



## Odds 'n' Ends

### Sweet Dreams



In the course of an average lifetime, you will, while sleeping, eat 70 assorted insects and 10 spiders.

### Disney Dress Code

Donald Duck comics were banned from Finland because he doesn't wear any pants.



### That Really Bugs!

A cockroach can live several weeks with its head cut off.



### Lucky Months



Months that begin on a Sunday will always have a "Friday the 13th."

### New Food Group



Beetles taste like apples, wasps like pine nuts, and worms like fried bacon.

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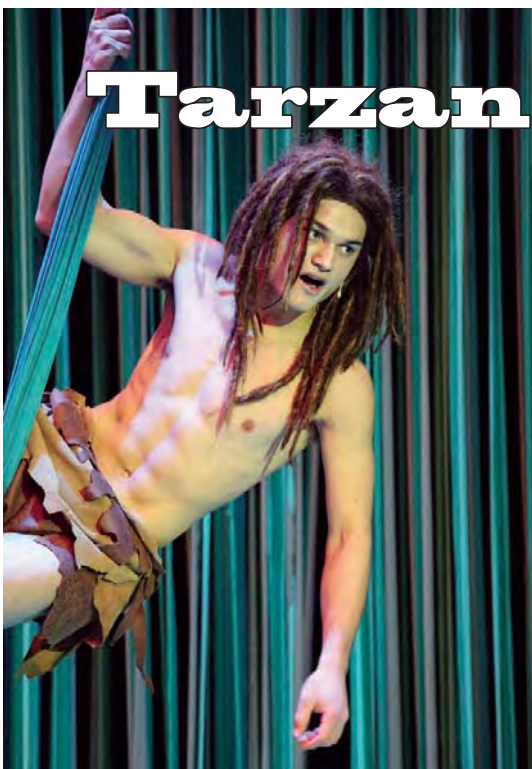
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**Top photo:** Caring for baby Tarzan, Kala (Katie VanTassel) develops a protective bond with her adopted child. **Middle photo:** A doting father, Professor Porter (Gabe Walker) travels to Africa to study gorillas. **Bottom photo:** Young Tarzan (Nathan Norman) questions his difference from his gorilla family.



**Weber Productions delivered their rendition of Tarzan to sold out audiences. For a review over the musical, see page 9; special photo feature on page 10.**

**Photo above:** Playing lead role as Tarzan, Jared Olsen spent many hours perfecting swinging routines on silks. **Photo below:** Acrobatic skills were needed by many performers. Paul Calvo demonstrates his talents during the song, "Waiting for This Moment."



**Top photo:** The villain Mr. Clayton (John Child) has a plan to capture gorillas and sell them to zoos. **Middle photo:** Jane (Paige Norman) sketches photos of the many animals and insects she sees in Africa. **Bottom photo:** Leader of the tribe, Kerchak, (Chase Warburton) plans on protecting his family.

Photos by Levi Easley

## Response team offers assistance with teen problems

By **Landon Wood**  
*Assistant to the Chief*

In life, there are times of crisis and disaster. For teenagers, these troubled events can have huge impacts on them. Weber High School's Student Response Team (SRT) are trained and tasked with the role of prevention and support for any students and their families who are in turmoil.

Comprised of approximately 25 students differing in personality and social standing, they step in to provide much needed help and aim to ease people from harder times.

The SRT keeps very close tabs on the students of Weber High.

"We are always on the watch for kids who are struggling with a variety of things but most importantly, when somebody in our school has passed away. It usually has an effect on a lot of our students. We are there to comfort them," said Rachel Munford, senior.

As a senior, Munford knows Weber High and can connect to the students. She was nominated to be an SRT member in seventh grade by a counselor who admired her composure under stress. Munford has been on SRT since then.

"We have meetings about every other month and have discussions like suicide prevention, rumor control, preventing cliques and what to do if we are activated," added Munford.

Ashlyn Sessions, junior, elaborated on SRT duties.

"We would also be called in case of a natural disaster or something happening inside of the school," she said.

Sessions was also recommended and nominated during eighth grade. The counselors liked how she kept

**SRT continues on page 3**

## Teenagers seek better understanding of illness

By **Katie Montgomery**  
*Assistant to the Chief*

"Smile, you'll feel better. Don't be so down all the time. You need to be happy. There is no reason for you not to be." I think when people say these things it really highlights the fact they have no idea what depression is," says Rose\*, a junior suffering from depression.

One in four American teenagers suffer from depression and depressive episodes, yet there seems to be some misunderstandings about it.

Crystal Cale, WHS psychology teacher, says, "It's very common for people to assume depression is just like a normal response to day-to-day problems, like their sadness is, and so they think depressed people don't want to be happy or if they just 'cowboy up' their depression will just go away."

"It's like telling someone who broke their arm to not have a broken bone and not only expect it to be healed, but being upset when it does not," she adds. "It's not something that can be healed by sheer

will."

Rose\* says it's annoying when people say things like, "Buck up! It's always darkest before the dawn" or "just laugh it off." "It does nothing for me, and it gives the impression of unbelievable ignorance and arrogance," she says.

"What most people fail to fully realize," Cale says, "is depression is a psychological disorder marked by many symptoms." None of these symptoms can be solved by simply "laughing them off."

A few symptoms outlined by Cale are low moods, a feeling of hopelessness, a feeling of worthlessness, extremely low self-esteem, disinterest in activities previously interested in and the inability to get out of a negative mindset. She says not all symptoms are required to be clinically depressed, so even though someone may act a certain way does not mean they do not suffer from depression.

Often people are blamed for their depression symptoms, says Cale.

"People want other people to think and act like they do. That's our society in a nutshell," says Rose. "That mentality definitely

contributes to the way depressed and other mentally ill people are blamed for their problems. What it boils down to is healthy people are frustrated with sick people for being sick."

Camille Webb, WHS psychology

teacher, agrees there's a twisted logic when it comes to the treatment of the mentally ill, both socially and medically. "We hear the words psych disorder, and we think 'oh no, there's something wrong with them, they're abnormal.' It's



common for people to assume others can just snap themselves out of it; that it's a choice. It isn't a choice, of course, but rather something is off with the neurotransmitters and chemicals that regulate your mood."

According to Harvard Medical School in "What Causes Depression?" (originally printed in "Understanding Depression: A Special Health Report From Harvard School Of Medicine") there are millions of chemical reactions in the brain that make up the dynamic system responsible for mood, perception and how life is experienced.

It is when the system falters that depression, other psych disorders and mental disabilities are formed. Receptors may be oversensitive or insensitive to a specific neurotransmitter, resulting in an excess or inadequate amount of certain chemicals.

The following chemicals are given by Harvard Medical as key neurotransmitters playing roles in

**Depression continues on page 3**



# Warriors discuss unpleasant phobias, Methods given to overcome fears in healthy ways

By **Alea Spendlove**  
Staff Reporter

One may know the basic anatomy of the brain—the cerebellum, the brain stem, the cerebrum, and the diencephalon—but perhaps a less well-known part of our heads is the amygdala.

The amygdala is found in the temporal lobe the brain and is responsible for the cute little emotion people call fear.

“In the Stone Age times, the human race relied upon fear to keep us alive,” says Ms. Webb, Weber High psychology teacher.

“Over time, we learned as a species to fear potentially dangerous situations. For example, one of the most common fears, arachnophobia (the fear of spiders), is due to the dangers of being bitten by one. While the human mind was developing, a bite from a poisonous spider would have been lethal, lacking medical care as they did, so we started to fear them less. If we are repelled by them, we’re less likely to go near them and well, die,” she adds.

While some fears are commonly felt and familiar to people, others are much more unique.

For example, Jenna Dowden, junior, is afraid of corn. While there isn’t a name for this phobia exactly, there’s one called lachanophobia, which is a fear of vegetables.

Dowden says, “Well, at my old elementary school the kids used to help with school lunch. When I was in fifth grade, my teacher told me to go work in the kitchen. I had to serve this weird canned corn stuff. It smelled terrible, and it was insanely hot in there! I just served this gross corn to my friends and all



the other kids, and they kept me for at least three hours.”

“Finally, after all the grades had eaten, they said I could go. I took one step towards the exit and then passed out flat on the floor! Now, whenever I’m around corn, my palms sweat, and I get really nervous,” Dowden adds.

Another uncommon fear is anataidaephobia, or the fear of a duck watching you. If one goes to any internet search engine and types in “uncommon phobias,” the resulting list may keep someone occupied for a long while. There’s chrometophobia, the fear of money; ephebiphobia, the fear of teenagers; omphalophobia, a fear of belly buttons; octophobia, the fear of the figure eight and many more.

Sierra Harris, senior, is afraid of small spaces, a fear called claustro-

phobia. “I’m also afraid of fish,” she says. “You pick it up and then it flops around, and you’re just like, ‘OMG I thought you were dead!’”

“My friends and I have a lot of the same fears, actually,” Harris says. “You might think phobias would be more of a family thing, but it isn’t that way with me!”

Rachel Levy, junior, says, “My family doesn’t have many of the same fears as I do. I’m most scared of insects and spiders! They’re so creepy and, just, no.”

Phobias can hinder peoples’ daily lives, though, and they desire getting over their fears.

“There are several different methods to get rid of phobias,” Ms.

**“In the Stone Age times, the human race relied upon fear to keep us alive.”**

Webb says. “There’s one called systematic desensitization, or getting over it with baby steps.”

Webb continues, “For example, if you have arachnophobia, they’d put you in a room and inform you that there’s a spider next door. Generally, if a phobia is present, it will make your heart and breathing rates accelerate. When you manage to slow them down and stop panic-

ing, they’d move the spider closer and the system would restart, with another calmed period followed by the fear moving more and more into your bubble. Eventually, you’d have to touch the spider without being afraid.”

Webb adds the more self-dependent people (or perhaps those with an embarrassing phobia) may want to get over the fear themselves, at their own pace, and this is possible; though, it requires will power.

“You can use this method, cognitive behavioral therapy, anywhere and for free. This deals more with your mindset than the physical presence of what you fear. Reasoning through it, telling yourself why you shouldn’t be afraid, is the whole point here,” Webb says.

Webb demonstrates this with an example of a fear. “Say that you’re afraid of elevators. To apply this method to that, you’d ask yourself, ‘Why am I afraid of them?’ and then you might say, ‘Well they make funny noises.’ With those two things, you’d reason with yourself; ‘just because the elevator makes funny noises doesn’t mean that it’ll crash. It means its working!’ If you convince yourself well enough, you’ll think your way out of your fear. It does take work, though,” she adds.

While phobias are a part of people’s everyday lives, with the right mindset and perseverance people can turn their fears into a good story.



University of Utah representative talks to class about college possibilities.

Photo by Ellie May Kerr

## After high school, Graduates talk campus life

By **Elizabeth Josephson**  
Feature Editor

Laura Ziegler, sophomore, is looking forward to a good education at a Utah college. She is one of many Warriors who are preparing for their post high school education.

Some 2013 WHS graduates are already attending many Utah colleges.

Allie Poulson, a Weber graduate, now attends Dixie State University. She said she goes there because “that’s just where it felt right to go, and it’s a cheap first school to get your generals done... and also I love, love, love warm weather.”

Wesley Poulson, also a WHS graduate, added, “I am currently going to Utah State University in Logan. I wanted to go to that school to get out of the house, and I thought it would be really fun. It’s a great way to meet new people.”

According to Wesley, the best part of college is “there is always fun stuff going on; there is always something to do and that is exciting.” She continued stating her favorite part is “all the little activities and things they have for you to do.”

Allie said the worst part about the schooling portion of college was “your teachers don’t care [about you], so you don’t have anyone to push you; it’s all on you.” She added the most difficult part about moving away from home was “definitely having to provide for yourself. Making money for yourself, finding time to work and do school and having a social life, that’s hard.”

“Another hard thing has definitely been difficult is finals week. It was stressful and I hate tests,” said Wesley.

Allie enjoys her time learning about herself. “Really, you figure out who you are as a person because before, when you’re living at home and going to high school, your parents have a big say and your friends have a big say. But

once you move out and you’re on your own, it’s up to you to choose right or wrong. It’s your life now, and I think that is the best part, really figuring out who you are as a person and growing that way.”

Allie added, “I think the most surprising thing is it’s so non-judgmental in college. In high school, people would judge you, but here, everyone is here for school. People don’t judge you that way. They know that you’re here for school and everyone’s here for school.”

As high school students prepare for their post high school education, graduates advise them to be aware of their admission index score. An admission index score comes from an SAT or ACT score and combines with a high school GPA or GED credit.

Southern Utah University has a minimum admission score of 90. A 90 can be earned with an ACT score of 16 or SAT of 770 with a 3.1 GPA. It can also be earned by a 25 on the ACT or 1140 on the SAT and 2.2 GPA.

Utah State University also has a minimum index score of 90, but adds a minimum of 2.5 GPA or 550 GED and a minimum score of 17 on the ACT or 820 on the SAT.

Brigham Young University has an average 3.82 high school GPA and 28.52 ACT scores for the new freshmen in 2013.

In 2012, new freshmen at the University of Utah had an average high school GPA of 3.59 and composite ACT score of 24.

To prepare for college, sophomore Rachel Amer wants to get good grades to raise her index score. When she does go to college, she has a career path planned. “I want to go into athletic training or designing websites,” she said.

“I think it’s a great opportunity and everybody should take advantage of it... I definitely think in the world we live in now, that everyone should take advantage of going to college,” said Wesley.

“I would say the best advice is just be prepared for change,” added Allie.

## Teens search for alternatives for college

By **Chase Doughty**  
Editorial Editor

Parents talk about it endlessly. Whether it’s about their experience, all the people they met, or the knowledge they gained. They have many unforgettable college memories. In high school, teens are constantly asked the question, “Where are you planning on going to college?” Well, what if they don’t want to go to college? What steps will they take to make a living for themselves?

Some students say they want to be done with their education after high school, but they also want a job that requires some training. Vocational head Dave Green says, “Reality is, less than 20 percent go out and get a college degree. There are lots of jobs out there that don’t require a degree. Some of them are family businesses that you are around most of your life, so you don’t really need any outside training. However, almost all jobs out there will require some amount of training.”

Green continues, “Some sort of post high school training may be in the question. Specific training can be offered at a program called

the OWATC (Ogden Weber Applied Technology College). They have employers who go directly to OWATC to recruit employees. The career field is very high. Programs like this that have people who can’t sustain a high rate of job placement, drop those people from their Tech College. It is a very popular and an important post educational opportunity or ‘post high school’ training.”

Green also says if teens are a Weber High student and want to go in and get an endorsement, they would have to take 690 hours of courses. “Our classes at school, you can earn 390 hours while you are in high school. You can also go in during the summer and can get a certificate in the program area. Let’s say you wanted to take welding. You could take other related classes and can earn half their hours,” he says.

