football team hasn't held back with a record of 6-1 overall and 5-1 in region play. Weber's football coach is Jayson Anderson, who also teaches history at the high school. With Anderson at the helm of a talented group of athletes, the Warriors are

balling on the turf.

Anderson said, "I think one of the biggest things that sets us apart is our team unity." He added, "I think we just have a lot of play makers in a lot of different positions. It makes it a bit difficult for teams to focus on one guy because we have a lot of guys that can make plays."

The Weber High football team

has had an amazing season so far, having beaten Bountiful, Clearfield, Syracuse, Northridge, Fremont and Davis. Anderson has high expecta-tions for his team this year. He said, "I think our goal that we set was to win the region just like everyone else. You go into it having that expectation. I feel like we did a good job preparing."



In the first three games of the season, the Warriors kept the other team below ten points. The Weber Warriors had their best scoring game against Northridge, scoring 48 points and leaving the Knights scoreless. This was also Weber's Homecoming game. The rivalry game ended with a game changing interception from Nolan Barrong, senior, that helped secure the Weber win over the Fremont Silver-Wolves. The night ended with a 20-17 dub for the Warriors, the 4th straight win against Fremont.

Recently, the Weber boys beat

one of the two top contenders in Region 1, the Davis Darts by a score of 32-26 on October 2. "Like with any game of football, we have to win the game up front," Anderson said, referring to the offensive line. "The guys up front set the tone. (Teams like) Davis and Roy have a lot of play makers but so do we. It just depends on up front and the defensive line." Sure enough, the Warriors took down the Darts,



Braxton Rigby, 70, Stryker Rashid, 52, and Cole Brosterhous watch Weber versus Fremont.

Photos By Hayden Evans

At midfield or shooting goals,

## Soccer creates family bonding, unites as strong force at region

By Ben Putnam

One of the many sports to be-gin the Weber High school year is Girls' Soccer, this year full of many new faces. One of the newest members of the team is a brand-new coaching staff and five new fresh-

In soccer it's important to move the ball, have chemistry, work to-



out the season and play to their best ability. Maggie McCauley, senior goalkeeper, said, "this year I feel that we move the ball a lot better from past years." Others agree and the team says they work together much better than they did last year. Specifically, they are more likely

to talk to their teammates, either on the field or as friends at school 'We got a few more freshmen and omore athletes to talk to this year instead of them just playing without talking," said Natilie Neff, a senior who plays defense. Neff is one of the three captains for the team and she thinks that the team has improved a lot and has a solid foundation. Though she's not going to be on the team next year, she still wants to establish a culture and see them improve for years to come.

The girls had fun activities and

workouts together over the summer to build their confidence and chemistry. "Chemistry is very important in soccer as you need to be able to trust the girls you play with," said McCauley. Team bonding and chemistry is always important to have when playing sports. Players need to know each other to enjoy playing together. Malan Flygare, a senior who plays midfield, said "I love everyone so much. I love how we bonded so much this year. It has made my last season for the team an absolute blast."

Overtime wins are always a highlight for a team and the girls team had a few this season. A notable win came over Syracuse in the first game of the season. Flygare said "We all just came together and it was a great game from both teams but we just played a better game in the end." The game was close for the whole 80 minutes of game time. and then continued into an extra 10 minutes in which the Warriors took the lead and thus won the game

Another exciting win for the girls would be a special night for the se-

"I love how we bonded so much this year. It has made my last season for the team an absolute blast."

have accomplished that this year. The girls enjoy the atmosphere the new coaches have brought to the team and hope to keep the love of

soccer for years to come.

The players think it is a big improvement from what the team was last year, although the seniors did have to figure out a new coaching

"The girls tend to play for each other more than individually and work hard for each other," said head coach Lei Ann Price. Senior goal-keeper Maggie McCauley also spoke on chemistry. She said, "Chemistry is very ortant in soccer as you need to be able to trust the girls you play with."



Friday night lights are a high-

vith a total of one rushing t down from junior quarterback Jake Lindsay, two receiving touchdowns from junior wide receiver Cannon Devries, and one receiving touch-

down from senior Jett Child.

With one more game remaining, the region title was on the line against Roy High. Unfortunately, that game was cancelled due to CO-VID-19. Luckily, the teams were able to reschedule and a match was set for the Friday during fall break.

What should have been a tight battle between rivals turned into a blowout as the Warriors smacked Roy in the battle for the shield and the honor to be co-region champs. The Warriors kept Roy under 10 points, while the offense was nearly automatic in scoring 35 points by third quarter. The final score was 35-8. Coach A was way excited to see his team take the Shield. When asked about what he thought about the big win Coach A said, "It's freakin awesome! Always feels good to beat those guys!" It was the Royals first loss of the season.

As the playoffs approached, the Warriors earned a first round bye before hosting Davis in a region rematch on October 30th. The Warriors took an early 20-7 lead at halftime, but unfortunately lost 21-20, thus ending their season.

Reflecting on the season, Coach A was pleased with the team's progress and statistics. Coach A stated, "We almost got 1000 more yards of total offense. We're right where we need to be. Passing wise

sions, we're at 30 percent. I wish that number was closer to 45 or 50 percent. But mostly completion is where I would like us to get better.

Coach A also knows Weber War-riors have some room to get better, like any other team does, so goals are being set. In every team there are off-field challenges, and there will come times where things get will come times where timings get chippy. Given the different year this one has presented, Coach A said, "Obviously COVID being the big thing, the different restric-tions you could do, especially if



Breadon Roylance tackles #18 during a rivalry game between Webe and Fremont. Weber won 20-17.

we're pretty balanced as far as what we can do. We average 180 passing and 170 yards rushing a game.

I like that." As for adjustments moving into the playoffs or next year, Coach A said, "Our completion is where we need to get better; 60 to 65 percent is where we want to be. With third down conver-

we were preparing in the summer, it felt weird we didn't get as much time in the spring and we cut down things in the summer. It was dif-ferent how we had to prepare for the season. You are always going to have different challenges off the field. Some guys are going to han-dle it right and others aren't."



#22 Grace Malan, senior, lines up under the lights in the senior finale against Davis, winning in double overtime. The girls finished the season with an 8-10 record in Coach Lei Ann Price's debut season.

style. "As a senior, it is hard for us to learn the coaching style that they are applying, but it has helped us win some important games," us win some important games," said McCauley. The girls have been playing together and haven't been scared to work together and help each other out. In general,

the teamwork has improved. "The team tends to work the ball up better and we just know each other better," said Flygare. Girls' soccer at Weber High has

improved from years before and coaches and players are excited to see what they can do in years

Photos By Armani McFarland to come. Head coach Price is excited for the juniors to step it up next year and lead the team to new heights and build from the present team.. Seniors will be leaving, but they know that the team is in great shape due to the goals they set for





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