Some people don’t want to go to college because their grades in high school weren’t so great, or they don’t know what they want to do with their life. Weber counselors say there are other options if teens don’t want to go to college. There are several careers that require a rigorous amount of knowledge and training and if teens want to pursue them, they would have to go to college. However, some jobs just

require outside training that don’t require a college degree.

Counselor Jen Paige says, “A lot of students who are on that track go to the ATC. They start earning certificates in different career areas, and they can go during high school and we pay for the tuition for them to go to those programs. They can start working after they graduate from high school in that career field.”

She continues, “A lot of students

**“A lot of students do internships and get on the job training. Some students during the internships actually get job offers.”**

do internships and get on the job training. Some students during the internships actually get job offers.”

Paige also says there are many programs students can participate in after high school through the ATC.

Some kids are stuck in the middle concerning their post-high school plans. They want to find a career and work on it, but they also need

a break from school. Junior Cassidee Cunningham says, “I want to travel, that’s for sure. I don’t think college is something for me, personally. I want to for sure take a year off after high school to figure myself out a little more. Do some, as you say, ‘soul searching.’ I don’t want to jump into something. Take a year to breathe, you know?”

Cunningham continues, “For crying out loud, I just finished 13 years of school. Everyone deserves a break. But I have no idea where I’m going in life, and I like not knowing for now. Every option is open to me.”

Danielle Wood, editor-in-chief of education.com, says a “gap year,” or a year off from school, is a good idea. Students “just got off a conveyor belt from preschool to high school,” she says. She also adds studies show that better-prepared students have a higher completion rate, which is the most important part.

However, she also warns a gap year should not be used as a procrastination tool; it is a time for people to prepare for their future plans.

“Taking a gap year can actually make kids more focused and ready for the rigors of academic life,” says Wood.

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Depression continues from page 1

depression.

• Acetylcholine enhances memory and is involved in learning and recall.

• Serotonin helps regulate sleep, appetite, mood and inhibits pain. Low levels of serotonin byproducts have been linked to higher suicide risks.

• Nor-epinephrine constricts blood vessels, raising blood pressure. It may help trigger anxiety.

• Dopamine influences motivation and plays a role in how a person perceives reality. It's also involved in the brain's reward system so it is thought to play some role in substance abuse.

• Glutamate acts as an excitatory neurotransmitter, meaning it increases the likelihood the neuron will fire.

• Gamma-aminobutyric (GABA) acts as an inhibitory neurotransmitter.

"It's obviously very complex and hard to understand," says Rose. "It's difficult for even those suffering from depression, but that is common with illnesses, isn't it? You don't know what exactly is going on when you have mono or

SRT continues from page 1

calm in stressful situations, and she liked talking to people.

Matt Taylor, senior, enjoys what he does for the student body as a SRT member, and how he can help other students.

"I'm in SRT because I try to help people any way I can. SRT was made to help students in their time of need, and that's what I like to do," said Taylor.

Keondre Crenshaw, junior, also likes how she can help other kids and adults in the community feel better. "I like to accommodate those around me and then make them feel better about any situation going on," she said.

The skills and personalities of team members provide the student body with a strong psychological and emotional support. The team uses several methods to combat crisis when it happens.

"If tragedy happens in WHS or in the surrounding area, we are called in to make a safe room and find kids who need help. We give them somebody to talk to and cater to their needs," said Sessions.

Munford added, "We are in charge of letting our counselors know what we hear from a student's perspective."

The link of SRT between life's problems and students helps many couple with problems afflicting their lives.

strep. All you know is that you hurt and are sick."

Without being properly educated about mental illness, people often confuse other disorders with depression, according to Webb. "Loneliness is also often confused for depression and vice versa."

When people tell Rose she is simply sad or lonely, she replies, "When I'm in a depressive episode, I am neither sad nor lonely. I am completely void of feeling. It's strange and hard for people to understand. 'That's impossible,' they'll say. 'There's no feasible way not to feel something. I don't understand, so you must be making it up.' They reject everything new instead of trying to relearn incorrectly taught information."

Rose adds, "If people took the time and decency to learn at least a little accurate information about what people go through, I'm sure society would be more kind towards those who are different or struggling in some way and maybe try to help in a better fashion."

There isn't any easy help for those suffering from depression. Seeking help from proper outlets is the best way to combat depression. For treatment, Webb says to talk to a licensed professional about any questions and possible options.

*\*names changed to protect identity*

"We just make sure we are friends with everybody so if someone is to pass away or something, everyone can trust us and will feel comfortable coming to the safe room if they need it," said Munford.

The safe room can have an enormous impact on recovering from hardship. "Sometimes we help prevent suicides so we actually save lives" added Munford.

The resilience of schools depends on the state of the student body and its support groups. Another active supporter of the student body is SBO president Tyson Lund. Although Lund is not a member of SRT, he is extremely involved and familiar with what they do and when they do it. He believes SRT is vital for the school and the community.

"It's good for students to be all on the same team and can connect with other teens. Students are more in tune," said Lund.

SRT champions on reaction and prevention just like Lund.

"It's important students always report suicidal situations. They might be ticked at you, but this saves lives and it's important to talk to an adult or SRT," added Lund.

Crisis is inevitable, for everybody. Nobody is exempt from experiencing life challenging events. SRT is there for anybody who happens to be in crisis or is struggling. As it stands, SRT has not had to be activated. "We haven't been activated this year, and hopefully we won't be," said Sessions.

Fourteen selected as Sterling Scholar recipients

By Michelle Hartvigsen  
News Editor

Many days, weeks, and in some cases, months of hard work were put forth for students competing for the title of Sterling Scholar in 14 different categories. The winners received the title for Weber High and started to build portfolios for the region level contest.

Ryan Liston, Speech/Drama, explains Sterling Scholar is a "chance for kids to put their interests at work and use them to accomplish something to improve their future."

It takes a lot of planning ahead to be ready to apply for the scholar award. Easton Potokar, Math, says, "It wasn't just showing up for the interview. You had to do a lot of preparation for it." The scholars spent a lot of time doing things to fill up their resumes.

"To qualify for a Sterling Scholar, students need to have good grades and test scores, be actively involved in extra-curricular activities, hold leadership positions and perform service. It helps to relate all of this to your preferred category," says Alex Anderson, Social Science.

With the award, benefits often come. Colleges notice this accomplishment and take it into consideration for entry and scholarships. Angelica Previte, English, said this was a reason she applied, and she wanted to see what opportunities it would bring.

Being able to represent Weber High and feel accomplished for such hard work are also benefits, according to Morgan Parks, Foreign Language. Brayden Montgomery, Business, added he wanted to apply because he was "super interested in pursuing a business career and setting a goal."

Although money or scholarships are not awarded right away at the school level, those benefits are offered if scholars excel at region and state competitions.

The scholars have not been alone in preparing for their accomplishments, however. Parents and teachers have also put in work to help the



Fourteen Warriors have achieved the title of Sterling Scholar. From left to right; (Top row): Easton Potokar, Brayden Montgomery, Cache Rumsey, Jake Heywood, Kayson Filiaga. (Middle Row): Michelle Hartvigsen, Ryan Liston, Alex Anderson, Morgan Parks, Angelica Previte. (Bottom row): Lindsay Albrechtsen, Andrea Nef, Alexa Folkman, Rachel Harris

Photo by Bell Photography

students.

"Ms. Williams helped me a lot. She gave me her portfolio to look at. She won region in my category when she was in high school," said Rachel Harris, Family/Consumer Science. Parks adds both Herr Zentz and Herr Anderson helped her by teaching her German, helped her earn awards and gave her the opportunity to go to Germany through the German American Partnership Program.

Teachers for the other scholars also put in time to help the students develop their talents. Lindsay Albrechtsen, Dance, said she not only got advice from her teachers and coaches, but she also talked to previous winners in her category.

The scholars had to submit a portfolio and resume of accomplishments that related to the category that was being entered. Kysan Filiaga, Technical, said this was the most difficult part. Once looked over by judges, each competitor went through an interview.

Extracurricular activities, community service, academic achievements and other accomplishments were some of the things that were included in the portfolio and application, according to Andrea Nef, Music/Instrumental.

Previte said the most difficult part of the interview was not know-

ing what the interviewers were going to ask, and having to come up with answers on the spot. Michelle Hartvigsen, Art, agrees with Previte. "I was so nervous, but it ended up going really well. I got to say, everything the way I had hoped," said Hartvigsen.

Potokar added, "It's easy to write on paper, but it's hard to talk about it on the spot."

Some of the questions were

***"I was so nervous, but it ended up going really well. I got to say, everything the way I had hoped."***

about the Scholars' projects, why these Warriors applied and what their future holds. "They asked where I see myself in 10 years and if my future will be in computer technology," said Cache Rumsay, Computer Technology.

Many of the scholars already have set future plans. Jake Heywood feels passionate about his category of Music/Vocal, and has firm plans. "I'm planning on going

to BYU this fall, serving a two-year LDS mission and jumping into my Music Education major as soon as I'm back. At this point, I plan on becoming a choir teacher to help others feel what I feel about music, specifically vocal performance," said Heywood.

Liston also plans on attending BYU and using communication and speech to help him with his future goals, but he is not set on anything specific quite yet, this being the case with other Scholars and many high school students. Liston said although his plans aren't set, he wants to "be me and always be accomplishing something."

A popular university, BYU is also in the future for Alexa Folkman, Science. She plans on majoring in Bio-Chemistry. This major will set her on the path to becoming a pharmacist.

Good grades, citizenship, community service, leadership and exceptional performance in a certain category are just some of the qualifications these Warriors feel are needed to become a Sterling Scholar. Planning, support from family, peers and teachers, and dedication are also determining factors. Having passion for one of these categories, however, is a driving force to keep the students going towards accomplishing this achievement.



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## Cheating punishments hope to eliminate dishonest actions

By Jason Godfrey  
News Editor

Many students learn at a young age not to cheat. In fact, at Weber High School the policy for cheating in any incident will result in a “U” citizenship grade in the class for the quarter and a zero on the assignment where cheating was involved. But do students really know what is considered cheating?

Cheating comes in many forms: blatantly looking at someone’s paper during a test; asking for answers to a worksheet; and plagiarism, among others. Bailey Porter, sophomore, considers cheating to be “when you take the answers off of a different piece of paper; whether it’s a study guide or someone else’s.”

Paige Allen, sophomore, says cheating is “using other people’s hard work and taking credit for yourself.” She adds plagiarism, a form of cheating, is “copying word for word someone else’s work and claiming it’s your own.”

So why do people cheat? Mr. Rawlins, Computer Technology and Financial Literacy teacher, says, “I think a big reason is because they don’t study, and so they are cornered. Another reason, in my opinion, is because they’re lazy. They don’t want to have to work.”

When caught cheating, Rawlins does exactly what the policy says. “They get a ‘0’ on the assignment and a ‘U’ for citizenship.”

Is that punishment too harsh? Callie Birch, senior, says, “No, because they already know the punishment. Overall, it’s a good punishment.”

Even with possible punishment looming over their heads, there will always be some students who cheat. “I have seen a variety of students cheat over the years and no matter how hard they try, they always get caught because of stupid things they do,” Rawlins said.

Because there are many cheating techniques, teachers are careful when watching their students. To prevent it, Mrs. Swenson, biology teacher, says, “Some of the ways are online where the questions are shuffled. Online Moodle prevents it.” Swenson added removing pressure that comes from parents would also eliminate some cheating situations. “Students will cheat for that 4.0. There is a lot of pressure and they want the grade so bad they’ll cheat,” she says.

Mrs. Nichols, English teacher, says she thinks students cheat because “they’re nervous because their grade will go down. An average kid with integrity doesn’t consider cheating a loss of integrity. They rationalize it.”

Cheating doesn’t always involve just one student. Nichols recalled a time when there was a cheating problem with some of her seniors in one of her college classes. “A group of seniors were doing a service project, and they didn’t do all that they were supposed to. One of the girls couldn’t live with herself for cheating.”

“She came forward and the rest of the group eventually came forward as well. Because it was a college class, the ‘0’ was out of my hands. They were able to barely pass my class at the end of the quarter.”

Nichols adds, “Cheating is getting easier and easier with cell phones. It would be easy for a student to pull out a phone and take a picture and send it to a friend or take a picture of notes and put it in their laps. Kids in high school don’t realize that in college, cheating can mean a ‘0’ for the class.”

Whether it’s a 15 point quiz or a 100 point test, the cheating punishments are the same. Rawlins hopes teens will realize the penalty of cheating is not worth the grade.

## Art course develops jewelry, design talents

### Teens find creative way to enjoy art

By Angeline Garcia  
Staff Reporter

Art is anything someone creates that expresses their personality, thoughts, ideas and feelings. Whether it is putting color on canvases, taking pictures and editing them or making jewelry, art is the expression of human creative skill and imagination.

Samantha Vens, sophomore, says, “Art is about expressing how you feel.” Vens adds art is not just about painting.

To help develop unique artistic creativity, Weber offers a jewelry making class. Mrs. Pearson, WHS jewelry teacher says, “When designing a piece of jewelry, you use the same design concepts that you would use when designing any piece of art. Jewelry is a small scale sculpture.” She also adds, “Most kids feel they are not skillful in drawing or painting; this gives those students a chance to be creative in other ways.”

Mrs. Pearson says the basic con-

cepts of jewelry making are covered in Jewelry I.

“We make pendants using cold connections (jump rings). The students learn how to solder to complete band rings and stone setting rings. They also learn the lost wax casting process and wire wrapping,” Mr. Larsen, WHS jewelry teacher, says. “It is designs you create and get to wear to show other people.”

“Design is where students get their art credit,” he adds. If this class is an option for students, before they choose it they need to keep in mind they will be using flames. Larsen says some students have trouble handling flames when soldering.

Wendy Graham, sophomore, says soldering is just “gluing” two pieces of metal together carefully with molten metal by heating the pieces with a soldering torch.

Austyn Larsen, sophomore, says “The soldering torch is hardest because it is really sensitive. It’s easy to accidentally put out.”

“My favorite thing to use is the soldering tool. I dislike it but like it



Paige Allen, sophomore, works hard with one of her jewelry projects in Mrs. Pearson’s class.



Sketching designs for an upcoming jewelry assignment, Madeline Compas, sophomore, enjoys the art class.

Photos by Victoria Soderland

at the same time,” adds Graham.

“They learn a lot of hands-on skills in my class, but they also learn patience, confidence, independence, creativity and responsibility,” says Larsen.

One assignment given was jewel setting. Graham says, “Jewel setting is basically just putting a jewel on a ring.” The process involves creating a bezel setting that fits the stone perfectly and using that setting to create a ring or another piece of jewelry.

Madie Gunter, junior, says “The bezel ring was my least favorite. You had to solder two pieces with a jewel stone in the middle.”

Another project is casting. Mr. Larsen says casting starts with a piece of wax, and then students carve what they would like to make from the wax. They mix investment which hardens around the wax, creating a mold for liquid metal to be poured in, resulting in a metal duplicate of the wax piece.

“The casting is really cool because you can make really great designs, and it’s really cool to shoot liquid metal. Whatever you can make in wax you can make into metal and that’s what’s fun,” says

Mr. Larsen.

Mrs. Pearson adds, “The kids enjoy casting the most. They love carving designs into wax and then turning that creation into metal.”

Graham says one of the assignments she has completed and she enjoyed doing was a necklace. “The necklace was the hardest thing we’ve made.” However, Larsen disagrees. “The necklace was the easiest. The regular rings are the hardest to make.”

Cami Mecham, junior, says, “My favorite was where you put stuff in this [bezel setting] and then you would put resin over it and it would harden, so you had all these things inside. My least favorite was something I did my first year: a stone with bezel around it. All the saw blades were broken, and I had to file it all down. It took me two weeks. I would even come in early.”

Many students say they took the class because it sounds fun, and they haven’t been disappointed. Graham encourages students to take the class. “It is a fun class and anyone can do it,” she says. Larsen adds, “You get to be pretty creative. I took it because it sounded fun.”

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# Less sleep can cause health problems, lack of concentration

By Jason Godfrey  
News Editor

Sleep, that mysterious thing teens can't seem to get enough of. Whether it is because they have too much homework, are addicted to social media or simply because they like staying up late with their friends, teens need sleep for the well-being of their bodies.

Mrs. Powell, WHS health science teacher, says sleep is essential for a healthier lifestyle. "Sleep helps with the immune system, with sickness, illness and it improves brain

*"Sleep helps with the immune system, with sickness, illness and it improves brain ability."*

ability," says Powell. She adds at students' age, "It helps with energy and being able to function."

With little sleep, Powell says people will notice memory problems, lack of concentration and falling asleep in class. She also adds getting too little sleep often has a 48 hour lag until its effects are noticed.

The recommended hours of sleep for teens are eight. Powell says, "It depends on the activity level." However, Powell knows teens are not following this sleeping requirement.

"There is a low percentage of students who actually get that number of hours. I would say students get between four and five hours a

night."

Not getting enough sleep is harmful. Powell says, "Systems shut down, quick reflexes are slowed down and hallucinations can occur."

According to the Division of Sleep Medicine at Harvard Medical School, when sleeping the brain is relieved of stress and it goes through its day and stores everything from the short term memory to the long term. When the brain is allowed an appropriate amount of time to do so, it remembers things with ease and with little stress. People tend to feel awake and prepared when they don't have constant tiredness nagging at them.

Mrs. Cale, Psychology teacher, said without a lot of sleep, "students lack focus and concentration, a loss of impulse and emotional control, they become irritable, they have an impaired immune function and a decrease in productivity and creativity."

Cale adds not getting enough sleep "impacts us tremendously. When someone is sleep deprived, they go into micro sleeps; they sleep for a couple of seconds without even realizing it."

On the other hand, Powell also says getting too much sleep can be just as harmful. Too much sleep can also cause people to be sluggish, and their brains are in a haze. After sleeping more than needed, most people still feel tired during the day and can have slower reflexes. According to the American Psychological Association, (APA) some even become depressed from too much sleep.

"People can feel more tired if it's consistent oversleeping. If they didn't sleep well two or three days prior, sleeping in can be good," says

Powell. "Sleeping when someone isn't tired is the number one sign of depression."

Aspen Coy, sophomore, says she goes to bed at 11:30 p.m. and wakes up at 5:45 a.m. She claims to "have fallen asleep in at least every class at one time or another." Because she describes herself as a "night owl," she says the homework starts to pile up. "I've stayed up all night doing homework."

Becca Fowers, sophomore, agrees with Coy. Getting enough sleep can be hard. "When you're in extracurricular activities, you have lots of homework and you procrastinate."

So what can students do to avoid tiredness and sleeping during classes? Cale says, "Sleep experts say to find your own personal needs. Some students may need more or less than the average eight hours." She continues, "Go to bed 15 minutes earlier than your bedtime for a week."

"Throughout the day, test it to see if you are more energetic," says Cale. "You can also test waking up without an alarm clock." Students can also get into some sleep patterns to help them fall asleep easier.

The health and sleep section of Squidoo.com says by having a soft and comfortable pillow and sleeping area, people can have a less restless sleep experience. Another remedy suggests the bedroom should be used for sleeping, while other activities should occur elsewhere.

"Stop doing homework an hour before going to bed. Relax, read, or meditate," advises Powell. She also adds for students who are constantly looking at the clock during the night to, "turn the clock around or dim it."



Michelle Obama's new health program will affect the quality of food available at school lunches.

Photo by Victoria Soderland

## 2014 may bring new lunch changes to encourage better food choices

By Levi Easley  
Photo Editor

It all started with Michelle Obama's push for healthier school lunch programs in 2010; the "Let's Move" initiative. This is the Obama Administration's primary anti-obesity program. It was aimed at reversing childhood obesity epidemic by 2030. In a speech in 2010, the first lady discussed nutrition aspects that would make any children's health expert happy.

She also urged the manufacturers of products like Doritos, Froot Loops and Spaghetti O's to make them healthier and to cooperate with the government on new food labels. Food critics and health experts labeled the campaign a true effort to reverse the obesity rate in the country.

But where has the program's effort landed four years later? According to *The Nation* magazine, "The administration's strategy has shifted. Or perhaps it has eroded, as it remained silent during a fight to limit junk-food marketing to kids."

But this year, the Obama administration has a new plan that they intend to implement, marking a comeback in their fight against childhood obesity. Beginning in the fall of 2014, all school vending machines, stores and "a la carte" lunch menus will only be able to provide healthy foods. What that means is the pizza line will have cheese slices that are low in fat and sodium and the crust made from whole grains. And those Warriors who go to the vending machines for morning or afternoon snacks will find nuts, granola bars and water instead of the typical chips, candy bars and Pop Tarts.

The new actions were implemented into law by the Healthy Hunger-Free Kids act of 2010 under the title "Smart Snacks in Schools." The act has taken on the responsi-

bility of removing junk foods from school cafeterias. Under the new standards, school snack items must have fewer than 200 calories, less than 230 milligrams of sodium, less than 35 percent of their calories from fat and less than 35 percent of their weight from sugar. A la carte entrees must meet the same sugar and fat requirements but can have as much as 480 milligrams of sodium and 350 calories. Allowed beverages include water, low-fat and fat-free milk and fruit juices with no artificial sweeteners.

"I don't think what they want to accomplish is going to be effective," says Principal Wardle. "Students will still get the junk foods they want and bring them to school to eat them. This plan won't have a significant impact on student health. We don't sell Rockstar energy drinks, but you see students bringing them to school all the time."

"The new regulations are more of a detriment than benefit. They have barely lowered the obesity rates, and have turned more people away from school lunch," says Colten McCormick, junior.

"Obesity isn't just caused by eating too much food. Inactivity is a big contribution to obesity too," adds Wesley Bellah, junior.

However, this nutrition plan only applies to school districts enrolled in the National School Lunch Program which lowers the food costs for school districts by allowing them to get funding from the Federal Government. Out of about 100,000 schools enrolled in the program only 500 have dropped out of it.

Several districts in California, New York and Texas have dropped out of the program because the majority of their students were not eating the healthier foods being offered, and the schools were losing money on the lunch.

This may be a difficult adjustment for schools such as Weber

High, where the vending machines are a sizable income factor for the school, and the school store assists with DECA's funding. One such school in Montgomery County, Maryland, has seen their vending machine revenue fall from \$21,055 in 2005 to less than \$5,000 in 2013.

"This is going to have a negative impact on our revenue. We use the money from the vending machines and put it back into the school to pay for things like new equipment," Principal Wardle says.

"This is money that can go to field trips, supplies, student assets and other school-related things. Putting healthy foods in vending machines won't necessarily make

*"We don't sell Rockstar energy drinks, but you see students bringing them to school all the time."*

people eat healthier. If they want a healthy option [the school] can put it in, but removing the current product would be a mistake," McCormick adds.

"I think it's a really bad idea", says Dakota Draper, senior. "A lot of kids go to the vending machines and the school store because they don't like the school's lunch."

The new regulation does not include club and activity food though, so foreign language classes will still be able to enjoy culture food. Pizza and snacks can also be sold at football games. It also does not prevent students from bringing in food from other places such as their homes or fast food restaurants during lunch.

In any case, it appears that many schools will have a somewhat unsettling transition during the next year as the regulations take effect. With hopes of lowering the obesity rate, it may cause more students to go to McDonalds.

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# Gender differences observed, females still not treated fairly

As a society, we are constantly engulfed by media. Advertising, news broadcasts, TV shows, books, Tumblr, Facebook and Twitter are always screaming at us, shaping how we think and, ultimately, how we behave.

With that in mind, it's terrifying to see what is being said. Women should act like men to be successful, but must not look or act like a man, so as to maintain a pleasurable demeanor. They must be intelligent, but aren't allowed to argue different opinions. They must not wear makeup, it's fake and trashy, yet they must always look perfect. No matter what a woman does, she is ridiculed and critiqued past the point of exhaustion. If she does not live up to every single, contradicting standard placed upon her by society, violence is accepted and even encouraged.

To any educated mind, this is nonsensically sickening. After all, the Women's Rights Movement was over a century ago; aren't we all equal now? Actually, many believe modern feminism originated with Mary Wallstonecraft in her essay, *A Vindictive of the Rights of Women*, which she wrote in response to *The Rights of Man*. She realized Thomas Paine only used male pronouns in his so called "revolutionary text."

Wallstonecraft pointed out that women were constantly hassled by men like Paine who like to exclude females from professions in science, writing, music and education. Not only were they threatened for pursuing such interests, but they were paid nearly half of what men in the same profession were.

*A Vindictive* was published in the early 1790's, obviously all those issues are resolved. Women are never discouraged from entering science or math fields, and female authors receive no bias.

Two hundred years have passed, and yet when women apply for jobs, they are attacked for being working mothers or not getting married and having a family. The subject of kids hardly affects the employer's view of the male applicants.

And if they can land the job at an office, a white woman would make \$0.80 for every \$1 a white man earns, according to a recent evaluation of wages in America by *Time* magazine. A woman of color would be paid a dime less than a white woman.

Of course, this is with wages

above minimum wage in the middle class. If you look at any given list of the wealthiest men and wealthiest women in the U.S., you'll notice the amount the women make is about half of what the men are making. But a common fact across all social classes is that men receive raises and bonuses three times as often as women, on average.

There are two ways of looking at this: the misogynistic, traditional way or the rational way.

Misogynists will say, "See, this is proof women belong in the kitchen. Leave the workforce to the men." But keeping in mind the influence the media has on society's way of thinking, it's only logical to state the way women are portrayed: weaker, submissive, subordinate. This is contributing to the deeply ingrained idea that women are worth less than men and are not as



skilled as men; therefore, they are not paid equally.

Leaving unequal pay out of the equation, women are still hurt by media. In the workplace, women are subjected to violent, sexual and emotional harassment on a daily basis. When reporting unwanted advances by male coworkers, only 30 percent of women are taken seriously. Barely a quarter of those incidents are reported in the first place. When a woman asks for help after an attack, she is more often than not blamed for "provoking" the assault.

In fact, this is a disturbing trend across the nation. Victim blaming is frequently observed in attacks with a white male as the aggressor. If a rape case makes headlines, which isn't often, the victim is shot at with questions of what she was wearing, how did she provoke the attack, where was she, why was she walking alone at night anyways? The mass media coverage sympathizes with the attackers.

In a rape case in Ohio, FOX news mourned the loss of the at-

tacker's promising future, while the victim and her family were driven out of their home by mobs. While the victim was trying to heal and find justice, the rapists were crying how they hadn't meant to beat her, hadn't meant to rape her, hadn't meant to tape the attack and post it online for the world to see.

People believed them. After all, we are taught by movies that when a woman says no, she really means try harder. And according to Robin Thicke, it doesn't matter what a woman says because it's "a pleasure to degrade a woman" and the lines are blurred between yes and no, legal and illegal, moral and immoral.

Because of how the media depicts women and how some boys are taught from the earliest age, men feel entitled to women's bodies. Because of advertising persistently using women as decorations and props, some men see women as no more than objects. Because of the archaic stereotypes placed on women by media, they are discouraged from following careers in math, science, writing, computers, journalism, acting and comedy.

Media is a powerful weapon. Controlling the media is controlling the minds of the masses. It's obvious to anyone paying attention to the world around them; media is empowering the straight white male. It's the norm. You're strange and it's rubbish if you deviate. To

fix this massive problem is not to make a woman of color the norm, or a gay man the norm or a transgender the norm. To fix this at the molecular level, we, as a society, need to realize there is no normal for America. The United States of America is one of the most ethnically and culturally diverse nations in the world, according to Erlean Gören in *Economic Effects of Domestic and Neighboring Countries*.

Surprisingly, we are not all straight white males; in fact, straight white males don't even make up the majority of the population, despite what conclusions you may draw from looking at our Congress in Washington D.C..

So if we are not predominately heterosexual white males, why should we hold everyone else to that standard? Why should we have the majority of movies starring them? Why should everyone else be less than them?

By **Katie Montgomery**  
*WHS Junior*

## Nelson Mandela: Icon of a torn nation Countries mourn loss of dedicated leader who inspired many

Nelson Mandela, a leader and inspiration to once-broken South Africa, helped them get up and become a nation where everyone was equal. This was Nelson Mandela, who passed away peacefully on Thursday Dec. 5, 2013.

Mandela was born on July 18, 1918, to a tribal chief. *Standard Examiner* reporter Christopher Torchia wrote, "His royal childhood gave him a regal bearing that eventually turned into his hallmark."

Originally named Rolihlahla, which means "shaker of trees" or "trouble-maker," Mandela lived up to the name during his younger years. As a boy, he ran away from home. Later, he decided to receive an education in politics, which he used to fight the racism in South Africa.

Mandela fought his entire life against apartheid, which is a racist white rule, a rule he called evil. Mandela also organized numerous groups of black people to fight alongside him against apartheid. He was eventually arrested and sentenced to five years hard labor for leaving the country illegally and inciting blacks to strike.

After creating plans for a guerilla campaign, Mandela and his friends were sentenced to life in prison. "Incidentally," said Man-

dela, "you may find that the cell is an ideal place to learn to know yourself, to search realistically and regularly the process of your own mind and feelings."

After 27 years in prison, Mandela was finally freed. He said, "As I walked through those gates... I felt, even at the age of 71, that my life was beginning anew."

Immediately after his release, Mandela took charge of the African National Congress (ANC) and, in the first ever all-race election, was elected South Africa's new president.

"The moment he was elected, the work to revive a broken country began. Mandela introduced a constitution, and though it was not wholly successful, it created a national therapy that would soon become a model for other countries that were coming out of a long period of trouble," said Torchia.

When his term ended in 1999, he joked, "I must step down while there are one or two people who admire me."

Mandela's final years were marked by very frequent hospital visits to help him with respiratory problems he'd had since he developed tuberculosis in prison. His three surviving children are, Makaziwe by his first marriage, and Zin-

dzi and Zenani from his second.

One of the most memorable and cherished moments in Mandela's gestures towards racial harmony is when he strode confidently onto the field at the 1995 Rugby World Cup in Johannesburg. As he walked onto the playing field, an overwhelmingly white crowd of 63,000 jumped to their feet and chanted, "Nelson! Nelson! Nelson!"

Mandela was later portrayed in the movie, *"Invictus"* which is based on his movement of unity, and the struggle of the rugby team who worked hard to make it to the 1995 Rugby World Cup.

Mandela was also a man who valued education. As he once said, "Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do."

Mandela lived a life that was dedicated to what he believed in. He never let go of the possibility of success, even in the darkest moments in his life.

Nelson Mandela was a man who changed not only the country he loved, but the world we live in. He inspired everyone to never give up on their dreams.

By **Meg Henley**  
*WHS Sophomore*



By **Caitlin Toponce**  
*Contributing Writer*

Many students complain about the need to take a foreign language class. Whether it is Spanish, German, French or Chinese, the need for a second language is a growing necessity in the employment world.

Most junior high schools in our area offer only three foreign languages: Spanish, German and French. Many students don't think to take these classes when entering seventh grade; however, counselors are stressing language skills will pay off. First year languages are also offered when entering high school, but my question is how many years of a second language does a student need to take to better qualify for college?

Harvard University advises students take a minimum of two years of a second language in high school, but four years are strongly recommended. Many colleges and universities are advising future applicants to advance and take that extra Spanish class. In today's world, speaking a second language is very practical.

The common language of the United States is indeed English, but that is not the only language being added to the gentle hum of pass-

ing voices on the streets. In Utah, Spanish is beginning to mix in with the culture. It's hard to stay ahead in the working world when a vital skill is lacking; it isn't news that language is communication and there are many spoken languages.

Paying attention to changes in our community is a sign that our area is adopting a second language. Signs around businesses are usually in multiple languages. Along with that, the skill of being able to read and write in those languages is a contribution to the likelihood of an applicant getting a certain job. Not only does taking that extra class of foreign language look good on a college application, but with job applications as well.

When searching for employment, an applicant could easily determine whether or not he or she has the required skills for the job. Most employers could provide a list of requirements prior to applying. For many jobs, a high school diploma or college diploma is vital.

If the job is in an area of two or more commonly spoken languages, having taken a foreign language in high school could get an applicant a job. Education plays the biggest role in a teenager's future, not only with social skills, but also with communication skills.

While some universities want at least two years of foreign language in high school, there are quite a few

students who have taken a language since junior high. There are also students who haven't started taking a language until their sophomore year. There is a possibility that a student could be in a fifth level class by their sophomore year. This could make a big difference when getting into a university.

There are just so many advantages to taking languages during high school. Being able to read and speak efficiently enough to communicate with others is really the main idea to taking it in the first place. The annual Culture Bowl for foreign language students also offers several competitions for students that could help students earn a scholarship. There are competitions with the Culture Bowl: many reciting poetry and talents. If the judges believe you performed outstanding among peers, a certificate is granted that could be a fabulous jewel to any resumé.

Either way, taking a language all four years of high school can never be a negative thing. Sure, the homework and tests could get difficult, but that shouldn't be the determining factor. Think more about how colleges will look at a well-developed background in another language. It's also important to communicate with those who live in your community. This only leaves room for growth and development.

## Useful or Useless, Tradition of PTC's continues on

"School's out early today because of parent teacher conferences," reminds a static voice on the intercom. At those words, a nervous churn might find its way to your stomach, and students throughout the school worry about past classroom digressions and maybe, just maybe, your teacher gets a vengeful look in his/her eyes.

With all the stress surrounding PTC's, why do we even try having them? I mean, if we wanted to see our grades, we could just go on the portal.

"I just don't go, they're insignificant...a lot like Canada," says senior Stevie Johns.

Some students get grounded because of bad teacher reviews or some snide remark made at a student or teacher's expense. The overall consensus is PTC's suck unless you get extra credit for going.

On the flip side, I'm sure teachers

don't want to be there either. Just imagine sitting there in some uncomfortable chair facing a vengeful mother who's somehow convinced her child's failing in your class is your fault. Or that awkward moment when you forget your student's name and you're their favorite teacher; the bad possibilities are endless.

Even though I don't like them, I suppose in some funky, roundabout way PTC's are useful. I mean, if you happen to be a pathological liar and are failing all your classes but you didn't tell mom and dad, watch out because they're going to find out at PTC. It also keeps parents up-to-date on how their child is acting in class, and maybe it helps keep students more honest because they know the teacher will be vindictive and tell everything to the parents when an opportunity presents itself.


Maybe you happen to be that one

weird kid who actually likes going to PTC's. I can only imagine why you like them...perhaps you're the next Einstein and you just built a mini rocket out of popsicle sticks or something and the 'rents dig it. Or perhaps you just like giving the parental units something to be proud of. I mean, who wouldn't want a proud little smile shot at you for good behavior or good grades.

Even though they suck, maybe PTC's aren't that bad; maybe they're actually training students to perform smoothly in a stressful situation (doubtful, but hey). Perhaps they really are some sadistic form of punishment thrust upon us by vengeful teachers. Whatever they are or however students respond is up to them, but as for me, I'll see my teachers during regular school hours and enjoy the half day off.

By **Scota Maccarthy**  
*WHS Senior*

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# Double the trouble, Twins find fun, confusion

By Chase Doughty  
Editorial Editor

Are you one in 250? If so, there must be another you. One in 250 pregnancies results in twins says Katie Kerns, senior editor of “Every Day Health.” Identical twins that is, and Weber has several of them.

Junior Kylee Condie, twin to Kelsee Condie, says, “When I go somewhere, I’m never alone. I always have someone to hang out with. When I was a kid, I didn’t know any different because other kids always treated us the same.”

When it comes to their differences, Kylee says her twin, Kelsee, pays more attention in class while she is louder around their

friends. Kelsee also adds they are both competitive and really driven but considers herself more athletic while Kylee is more artistic.

Junior Maddie Strebel, twin to Morgan Strebel, says, “You get a lot of clothes, you always have someone to hang out with and it’s just a lot of fun to trick people.” She continues, “As a kid you always had a friend, so you don’t really need to worry about being left out because you always had someone to play with.”

Morgan adds, “We are a lot alike. We are not really that different besides the food we like.”

Joe Johnson, sophomore, says, “There are not many people who have a twin; not a lot of people can say that.” He continues, “As a kid it was kind of nice because you had a friend with you the whole time.



Identical twins Maddie and Morgan Strebel have been each others best friends since they were little. They also enjoy playing soccer together.



Having been there for each other from the start are senior twins Roanna and Alexis Rague.

Plus, you live with him, so it’s like a party every day.”

Johnson also says they don’t look like each other when it comes to height and skin color. His fraternal twin, Reggie, is almost a foot taller and a lot paler than he is.

When it comes to people who don’t know them very well, Maddie says they are often confused. However, when it comes to their close friends, it’s “not too bad” concerning any confusion. She also adds their personalities are different, especially in the way they talk, and people can tell them apart through that.

Alexis Rague, twin to Roanna Rague, seniors, says, “You always have someone there for you. You also get to share clothes and stuff like that.” She continues, “As a kid it was hard. Sometimes your parents would confuse you, and that was kind of sad. A lot of people don’t know the difference between us, so you have to learn how to go by both names. It is a lot of fun, though, because it’s fun messing with people like playing pranks.”

Roanna agrees that being a twin can get confusing “because people stare trying to figure out who is who.” She continues, “I am a little more artistic. I consider her better at math, I guess.” Alexis, however, says she considers Roanna better

Photos by Brittany Slater

at math and she considers herself more athletic and social.

When it comes to pranking people, Roanna says in kindergarten they traded classes, but it was a lot easier because they look exactly the same. All they had to do was change their hair and what the other would wear.

When people think of twins, they often think of them being clones of each other. However, twins can be years apart. It is uncommon, however possible, that an embryo can be implanted months later after the first twin was born, says Pamela Prindle, a mother of twins and author of a parenting website concerning lifesaving techniques of having twins.

Prindle also says twins can be different races. It’s called Heteropaternal Superfecundation. It occurs when doctors aren’t careful with the fertilization process. However, the most common type of twin that people hear about is identical twins. A recent study, though, has reported environmental factors such as dietary habit and chemical exposures, also known as epigenetic effects, cause identical twins to be different over time.

# Peoples’ names often mirror their identities

By Abby Wight and Angeline Garcia  
Staff Reporters

It doesn’t matter if a person loves their name or completely hates it; each name has a special meaning behind it.

Some people are named after a relative, a celebrity or even characters from books. Others are named after something very different and unique. No matter the reason, every name means something different to its owner.

Warriors feel a person’s name is their identity, and they will be known by that name for the rest of their life. They also think, however, that’s not the only reason their names are important. Jacob Paul, junior, has a unique look on the reason names are important to people. He says, “When you get close to someone, their name, in your mind registers very special feelings and for that reason, names mean a lot.”

Paul also feels names are special because when someone thinks of certain, specific names, they are reminded of memories shared with a person who has that name, whether it be a friend, family member or anyone you come in contact with. It holds a lot of meaning to Paul to remember people by their name this way.

Jaden Hamblin, sophomore, has a funny meaning behind his name. He says, “My mom told me I was named after Jaden Smith, Will Smith’s son. I’m being serious! Once my mom heard Will Smith named his kid Jaden, she just had to name me that!”

Head secretary Mrs. Wall said, “My son’s middle name is Hawk, like the bird. I read a book and a character’s name was Hawk, and I really liked the name.”

Baillie Cook, junior, says her name wasn’t given to her for any special reason, but she still loves her name. It means “bailiff” or “city fortification,” which she doesn’t really feel has anything to do with her. All the same, she does like her name. She says, “It means to me that I’m one of a kind. I like it because of its spelling; it’s not spelled like anyone else’s. I’ve never met someone who spells it this way.”

Not only is someone’s name a big part of who they are, but also because others can judge them by it and that can have an impact on their life.

A professor of economics at Harvard University conducted a study of the way a person’s name influences their employers. Dr. Mullainathan’s “Resume Study” is from the documentary “Freak-nomics,” showing how researchers sent 5,000 resumes out to Chicago and Boston, each with the same qualifications as the others.

Two resumes used the names Tyrone and Greg. The study showed Tyrone was 33 percent less likely to get an interview simply because the employers liked the name Greg over the name Tyrone. It also showed that when looking for a job, it took Tyrone 15 weeks to find one while it only took Greg 10 weeks to land a job. The study shows names even affect someone’s success when it comes to finding a job.

No matter the meaning or origin of a name, they still have special meanings and add character to their owners. Warriors have looked deeper into the many meanings of their individual names and now appreciate them much more. Many people feel their names have an impact on lots of things people do; even job interviews. They are a big part of who people are, and whether they love or hate their names, it’s what they’ll be called for the rest of their lives.

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# Looking over best/worst of 2013 events

By **Erin Geiger**  
*Editor In Chief*

It literally feels like I just wrote the review for 2012. However, that's a long time ago considering a few months of 2014 have already sped by. The past year was full, and I mean *full*, of stuff to talk about; the best and worst have been compiled from several magazines, as well as my own personal opinions.

**Best Movie** There were many popular, long-anticipated movies that came out in 2013, and the best movie award varies depending on the person or magazine. *Entertainment Weekly* named *12 Years a Slave* the number one movie of the year with *American Hustle* as number two. *People* also named *12 Years a Slave* as the number one, with *Her* as number two and *American Hustle* three. *Gravity* jumped into the game for the writers at *Time*, putting it in the number one spot with *Frozen* as number two.

Senior Ryan Stanley says the best movie "depends on what you're going for." He adds, "*Saving Mr. Banks* was really good and *The Hobbit* was a solid pick. As far as *Frozen* goes, everyone I talk to has seen it two plus times, and they all rave about it being adorable." Stanley says *Frozen* was "as good as an animated film can get."



**Miles Scott, also known as Batkid, saves the day from the Riddler and inspires all to live their dreams.**

Junior Savana Craven agrees *The Hobbit* should be at the top of the list. She says, "I'm a huge *Lord of the Rings* fan. I loved the actors and all the details they put into it." She adds she knows it's long but she loved it from beginning to end.

The movies named are good picks, but I think *The Great Gatsby* and *Now You See Me* are really underrated. Just because *The Great Gatsby* is one of those books students read in their English classes doesn't mean it isn't good. I thought the current music in it was brilliant, and I loved that it followed the book pretty well. *Now You See Me* had an amazing cast. I could listen to Jesse Eisenberg talk on just about anything, and I was completely okay with watching Dave Franco for two hours. Yum.

**Worst Movie** As incredible movies come out, a few bad eggs, if you will, also make it to the theatres. *Time* magazine named *Grown Ups 2* the worst movie of 2013 with *Satler* second and *The Host* following as third worst. *Time* reports the best part of *The Host* is it has no sequels coming up, saying just the words "adaptation of a Stephenie Meyer novel...strikes fear into the hearts of film critics." Ouch.

*Time* wasn't the only people disappointed by these movies, though. On Dec. 30, 2013, the TX section of the *Standard Examiner* listed *Grown Ups 2* as Worst Sequel, *Percy Jackson: Sea of Monsters* as Worst Overall Film and *The Host*

as second Worst Dramatic Film behind *Oz the Great and Powerful*.

"I try not to watch bad movies, but *Oz* was definitely the worst. It was the biggest waste of \$30 ever," Stanley says.

Craven thinks *The Host* was the worst because it was "long and boring." I'd have to agree with her; there were some pretty unbelievable actors, making it one of the longest two hour movies I've ever endured.

**Best TV Show** There were multiple new shows that emerged in 2013 and some of them weren't half-bad. Returning shows also delivered, making this list long and impressive. The same shows popped up on every list I found, even if their orders were re-arranged in each magazine. One writer for *Entertainment Weekly* named *Breaking Bad* as the number one show on television. Might I just ask, is anyone really surprised because I'm not. There's been so much talk about that show; it's made me think that I might need to watch an episode. The final episode aired Sep. 29, and viewers were downright outraged at how it ended and that it ended at all! It may be a show about meth, but it totally caught people.

Another writer for *Entertainment Weekly* said *American Horror Story: Coven* was number one, he placed *Breaking Bad* in the number

kept coming up over and over again—"Yeezus" by Kanye West. Now, I only list this because it was called best album by *Entertainment Weekly* and *Time*, as well as sixth best album by *People*. *Entertainment Weekly* listed the number two album as Drake's "Nothing Was the Same" and third as Miley Cyrus's "Bangerz." *People* named "The 20/20 Experience" by Justin Timberlake over Kanye West's album. In this case, I'm going to try the less-is-more approach when commenting on Mr. West. Sit down and



humble up, Kanye. Next.

"When those are the top three albums it's pretty depressing," says Stanley. "That's a great example of why I stopped listening to contemporary music," he adds. Stanley personally named Jay-Z's "Magna Carta Holy Grail" as the best album of 2013 because "it was the only album that wasn't bad."

**Best Song** How someone (ahem, Kanye) can earn best album without having a single song on this list is beyond me. That being said, "Get Lucky" by Daft Punk featuring Pharrell Williams was named best song by both *Entertainment Weekly* and *Time*. Whenever this song would come on the radio in my car, I would search desperately for another song--any other song in any language. It's a fine song, but it quickly made its way to the "Played Way Too Much" list, if you ask me. Lorde's "Royals," was named second best song by *Entertainment Weekly*, followed by Haim's "The Wire" in third. (What the heck is "The Wire?") Other top songs included "Stay" by Rihanna, "Roar" by Katy Perry and the "Cruise" remix by Florida Georgia Line featuring Nelly.

Craven doesn't agree with *Entertainment Weekly* or *Time* whatsoever; she says "Get Lucky" was the worst song of 2013. "I hate that song. It's embarrassing to society to have it as number one. It's really repetitive, just like "Mirrors" [by Justin Timberlake]."

More than these silly categories about TV and music, major impacting news events also happened in 2013.

**Batkid Saves the Day** On Nov. 15, the Make-A-Wish-Foundation in the Greater Bay Area helped Miles Scott's dream actually come true. At only 18 months, Miles was diagnosed with leukemia and is now in remission at five years old. For nearly his whole life he wanted to be Batman and help citizens stay safe. He was given a miniature Batsuit and the opportunity to tag along with Batman for the day. People lined the streets of San Francisco to see him "save" a damsel in distress, stop the Riddler from robbing a bank and rescue the Giants' mascot who was being held hostage by Penguin. He was even given a key to Gotham City.

**Natural Disasters** Super Typhoon Haiyan, known as Typhoon Yolanda in the Philippines, tore

through the central Philippines and killed over 6,000 people on Nov. 8. Weeks after the typhoon left hundreds of thousands homeless, about 1,800 people were still missing. Wind speeds came in at 190-195 mph and water levels rose rapidly, sweeping away many of the houses and buildings.

**Bombing** On April 15, Boston, Mass., marathoners made their way to the finish line when a bomb went off nearby. Only seconds later, a second blast went off, causing even more panic to ensue. Law enforcement officers, marathon runners and other civilians there joined together to help those who were injured. The two bombs left three dead: Krystle Campbell, 29; Lingzi Lu, 23; and Martin Richard, 8. Over 144 people were injured; 27 of those people losing limbs. Adrianne Haslet-Davis, a 39 year old dance instructor who lost part of her left leg, said, "I insist on being called a survivor, not a victim. A victim...means I somehow belong to somebody or I'm suffering because of him. I'm not suffering. I'm thriving."

Tamerlan Tsarnaev, one of the brothers behind the bombings, died during a police shootout four days later. His 20 year old brother Dzhokhar was injured and caught during the shootout and is now facing the death penalty.

**Verdict** The death of 17 year old Trayvon Martin rocked the state of Florida and made national headlines. George Zimmerman, a neighborhood watch volunteer, shot Trayvon. He pleaded self defense, but many think he murdered Trayvon in cold blood. The case was extremely controversial due to Trayvon being African American, while Zimmerman has been called white and Hispanic American. The case was all over the media; every station covered the story, some added their opinions and views on the topic because it was so heated and emotional. On July 13, a jury declared George Zimmerman not guilty of second-degree murder. Protests and demonstrations erupted all over the country, and President Obama told reporters in a press conference that "Trayvon Martin could've been [him] 35 years ago."

**Teenage Hero** At the age of 11, Malala Yousafzai was speaking out about Pakistani girls not being able to get an education due to the power of the Taliban. Her anonymity was compromised, and the Taliban found out who she was, though. At 15, two Taliban gunmen stopped the bus Malala was riding on and shot her in the head. The bullet "pierced Malala's skull and lodged in her spinal chord." She did not die. She was stabilized and sent to England to recover; a titanium plate was put in place of the broken skull.

On July 12, she made a public speaking appearance for the first time since being attacked. In her speech addressing the UN for universal education she said, "One child, one teacher, one pen and one book can change the world." She is only 16, but she says, "I have seen death, and I am not afraid of it." She adds, "The terrorists thought that they would change our aims and stop our ambitions. But nothing changed in my life except this: Weakness, fear and hopelessness died. Strength, power and courage was born."

## Tired of the ordinary?

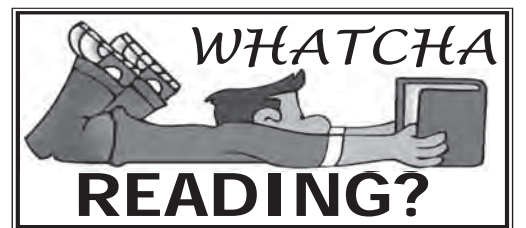


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**Come See Us!**



By **Chandler Moore**  
*Staff Reporter*

Two years ago, award-winning author Neil Shusterman visited Weber and hosted a question and answer assembly as well as a book signing for students.

At the book signing, he wrote "Stay Whole, Shusterman" on the front of my copy of *Unwholly*. It was an awesome feeling being able to talk to the author of some of my favorite books. His writing pulls readers into a story with just a few words. This is amazing to me.



Shusterman discovered his intoxicating story telling abilities while volunteering at a summer camp as a counselor. He noticed an on going boredom throughout the camp, so he started telling stories to the campers in his cabin. He told them all sorts of stories including one about a boy and his sunglasses which later became his first published novel titled, *The Eyes of Kid Midds*.

His cabin mates quickly spread the word about Shusterman's awesome stories and within days, the entire camp was gathering to hear him talk. The camper's boredom had vanished. I definitely felt that hypnotic vibe throughout his presentation.

All-in-all, the *Unwind* series is one of my favorite series I've ever read. The story line is captivating and consuming. I found myself reading for hours without even realizing a moment had passed.

Shusterman got the idea for his book *Unwind* while watching a news story about how, in only a few years, scientists will have made it possible to use the entire body as a donor. It got him thinking; you couldn't use the pieces of the body if the person was alive. Where does the soul go without a shell? If you were to make a whole new person, like Frankenstein, would it have a soul?

So with these questions, he began to write about a boy named Connor and his endeavors to stop the process of unwinding (Shusterman's word for donating the entire body) unwanted/delinquent kids and using their parts with or without their consent.

*Unwind* leaves readers with a satisfying cliffhanger, and it left me wanting more. Definitely the greatest sci-fi novel I've ever read.

In the second book of the series, *Unwholly*, new characters are introduced. One character named Cam is depicted on the cover. I don't know if I loved him, hated him or pitied him. He's guilty for his nature, but his heart, or sort of his heart, is good, innocent and lovable.

Connor, however, does hate Cam. At the end of book one, he is given control of a safe house where kids who have been condemned to unwinding can run and hide until they turn 18 and are free of the Unwind Order. In *Unwholly*, the government knows of this place and is waiting for these delinquents to slip-up. One AWOL person in particular gives them that opportunity to invade. Conner gets the majority of the AWOLS out safely; however, the base was destroyed. He and his best friend make their way back to their home, Town of Archon, and they need to find another way to save people from the Unwind Order. There is also a startling discovery to be made about unwinding.

After reading these two books I can't wait to read *Unsold!* *Unwholly* has another cliffhanger, and I want to see how Shusterman is able to tie his story together in his next book. I recommend getting his novels and enjoy Shusterman's writing talent.

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Tarzan will be in audience's hearts... forever

By Kierstin Pitcher  
Assistant to the Chief

I recently had the privilege of attending the musical *Tarzan* presented by Weber's Productions Company. *Tarzan*, the stage musical based on the Disney film, follows the story of an orphaned boy raised by gorillas, and his journey to become a man, or more accurately ape-man, as he discovers what it means to be part of a family. Before the show started, the excitement of the audience was building in anticipation of seeing the show the community had raved about. The stage was simple, but perfectly designed for the show; green silks hung from the ceiling and also wrapped around rails near stairs, all resembling jungle vines. And once the show began, the audience was immediately captivated by the gorilla ensemble. No longer were they high school students, they were a family of gorillas living deep in the jungle. Not once did the actors move like humans; they completely adopted the character of gorillas. The gorilla ensemble was perhaps the most interesting part of the musical. At times they would even interact with the audience as gorillas, jumping over seats and picking



Professor Porter, Gabe Walker, touches hands with Kala, Katrina VanTassell, and realizes they're the same.

through people hair for "termites." Another great aspect of this production was the acrobatics and aerial routines. The dedication and talents of the cast were obvious as one watched these amazing feats, and it wasn't hard to see that these students had learned so much in a short amount of time. But what was especially neat about the acrobatics was the teamwork shown by the cast as they would lift one another up or tie knots in curtains for the next cast member to use. Each member was able to depend on the other to produce a great show, and each action was smoothly delivered. The characters in this musical were amazing as well. When the "grown" Tarzan, played by Jared Olsen, first swung across the stage, one was able to feel a rise in energy from the cast. The skill of the leads was also evident in their performance. One thing I particularly noticed was the ability of Terk, Tarzan's best friend played by Matt Taylor, to singing

while hanging upside down from the silks. And he didn't just sing, but he did it so well. This could not have been an easy task. I was also impressed with the wonderful acting skills of Paige Norman as she portrayed the character of Jane Porter. The audience could feel this character's emotions and see the growth in her role as the plot developed. As much as I love all the characters, including Jane's doting father Professor Porter and Kerchak, the protective leader of the gorilla tribe, my favorite character has always been Kala. She is the gorilla that found Tarzan as a baby and decided to protect and care for him, thus becoming his adoptive mother. In Weber's production, Kala was played by Katrina VanTassell. I've seen this musical at the professional play house, Hale Center Theater, and in my opinion VanTassell did just as good of a job as the actor they had portraying Kala. My favorite scene/song in this production was the "You'll Be in My Heart" reprise. This number is sung between Tarzan and Kala just after Tarzan has told her he is planning on leaving the jungle forever. He has fallen in love with Jane, and he wants to experience life away from the jungle. I feel both VanTassell and Olsen performed their best in this number, making the scene incredibly touching. All in all, *Tarzan* was a perfect choice for Productions. Everyone loved it. The Productions Company did a wonderful job of telling a beautiful story, and Mr. Daniels was exceptional, as always, as the director. From the smallest details on set design, to the intricate staging and costume design, *Tarzan* was one of the best musicals I have seen at Weber. (See more Tarzan photos on page 10)



Mr. Clayton, John Child, plans to take Tarzan, Jared Olsen, back to England and exploit his "ape man" story.

Photos by Cara Darr

Fans choose favorite superheroes as well as popular dastardly villains

By Miriam Gameros  
News Editor

It's a bird...it's a plane...it's Superman. Perhaps it's Batman being sneaky with a gadget of his. Or is it Spiderman swinging above the city from sky scraper to sky scraper? Could it be Wolverine, who never seems to die or even get hurt? Maybe it is Captain America with his patriotic shield and solid strength. No matter which power and spandex outfit, Warriors can't get enough of their favorite heros.

Batman is known for his impressive gadgets and his powerful belt. Batman has the ability to do everything imaginable with that one belt. "Even though he doesn't have super powers," said Principal Wardle, "he does have that belt of his that seems to have everything a superhero would ever need." Batman sure does have a lot of love at Weber due to the many fans who chose him as their favorite hero. Caity Smith, junior, also says Batman is her favorite. "Once you think about it, he's the whole package. He's got good intentions; I admire his keen eye for justice," said Smith.

There were also Warriors who appreciated Wolverine. "Wolverine is my favorite superhero, hands down!" said sophomore Shiloh Checketts. "He is invincible. Nothing can harm Wolverine, 'cause dude, his skeleton is made from metal and his claws are pretty neat. I like how he can cut anything that comes his way."

Checketts also said he likes how Wolverine can "repair" himself when he gets "shot or something." The one and only patriotic Captain America also has many fans at Weber. "He's just huge and super strong. How could you not love him?" said sophomore Bridger Sanders. "My favorite super power of his would be his strength. If he were to ever be in front of me, I would be freaking scared. I wouldn't know what I would do," he says.

Junior Jackson Bright also feels the same towards Captain America. "He just seems like a cool guy, to be honest, and I like how he can throw anything perfectly. He's got a really good aim, so that could be super handy when in battle while he's saving the world," said Bright. The charming Iron Man has the ladies all over him and maybe some

guys appreciate this hero. "Iron Man is just dashing," said senior Shayla Ocegueda. "Well, at least in the movies he is. Robert Downey Jr. plays Iron Man perfectly." Ocegueda admits to not knowing much about his super powers, but her favorite is his "laser hands." "He can fly with his hands; not a lot of superheroes get to say that in their resume," said Ocegueda. "He's super rich, and he's always got the ladies with him in movies," said senior Aaron Soto. "His suit is pretty cool; it's almost like a robot. And it's probably one of the most

He's so insane, but he knows what he's doing, and he plays cards. That makes him pretty darn cool because I like playing cards, too," said sophomore Thomas Ulrich. "Every villain that Batman has, has something different so that makes it a challenge," added Soto. "The Penguin is my favorite, though. He's always wearing suits, so that makes him classy. When I think of class, I think of The Penguin, and when I think of The Penguin, I think of class. It just works like that," said Soto. "Deathstroke and Joker are



Aaron Soto chooses his favorite super villain, the Penguin, from Batman Returns.

Photo by Levi Easley

technologically advanced suits that any superhero has had," said Soto. What if the superheroes were able to have another super power, what would it be? "Flying is pretty cool; I kind of wish Captain America could fly. That would really add to his personality," said Sanders.

Bright said he would like Captain America more if he had telekinesis, or if he had heat ray vision. "He would be even more perfect," said Bright. "If Flash were to have another super power, I wish he could run faster, if that's even possible," said sophomore Sean Reichle.

Villains are something that contributes to the spirit of any super hero. According to Warriors, Batman seems to have the best bad guys. "Batman's villains are honestly the best," said Wardle. "Bane is my favorite. His mask is neat, and the way it makes his voice sounds is pretty awesome," said Wardle. "Batman definitely has the best villains. Dude... he's got the Joker and the Penguin against him, what more can you ask for?" said Smith. "Joker is just so cynically smart.

the best villains of all time," says Moya. "Deathstroke is super cool, and he has this really huge sword that can chop heads off. Joker is always just so happy and strangely positive; his happiness is almost contagious in a way," said Moya. A lady is also something every superhero must have; however, Superman doesn't seem to have the best, according to Wardle. "I don't like Superman because Lois Lane isn't that cute in the movies," said Wardle. Wardle added the ladies in Batman movies are "a lot cuter." "I'd also like to add that Bruce Wayne looks a lot like me," said Wardle. "Spiderman always has such cute girlfriends in every movie," said Moya. "Although it's always the same character, it's usually a different actress who gets to play the role. Spiderman always gets lucky with the ladies! I think it might be his spidey senses." Stylish clothes, super powers, devious villains and a lady by their side, Warriors have their favorite superhero. And they can't get enough of them.



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Photos by Cara Darr and Levi Easley



A new species of butterfly is discovered by Jane Potter, Paige Norman.



Mr. Clayton John Child, hopes to bring home gorillas to sell to local zoos.



Kala, Katrina VanTassel, and Kerchak, Chase Warburton, discuss what to do with baby Tarzan.



A savage leopard kills Tarzan's parents, Nina Jo Sandstorm and D.J. Niebergal.



Tarzan, Jared Olsen, and Jane realize their relationship is something special.



Showing off their acrobatic talents are Nino Sandstrom and Hannah Warburton.

Singing "Who Better Than Me," Terk, Braydon Smedley, and young Tarzan, Nathan Norman, show how good of friends they are.



Kala promises Tarzan he will always be in her heart, no matter where he goes.



Hand to hand, Jane shows Tarzan they are not so different from each other.

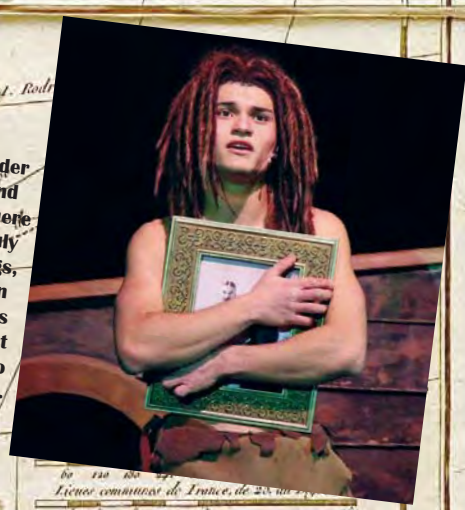


Tarzan decides to leave his home to travel with Jane to England.



Hoping to make some money, Mr. Clayton and his assistant, Mr. Swipes, Spencer Sowy, plan to make money off the gorillas and Tarzan.

In order to find out where he truly belongs, Tarzan decides he must travel to England.







## Teens search to save on Prom attire, activites

By **Jason Godfrey**  
*News Editor*

With Prom fast approaching, Warrior boys and girls prepare by figuring out day date plans, finding the perfect dress or tuxedo, getting arrangements for dinner, photographers and flower arrangements. The list keeps getting bigger and they soon realize the dollar signs are adding up. Is it really possible to save costs on Prom? WHS students share tips on what they think teens can do to save a dime or two on that special day.

First, finding the best deals on dresses/tuxedos. Girls see in the movies that perfect dress and wonder where they can find one just like it... or maybe guys can't find the tux that fits just right and doesn't drain their wallet

For the ladies looking for a dress, Dreams of Enchantment in Layton has a variety of dresses and during this time of the year, they have clearance dresses starting at \$40. Bridal Corner in North Ogden is also helping girls with affordable Prom gowns starting at \$99.

Give Me a Chance Formal Attire in Ogden also wants to help girls find the gown just right for them at a great price. They offer 50 to 75 percent off many of their dresses.

Heather Edmunds, graduate of 2007, said, "Another option to find Prom dresses on a low budget is to trade and/or buy dresses of friends. Since girls often buy new dresses for each dance, the gowns they already have are gently used. Borrow one of their dresses and then get it tailored or altered if needed."

## Affordable meals help create memorable evening

By **Landon Wood**  
*Assistant to the Chief*

Out of all the school dances, Prom takes the title as the king/queen of them all. It also takes the title as the most costly and most complicated to arrange. The date has to be good. If not, then somebody's Prom is ruined. It's vital to the success of the date that the dining location is also suitable. Taking a date to Burger King or McDonald's isn't a fool-proof plan.

"You need to take a date somewhere classy and memorable. One can't just take him or her to a fast food joint. You want a person to look back and remember the date, not that you bought her a dollar menu burger," said Jared Fenn, senior.

Obviously, quick and unhealthy meals are not the way to go. Fast food shows the other person he or she isn't worth taking to a restaurant and, most importantly, it shows that someone is cheap.

Luckily, North Ogden and surrounding areas have some really great restaurants that Warriors have chosen as their favorite places to dine.

For those westerners, there is the Timbermine. Located at 1701 Park Blvd. in Ogden, this restaurant is known for its steaks and seafood specialties. If a date is a country girl or country boy, then the old west-goldrush vibe is perfect. However, this atmosphere will be enjoyed by almost everyone. Then

For boys, Jordan Joy, senior, found the most affordable tux at Men's Wearhouse. With nearby locations in Riverdale, Layton and Salt Lake, Men's Wearhouse allows students to find their style and to even build their own tux. They can then pick up their tux at any location. Tux rentals start at \$59.99.

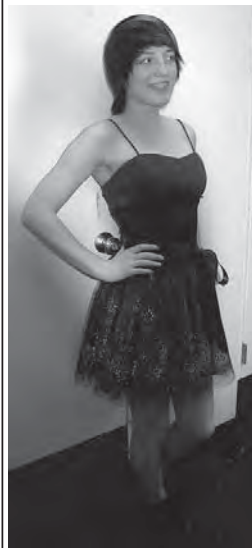
However, boys can also save money by shopping at local dress/tux rental places. The Stuft Shirt in Brigham City offers a \$56 tux and free shoe rental on any tuxedo they have in inventory. They also have a 10 percent discount on other tux styles that they can order for students. Holmes Clothing, in Ogden, also wants to help Prom-goers and offers discount tux rates, free shoes and they will also throw in a discount card to Afton Floral in North Ogden, as well as free Prom pictures at Masterpiece Images.

Figuring out the day date can be easy and also affordable. Joy said, "Scavenger hunts are always fun." As far as scavenger hunt ideas, some that Joy shared are food/store scavenger hunt or even a video/picture hunt.

Edmunds mentioned, "Another affordable place is Nickelcade." Nickelcade is located in Riverdale and has special group rates. Edmunds also suggested, "Painting, going shooting, hiking or even snowshoeing are also possible day date ideas."

"As for the dinner, students can either go out to restaurants to eat or have something catered at someone's house," said Edmunds. "If you know of couples who are going to be late, catering at home

**Saving money continues on page 12**



**Photo top left: Alison Ryan, senior, searches dress racks for the perfect gown to wear to Prom. Photo top right: Natalie Crook, junior, selects a possible Prom dress that will make her look beautiful at the dance. Photo bottom left: Ryan tries on a short, dress style that is popular for this year's Prom. Photo bottom right: Scota Maccarthy, senior, and Crook try dresses with a touch of sparkle. All dresses are from Deb in the Newgate Mall.**

Photos by Cara Darr

## It's All About The Dress



## Etiquette tips = better dates

By **Miriam Gameros**  
*News Editor*

Prom season is coming up, hence dates are coming up as well. Whether the date is going to the movies or some nice dinner, some people just don't seem to show proper etiquette during dates.

Just imagine the following scenario: a lovely girl has a date who is going to pick her up in two hours. She curls her hair really nice and wears her favorite jeans with her cutest blouse that she just bought. Her date ends up taking three hours to pick her up instead of two, like he had said it would take. Her hair is now flat and her night is the same.

"It really bugs me when my date is not punctual. If you say you're going to pick me up at 6 o'clock, pick me up at 6, not 7 o'clock," said sophomore Macie Grissom.

Sophomore Alejandra Meza also feels being on time is crucial, especially with dates. "Being late is one of my pet-peeves. Just be early to things. It's really not that hard. Set an alarm or a reminder if you have to, as long as you are not late," she added.

Grissom said it bothers her when her date is texting; in fact, she considers it rude and disrespectful. "Can't they take a bit of their time to not be on their phone? They have their phone all the time, I just want to have a good time," said Grissom.

Deciding what to wear may be harder than one may think. Over dressing is something that can be easily done. But then again, pajamas are just a no-no. "I really like it when a girl wears a nice dress or some nice skirt on a date," said junior Juan Moya. Moya adds, "Even some nice jeans are nice, just not

sweats."

"Sweats on a date? Who would ever do that? I would consider that social suicide. I mean, obviously I don't want my date wearing some huge Prom dress on our date, but sweats are just very sloppy," said Moya.

Moya adds girls should not stress too much on what they wear. "Honestly, some guys probably won't even remember what your outfit looked like at the end of the day. Just look nice and remember, it's a date. Have fun and be yourself," added Moya.

Junior Spencer Moore said he really likes it when a girl can keep up a conversation. "The best feeling on a date is when you can be yourself and just talk about things you both like," said Moore.

Being awkward and nervous on a date can be really nerve racking and can ruin the vibe of the date. "Something I really like in a guy is when they're not nervous on a date. There really is no reason to be nervous since we both are humans; I'm not interrogating him or anything. Jeez," said senior Shayla Ocegueda.

Simple chivalrous acts can also matter, especially on a date. "Something guys should do more often is open the doors for girls on dates. It may seem like something small, but it's the details that matter," said Meza.

Curfew is something to also keep in mind while on a date. Not getting the daughter, or maybe even son, home on time can ruin a first impression to both parents and dates. "Take my advice and don't take a girl home past their curfew. Her or his parents will give you the death stare and probably won't let you again take out their daughter or son," said senior Aaron Soto.

Parents may also be around and

dates may have those spare minutes to talk to mom or dad when waiting for one's date. "Just be yourself around their parents, unless your real self is some total jerk, then try being nice. If that doesn't work, then compliment their house and their daughter or son," said Soto.

Soto added being too nice could come off as being fake. "Just be nice and respectful around the parents; otherwise, you could kiss that second date goodbye," said Soto.

To kiss or not on a first date is also something that can be argued about from both sides. "Personally, I don't like kissing on a first date. Maybe if the kiss were to be on the cheek, it would be fine; otherwise, no, just no," said Meza.

"If both the girl and guy think they are ready for the first kiss, then they should go for it. It's their date. They're going to end up doing what they want to do anyway," said Moore.

However, couples need to look for a positive sign before attempting a kiss. "Going in for a kiss and getting rejected is the worst. When your date wants to kiss you or they want you to kiss them, they'll give you subtle hints," said Moore.

Moore added the hints won't only be seen but felt as well. "The trick to making sure you both end up kissing is that you go in 90 percent and the other person goes in the other 10. I saw it in a movie once and it worked for them," said Moore.

Meza added kissing is fun, but rushing is not. "You don't want to give the wrong impression to the point where you're known for being the girl or boy, with loose morals," said Meza. She added holding off on kissing may be hard to consider for some, but the first kiss might end up being worth waiting for.



**Chili's is an affordable choice for a Prom dinner date because of good food and it's local.**

Photo by Ellie May Kerr

after the fine dining is the highly talked about apple pie ala mode or mud pie for dessert.

At Maddox Ranch House in Perry, Utah, one can enjoy what some have dubbed "Utah's original steakhouse." With the fancy nickname also comes amazing steaks and famous chicken. The drive is also scenic, so don't let the distance keep you from choosing this restaurant. It also takes reservations which can help with dates.

Another steakhouse to visit would be Ruby River, located at 4286 Riverdale Road in Riverdale. This place also has an affordable price range. For those pestered by their surroundings, this restaurant is not noisy and also has a slight country vibe that relaxes and allows its guests to sink into comfort. Popular meals would be ribs, steaks, chops and baked potatoes—basically the good 'ol hearty meals.

For BBQ lovers, there is Huntsville BBQ Company. Located at 235 S 7400 E., Prom-goers can expect live music, but the layout isn't

quite dance friendly. This BBQ joint is rated a 4.5 out of 5 on the customer enjoyment scale. Since the restaurant is in the Valley, dates can also enjoy the majestic views while dining. For those who like to walk in, there is no reservation needed. To call for more information, dates can dial 801-745-2745 to get the full scoop.

There is even a restaurant for those who enjoy Chinese food. Zhangs, located in North Ogden, is a favorite with Warriors and very student-friendly. This restaurant is fairly priced and has a fun atmosphere for dates. There are plenty of authentic Chinese cuisine items on the menu along with family dinner servings to save on costs.

Roosters Brewing Company and Restaurant is also a good place and it is a historic-rich experience. Located on 25<sup>th</sup> Street, one of Ogden's oldest and most notorious streets,

**Restaurants continues on page 12**







# Faculty tells fond memories of past dance experiences

By Miriam Gameros  
News Editor

Teachers had Prom too. They're not as old as teens think. Yeah, Madonna was the Miley Cyrus of back then, but besides that, not much has changed. Prom traditions and Prom itself has changed some throughout the years, but it has always been the most looked forward to dance of high school.



Mr. Rawlins', computer technology teacher, dance with Teresa Israelson was memorable because he was with a good friend and a large group of eight couples.



Accompanying Mrs. Randolph, history teacher, to Prom was husband-to-be, Greg.

From billowy gowns to short, sassy dresses, Prom has had its special looks. Sure, there are certain details like the ridiculous hair guys had, but that was nothing.

"Prom...? What's that? No I'm kidding; my Prom was in the year of 1987. Yeah, I know I'm old, don't remind me. I remember wearing a white tux with a turquoise colored tie. I also wore a cumber bun, which I don't see much of now," said Principal Wardle. A cumber bun was a colored sash around the boy's waist that usually coordinated with a girl's dress.

Science teacher Mrs. Pearce also feels the same way about guys wearing cumber buns. "If anything has changed about Prom, it would be that fewer boys wear the whole tux outfit. I mean, I don't blame them, they are expensive just to rent," said Mrs. Pearce.

The traditional gown style for girls has been something that has always been a dress favorite. "I remember wearing a long, silky, creamy gown type dress to Prom. It was a really pretty dress now that I think about it," said Mrs. Pearce.

Another traditional part of Prom is the day date. Today's couples enjoy going bowling, swimming, riding the train to Salt Lake City or taking a picnic in a park, and some teachers had the same idea when they were planning a day date.

"Dances with Wolves had just been released, so we rented out the Cinedome and dressed up in Indian costumes, put buffalo hides over the seats, made Indian fry bread with honey butter and watched the movie," said drama teacher Mark Daniels.

However, day dates seem to be a more recent idea that was introduced to the Prom tradition. "Something that's very different would be the whole day date thing. Back in my days, I remember it just being a nice dinner, then we would head to Prom and from there, there would be a party or a gathering at someone's house," said Mrs. Butler, history teacher.

"I actually remember having a nice, fancy dinner on the top floor of the Joseph Smith Building in Salt Lake City," added Mrs. Butler.

"Oh, and back then there wouldn't be group pictures like there is now. It was just you and your date. But you would usually go with a big group of friends which seems to still be the same," said Principal Wardle.

Asking in a kooky and clever way is a tradition that has been going on since some could remember.



Weber State University is where Mrs. Radle, biology teacher, went to Prom with her date.

"I remember people asking their dates in a bunch of fun ways," says health teacher Mrs. Bird. "They would trash rooms in a cute way to ask someone to Prom. I also remember people would get creative with food. They would ask them on a pizza with pepperoni or different toppings. They would also do puzzles. There were a bunch of fun

*"If anything has changed about Prom, it would be that fewer boys wear the whole tux outfit."*

ways someone would ask people out."

Mrs. Bird also remembers a creative way someone was asked to Prom. "Someone made a cake of rotten apples and the person added they had to eat it to find out who asked them out. That was probably the funniest one that I remember," she adds.

A party after Prom is also a fun tradition. "Prom was the last dance that my school would have, so we would make the best of it. I had a friend who lived in southern Idaho. He lived near a lake and also had a lake house. So after Prom, we just went over there and had a campfire. It was really fun, actually," said Principal Wardle.

Mrs. Bird also had fun after Prom with friends. "We would go to someone's house after Prom and get together. We would play some games and watch some videos. Who knows what kids do now-a-days," said Mrs. Bird.

Computer technology teacher Alan Rawlins also had fun af-

ter his Prom. "We had a group of eight couples and we went back to a friend's mom's workplace and played games until 2 a.m.

Prom is often described as a great experience that makes high school what it is. "Prom was so much fun. I bet it's the same today or maybe even more fun. It kind of depends on how much fun you want to have. Kids should really try to go to Prom. It really is such a fun experience," said Mrs. Pearce.

Mrs. Butler agrees and adds, "Don't make Prom such a big deal to the point where you are so stressed out that you don't enjoy it. Just have fun. You don't even have to try to have fun, everyone will just be so excited that the excitement will fill the room."



Mrs. Reyna, English teacher, attended Box Elder High School in the 1960's where she attended Prom with her date.

## Saving some money, Inexpensive dates can be exciting, more successful

By Chase Doughty  
Editorial Editor

People may call it the highlight of their whole dance experience or the most dreaded part. Some say it could also be an iron punch to the wallet. Question is, are day dates really necessary?

"I don't think it's necessary, but if you don't know your date it's good because you can get to know him and your group," says junior Abby O'Neil. "Not all people go on day dates. Some would rather just spend the day to get ready or relax before the dance."

Although a day date is not mandatory, some take it as a way to get to know their date. However, Warriors feel these dates should not be expensive.

"This guy had horses, so we went horseback riding and then had breakfast," says O'Neil. "It was inexpensive but still fun."

If a person's parents are paying for the date, then its money coming out of their pocket. However, some students pay for the date and have a budget. "I wouldn't do something super ridiculous; not cheap but not so extravagant," O'Neil continues. "My parents pay for some of it, and I pay for some of it."

The group that a person goes with on their day date can also impact how that date will go. "Go with people who want to have fun as well as make you comfortable, so you are both yourself," she continues, "where it's exciting as well as entertaining."

Day date plans change when the season changes. Some say when winter comes, it is harder to come up with ideas because of all the snow. If a person's date doesn't like the snow, it could be hard to find something that the couple both likes. Some Warriors' suggestions for winter dates include baking goodies, scavenger hunts, carriage rides, make indoor s'mores over the stove, indoor miniature golf, board or video game championships or even going to a local bowling/recreation place.

Spring and summer offer a lot of ideas that involve the outdoors. For instance, some dates could go boating, fishing, kayaking, cliff diving, hiking or just simply going to the park and having a picnic.

"The most fun date I have been on was having a glow stick fight. You just go to the dollar store and pick up a ton of glow sticks for less than a dollar, go to a park and splatter them all over each other. We look like avatars after!" says junior Karlie Miller.

She continues, "It [day dates] gets you and your date more comfortable with each other. It makes dances less serious and more fun. I think making your own fun makes dates more inexpensive, because you can make or buy your own supplies." Miller also says it's a lot more relaxing and easy going with people who are willing to have fun and do insane things.

According to *Six Sister's Stuff*, there are a variety of inexpensive dates that can be done no matter what season. Some of their suggestions include making homemade pizzas; a friendly board game competition with anything from Monopoly to Twister where game rules can be changed for even more fun; being tourists in your own city and take silly photos of people in your group; and going to a thrift store with \$5 each and see who finds the best items.

Another day date idea that could also work for the dinner portion of the evening is each couple takes \$10, or whatever amount that is determined to spend, and purchase food for a dinner. Then bring the food back to the home and prepare a meal from what was purchased. This could end up with a crazy dining experience.

Junior Wesley Johnson says when it comes to budget for a day date, "I would spend like \$50 probably!" He continues, "Me and my date went to the zoo, and it was pretty fun and not too much money." He also adds when having a day date, find super outgoing people who will have fun with you. "This will keep things from getting boring," he says.

Day dates are not mandatory; however, some say that they make the dance more enjoyable. Whatever season it is, Warriors feel there is something people could do that doesn't have to be expensive.

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# A night to remember, Prom disasters avoided with Warriors’ suggestions

By **Landon Wood**  
*Assistant to the Chief*

Prom is that one special dance that tops all other dances. A Prom date will always be remembered. So if it’s important, then the date must not go wrong.

Unfortunately, it sometimes does and that’s where people hear of Prom disasters. Counselor Jen Paige says, “It was the day before my Junior Prom, and I was playing flag football for the day date. I tripped and sprained my ankle. It was swollen all the way up to my knee, so I couldn’t fit into my cute, red high heels and I had to walk around with a brace.” Luckily for Paige, her date was just a friend and didn’t mind her having to wear a brace.

English teacher Crystal Cale also had an interesting Junior Prom. “It was at Radison Hotel on Washington Blvd. The ballroom was hot and they ran out of punch, so we went to get soda downstairs at the restaurant. It was full of students who were also purchasing drinks. As I started down the stairs, my foot caught on my slip. I fell to my knees and started sliding down the stairs screaming like a banshee. When I reached the bottom of the stairs, everyone in the restaurant gave me a standing ovation which made it worse.”

As she reflects about her Prom night she adds, “Everyone might call it a Prom, but I call it a mortal embarrassment.”

The reason why Prom is so difficult to perfect is because there are so many things not to do and even more things that must be done. It’s not just a room with music and dancing, it’s a whole process of making the right decisions and

avoiding the catastrophic ones. Luckily, the most important process is the planning process.

“The lack of planning can be a major downfall to a successful prom,” said Auston Tesch, senior. “Make sure to plan if you want the date to work out,” said Marcos Ninataype, senior.

Planning isn’t too difficult, but there are several elements.

Let’s start with the date selection process. It’s half the battle to find the right person, and many overlook it. It’s actually pretty simple.

“Ask somebody with a good personality and who you enjoy spending time with,” said Jessica Lowder, senior. Lowder said this is important to ensuring tranquility while on the date. “You don’t want to go to Prom with someone who has a different personality from you because you may clash heads. You want to go with somebody who likes you because it will make things more enjoyable,” added Lowder.

Besides date selection, the next most important part is having the necessary things to go on the date. This would be dresses, tuxes, etc.

“Plan ahead and make sure your tux can fit,” said Tesch.

A lot of Prom goers don’t realize the image that comes with what is worn on Prom.

“Choose the right clothes. What you wear to Prom determines the way people will see you and what they will think,” said Jaron Paskett, sophomore.

Teenage girls aren’t the only ones with embarrassing Prom dance moments. On lifestyle.com, several people have posted their embarrassing or funny memories of past Proms. One story was sent by an unknown teenage boy. He said, “Growing up in a small town, us guys that were ordering



tuxedos had to drive an hour into the big city. Being the first to order my tuxedo, I was offered a deal to get other guys to order from the same store and if I got at least 12, I would get mine free. I was able to get 20 or so of my buddies to sign on and did, in fact, get my tux free. When I was getting dressed, I realized that the shirt from my ‘free’ tuxedo didn’t have sleeves! It was too late to go back to the tux place, so I called my date and told her what happened. Luckily, she had an older brother who had plenty of fancy shirts and one did work out. So much for my ‘special deal.’”

“Wear something that is comfortable. Most importantly, wear something modest,” added Madi Henrie, junior.

Dressing appropriately is actually required; showing up dressed loosely will only result in meeting the outside of the dance very quickly.

Next up to bat is the implementation of the planning stages. This is past the planning parts and into the date. Nobody wants to go to Prom with a sad, money person.

“Bad attitudes can ruin dates because it means nobody is having a good time and that’s not what Prom is about,” said Lowder.

“Having a great time is the most important part of Prom in my opinion. Having a positive attitude during Prom can turn the entire situation from a bad one to a good one, just by being happy,” added Tesch.

Other than attitudes and planning, it’s good to be committed to Prom.

Prom is a very social occasion. This means people will be moving around a lot. One must remember to stick with the date.

“It’s good to not ditch your date for other activities that don’t involve your date,” said Lowder.

For those ditchers, it’s a quick way to make a girl or guy totally upset and will actually ruin prom for people. Nobody likes being alone.

Other than these few key parts, Warrior says the rest is cake. Don’t be cheap and take a date to McDonalds and make the right moves so the date doesn’t become uncomfortable. Basic stuff, really.

Tesch adds if people plan effectively and follow common sense then there should be no problem and the date will go as planned and maybe even better.

(additional reporting by Xavier Switzer)

# No thank you... Teens decline invitation

By **Erin Geiger**  
*Editor In Chief*

It’s a sure bet you’ll get accepted when you ask someone to a dance, right? Well, not necessarily. It turns out there are times when people reject others and get rejected in return. Those instances fly under the radar pretty well, so what actually goes on when turning someone down?

There are different reasons for replying with a no, but many of them have to do with the common cultural practice of not dating until 16. Sophomore Peyton Roylance had to decline the boy who asked her to Homecoming and says it was “awkward after.”

Roylance adds, “I told him I would’ve loved to go with him, but I couldn’t because I wasn’t 16.” She also says he took the news well and even apologized for “not making sure she was old enough before asking her.” She adds it’s bad to turn someone down if there isn’t a good reason for doing so.

Senior Jared Fenn says he turns girls down because he “doesn’t do dances.” He has never been to a dance and doesn’t want to attend one—girls’ or guys’ choice. “[Dances] are a waste of money. For the amount of money I’d spend to stand around for two hours, I could take a girl on the best date of her life.” He adds, “Even after that, I’d still have some [money] left over.”

Junior Krystal Ruiz has never turned someone down for a dance, and says she would only do so if she had “already been asked or was on vacation.” She also says if she were to turn someone down, she “would try to turn them down in person and never in a public area.” She continues, “I’d probably go to their house and bring them cookies or something.”

The technique to declining varies depending on the people involved. For Fenn, he likes to use the “funny” method where you answer in the same sort of way you were

asked. One of his personal favorites is putting a lawn chair on the girl’s porch with a note saying, “I’ll have to sit this one out.” Another way he answers is with a clock with the saying, “I don’t have the time” or “You may have the time, but I don’t.”

Ruiz prefers to decline on that one-on-one level because it’s a nice way and “no one wants to be turned down rudely.” She adds, “I would tell them that I’d definitely be open to going to another dance with them.”

Fenn adds, “The worst way to say no is by text because it makes you less of a man.” Ruiz agrees and also thinks females shouldn’t decline through text either. “The worst, absolute worst, as in you’ll be sent to a fire pit if you say no, is through texting. Never do that; it’s inconsiderate and cowardly.”

The outcome of saying no also depends on who the people are. Results may vary according to gender, method and reason. “The girls I say no to don’t usually take the news well. Some of them cry, some of them don’t,” Fenn says. However, he says it’s not awkward for him afterwards. “I don’t care; I don’t get awkward about things.” He adds he never regrets it or feels bad.

“I hope they would take the news easily and not be afraid to ask me again,” Ruiz tells. “I would try and make the situation as least awkward as possible and strike up a conversation with them when I see them again.”

Advice from veteran decliners may help when facing the issue for the first time. Fenn counsels, “Don’t waste money on dances if you don’t want to go.” He adds, “If you do go, then dance and have fun. Don’t just stand in the corner like an idiot.” Roylance says, “Be nice about [declining] and have a good reason not to go.”

For someone who hasn’t needed to decline, Ruiz says to “just be straight forward and always be kind.” She adds, “Don’t beat around the bush when saying no; offer them the chance to take you to a future dance.”

# Not going to Prom, life isn’t over

By **Meg Henley**  
*Staff Reporter*

It’s time to start getting ready for Prom! But there are a few individuals who aren’t going to this dance. Either they weren’t asked, aren’t old enough or just have no interest in going at all. So what will they be doing that night?

Sophomore Hannah Crowton says, “I’m going to hang out with my friends.” She continues, “I didn’t get asked, but I’m not 16 yet anyway, so I couldn’t have gone.”

According to New America Media, Prom, which is a shortened version of Promenade, was introduced as a high school dance in 1900’s.

It first became a hit in colleges, but later became a high school tradition. The dance included everyone, and dates where not necessary. However, the dance evolved into a couple date and was the most looked forward to dance of the year.

The reason many people don’t go is because they were not asked.

Ryan Stanley, senior, says, “I’m eating a bowl of cereal on my couch and playing Mario cart with my brother. Fun. It’s what I did last night, so that’s what I’d do the night of Prom.”

Sonja Shutte, senior, said, “I’m

hanging out at home, going to a movie or just hanging out with friends.”

Though there are people who aren’t going, they can always have fun in other ways. Bailee Juroshek, junior, says, “People can have fun with friends, watch Netflix and enjoy themselves in a way they like.”

Warriors have found there are many opportunities to have fun, but there is one thing teens like to do more than any other age group: Netflix. Netflix is a big deal right now because of its near infinite selection of T.V. shows and movies. Emily Rupp, sophomore, says, “One word, Netflix.”

On a recent survey done by After Dawn News, approximately 50 percent of the people who watch Netflix are teens. If there are people out there who don’t have Netflix or have just cancelled it, they can grab some Redbox movies and food.

David Reynolds, senior, says, “I’m sitting at home, playing video games, eating, and procrastinating homework as usual.”

Aspen Coy, sophomore, said, “I’m just staying home and eating a lot!” She continues, “You can go shopping, go to a movie, really anything!”

“Girls night!” says Jenica Lilly, senior. “We talk, play games, have fun and not care.”

There are so many options out

there for those who aren’t going: shopping, a movie, spending time with family, going to sleep early, skiing, playing games and everything in between.

Though it sounds crazy, home holds some of the best things to do if not going to Prom. Some Warrior suggestions include having a party, learning to cook, and hanging out with parents and friends.

Huffington Post reporter Elizabeth Grace Saunders advises those who are at a loss of what activities are fun. She says, “Sometimes you don’t end up doing fun activities when you have the time and energy for them because you haven’t clarified what you find enjoyable. When you don’t have the clarity, you tend to slip back into either doing more work, surfing the internet or watching a TV show you don’t care about simply because it’s the path of least resistance.”

If someone is alone on Prom

night and he/she is feeling sad, Roger S. Gil, a reporter on Life-Hacker says, “The influence of others’ opinions plays a huge role in the establishment of trends and what the mainstream feels is good or bad. Being by ourselves removes the biases that others may introduce into our opinions. Forming our beliefs about something before bringing others into the mix helps us get a clearer picture of what it is that we actually like and want.”

Gil suggests people should list ideas for what they could do if their friends were there with them, or create goals and ideas that will help them get a clearer view on the future.

“If you’re not going don’t take it too hard,” says Lilly. “You can always ask other people to the next dance.”

Reynolds agrees. “Don’t take it too hard, just don’t think too much about it.”



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# Team faces challenges, overcoming obstacles

By Ashley Vongbandith and Ki-ersten Pitcher  
Staff Reporters

Weber’s boys’ basketball team never quits. This past season has been a difficult one for the Warriors, but they’ve worked hard and been able to overcome challenges.

Coach Larsen knows the boys can improve, and they try to go over everything during practice to help them get mentally and physically prepared for a game. “We go over how fast they have to be on the court, to focus on how quick the game goes and how fast they have to recover in the game,” says Larsen. There are many different ways the boys prepare for games. One popular way is listening to music.

“I use music and try to remember all of the work we put into it and to get prepared for the games,” says varsity player Grant Ellison, sophomore. Junior and team captain Adam Olpin agrees and says he also uses music to help him get more focused for games.

“We also try and play as many games as we can at practice and before the games start,” Larsen says. Team captain Cooper Cosby, senior, adds the team prepares by reviewing game footage and improving for the next game.

Tyler Christiansen, senior and also a team captain, says before game day, the team prepares by “practicing our hardest all the time. We all need to know our plays for the games and scout the other teams we’re playing against, so we have the best chance of winning. And on game days, you’ve got to be physically ready: get enough rest, eat good meals and focus in school.”

Christiansen adds when players are able to concentrate and focus in school, they are able to focus better on the court.

During the pre-season games, Weber was victorious in two games.

“On the first three games, we took the lead,” says Larsen, adding the teams beat Weber during third and fourth quarters of these games. “The team was unable to hold that lead,” he says.

Weber lost their first in season game against Davis High School on Jan. 10 with a score of 65-86. The next game against Layton on Jan. 14 ended up in a loss with a 58-67 score. During the game against Syracuse on Jan. 17, the Warriors lost 48-46.

Then on Jan. 24 and playing against Fremont, the team was able to pull a victory, beating Fremont by more than 10 points with a score of 54-43. Their region standing is now 1-3 and a 5-10 overall ranking. “We have some strengths and



One against three, senior, Tyler Christiansen fights to make a basket.

Photos by Levi Easley

weaknesses,” adds Larsen. “Some players are not experienced and are underclassman, but the team gets along easily and they put so much effort in the games and practice.”

“I think some of our weaknesses are rebounding, but we’re good with free throws and transition offense,” says Cosby.

The team has set goals to improve their skills and win as many games as they can. “Our other goal is to work as hard as we can,” says Ellison.

“Our hustle at the beginning of games is a problem; we become hesitant, and this makes it so we give up a big lead and we have to fight just to make it up,” says Christiansen. He also adds since the team has made it a goal to win, their hustle has improved significantly.

Olpin adds a weakness he sees is “trying to stay focused and in control; it can get pretty chaotic out there.”

“Since we made it to the playoffs last year, we have high expectations. But we don’t have players as experienced as last year, so our goal is to play as hard as we can,” says Cosby. The other players also have their own goals.

Sophomore Samuel Harris agrees and adds, “We just need to do our best and keep trying to win.”

Working toward these goals has not only helped improve their skills, but also has helped reward them in other areas in their lives.

## Contact sports risky, Physical injuries can also cause mental hardships

By Alexis Rague  
Sports Editor

Getting involved on a sports team or club is a typical way for teenagers to have some fun and get exercise. But participation in sports comes with the inevitable risk of getting hurt. It can be difficult enough to avoid injuries on the playing field, but overcoming a serious injury can become both a physical and mental challenge for any athlete.

There are several factors that can lead to sports injuries—some including improper warm ups, lack of proper training and even being out of shape. Some injuries can even result from old injuries.

“Overuse injuries are the most common injuries I see in teenagers,” says Jamie Stireman, athletic trainer, who sees a lot of injuries in contact sports.

However, for some, injuries can simply result from bad timing. “I was playing soccer and I just fouled a player,” says T’aunna Peart, senior. “I didn’t want to see when the girl was taking the free kick, so I closed my eyes. I heard her kick the ball and I opened my eyes, only to see the ball a few inches from my face.”

It wasn’t a season-ending injury, but Peart suffered a concussion from the impact that took her out for a few games. “I wasn’t allowed to play for a while because of my concussion, so I would rest and try my best to shake it off.” Even though it didn’t really affect her season, it did affect her daily routines. “The worst part about my injury was that I wasn’t really allowed to sleep and when I ate food, I would get sick to my stomach.”

Like Peart, Jack Orum, sophomore, experienced a similar circumstance when he also got injured playing keeper. “I broke my left wrist saving a shot during soccer practice,” says Orum, who played for the Weber soccer team.

Despite their best efforts to cope with their injuries, Peart and Orum still struggled to overcome some of the mental side effects. “I don’t like getting in front of free kicks anymore,” says Peart. “That was the first time that I really got hit in the face.”

Stireman agrees sport injuries can pose both physical and mental problems for young athletes. “Short term is psychological and long term is physical,” says Stireman.

For Roanna Rague, senior, coming out of a sport-related injury trauma is something she can relate to. “I was trail bike riding. When I got up from the ground, there was a gash in my right shin after a freak accident,” recalls Rague, who received eight stitches and spent weeks recovering. However, she says the worst part of her injury was being taken out for the season for her other sports. “Because of my accident, I couldn’t play soccer or go to the gym for a long time. It really set me back.”

Orum’s season was also affected by his injury. “My injury really screwed up my season, and I was depressed for a while,” says Orum. However, he still kept a positive outlook and continued to be involved in his sport. “I just kept playing on the field and waited for my injury to get better,” Orum says.

Stireman agrees that taking time to rest and slowly get back into practices and games is a good way to recover from sports injuries. Overcoming injuries is one challenge, but preventing them can be another.

“When you practice, wear all the right equipment,” suggests Orum for avoiding injuries. For Stireman, being a multiple sport athlete is the best way to prevent injuries.

However, for some, sport injuries can contribute to making them stronger. “It can be a challenging process, but you just have to take it one day at a time,” says Rague.



Nick Austin, junior, and Cooper Cosby, senior, defend the hoop from a Viewmont Viking.

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# Wrestlers improve, prepare for state

By Alexis Rague  
Sports Editor

With an intense and exciting 2013-2014 season behind them, the Weber Warrior boys' wrestling team is still fighting for their spot at the State Championships on Feb. 15. The team had set several goals for this new season and focused primarily on strengthening and uniting the team as a whole.

The team opened their season on Dec. 7 where the Varsity Warriors took 4<sup>th</sup> place at the Evanston Invitational. They proceeded to the Air Force Duels, winning three out of the nine duels and tying one match. The team then lost three matches against Fremont, Logan and Davis, but countered their losses by winning three matches against Northridge, Skyview and Alta and gaining 9<sup>th</sup> place at the Battle of the Border with 63 points.

The Varsity Warriors took 9<sup>th</sup> place again at the Richardson Memorial with 95 points and 6<sup>th</sup> place at the Tiger-Grizz Invitational with 129 points. They won five more matches against West, Pleasant Grove, Bingham, Lehi and Syracuse and lost three matches against Jordan, Viewmont and Syracuse.

"This year I think we've been doing really well. We have been winning a lot of close matches,



Sophomore Tyson Treasure dominates his Northridge opponent in a recent wrestling tournament.  
Photo by Cara Darr

which is a very good thing," says Stanton Wisner, junior and varsity wrestler. "And I think we've been really close as a team, so we're performing better."

Along with Wisner, Captain Alexander Kelly, senior, agrees the team has had an overall successful season. "I think there were points where we struggled, but there were also points where we peaked and we had some really good moments where we overcame some adversity."

Even after a well-fought season, Head Coach Jonathan Giatras is still determined to keep his team prepared for the State Championships by focusing on lots of practice. "A lot of things we are doing to prepare for State is we alternate the type of tournaments we go to; some tournaments are set up just like the State tournament and then some of them are just to get as many matches as possible no matter if we win or lose. So, sometimes we just want to get match count to get experience, and sometimes we

want to put them in a situation that is like the State tournament," says Giatras.

Wiser agrees that practice will help him keep conditioned for State. "I'm going to practice every day, keep my life in balance and do extra workouts on the side," says Wisner. Along with Wisner, Kelly says his personal goals to prepare throughout the season were to give 100 percent in and out of the wrestling room, to get better and to try to win matches.

"I love going one-on-one and just knowing that when you win, you're better," says Kelly, "and beating the crap out of someone."

Despite all the hard work, Wisner loves the sport for several reasons. "I like being conditioned from it. I like the competition and I like having a family of wrestlers."

Giatras also feels to improve throughout the season, the wrestlers focused on their unity and cohesion as a team. "As well as pushing our technique and conditioning, which is always a big part of our team, but

# Fun, challenging sport intrigues WHS athletes

## Warriors find success with biking contests

By Kierstin Pitcher and Xavier Switzer  
Staff Reporters

Mountain biking is a complex sport of endurance and athleticism where both is needed to be successful.

Brenen Halliday, sophomore and mountain biking athlete, said, "It is fun being on a bike and riding the trails on the mountain; the technical challenge and the rush of the mountain air in your face are factors that make biking enjoyable."

Sophomore Anders Johnson added, "It's a rush; it's fun and it makes me feel good."

Halliday also says this sport is more than just being a talented biker. "It's a personal working progress and is extremely fun to compete in racing with other people who enjoy the sport."

Several students at Weber High compete in mountain biking. Along with Halliday and Johnson, there is also sophomore Noah Pollard and junior McKay Hunt. Halliday has been riding with the Weber club for a year. Johnson has been named third overall on the Varsity Mountain Biking-School League. Hunt has been to Xterra nationals three times at Snowbasin and has been biking for five years.

There are many reasons these boys enjoy the sport. For Hunt, he said he likes mountain biking because "I like the scenery and outdoors; the rush of the downhill work I get from mountain biking." Hunt added, "People [mountain bikers] are down to earth and very humble. The people are one of the positive aspects of mountain biking."

"Everybody is cheering you on, lots of great sportsmanship in the races," said Halliday concerning the positives of the sport. "It can also be very fun riding trails in Ogden Valley, Moab, St. George and Beaver Creek."

To prepare for competitions, Johnson spends 12 to 15 hours a week training. However, he adds, "Basically, I am training every day by eating healthy and sleeping." Halliday added, "Training for me is sometimes hard to fit in, because I'm doing other sports and homework gets in the way."

Hunt said he "trains four to five times a week biking while skiing during the winter and swimming during the summer."

Along with the positive aspects of the sport, the bikers agree there are also some negatives. "Crashing a lot because of riding everyday can be tiring," said Johnson.

"Climbing and motivation in any weather can make going uphill hard; it hurts your legs, and you can't breathe because the weather can make trails hard," said Hunt.

Homework is a challenge for Hunt when training, as well as mountain biking up steep trails in Moab. Hunt describes one of his challenging times that occurred during a race. During the fourth lap, his bike had mechanical issues where it messed up the sidewall inside of his tire.

The biggest challenge Pollard faces has been the training. Halliday added, "Practicing over and over on a lot of steep trails with a lot of sharp turns can be a challenge."

*"Train hard and ride well during your races and give it all you got."*

Mountain biking can be costly which is why the bikers said it is good to get sponsors. Trek bikes can be expensive, ranging from \$4,000 or higher. Johnson has received helmets, shoes, jerseys and has even taken care of race fees with the help of sponsors. Fees can range from \$40 or more depending on the race. His sponsor is Rocky Mountain and they have helped with his biking finances.

Pollard has plans to make Autoliv one of his sponsors for future events, and Hunt also plans to find sponsors to help with the mountain biking costs.

For those interested in biking, these Warriors encourage them to join the club and have fun on the trails with them. "Try it, you'll become hooked," said Johnson. Hunt added, "Keep hammering that pedal and give it a try."

"If you're not doing it, come out and do it," said Pollard.

Halliday also encourages others to join because "it's fun to be a part of, and it's a fun talent to learn."

"Train hard and ride well during your races and give it all you got," he added.



Viewmont struggles to overcome junior Tyler Schenk's power in an intense match.  
Photo by Levi Easley



Tallon Romero, junior, faces off with a Knight, being victorious in the end.  
Photo by Cara Darr

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On The  
SIDELINES

By Aurora Stevens  
Staff Reporter

Just because teens play sports doesn't give them the excuse to be uneducated. Schools everywhere are stepping up the grade point average athletes need to maintain in order to play their sport.

Education is a key element in not only students who don't play sports, but also athletes.

Take, for instance, NFL players. If people look up where some of them went to school, they will see ivy-league colleges. To attend prestigious universities it takes an extreme amount of hard work and effort, which includes getting good grades.

Schools should have their athletes get at least a 3.0 or higher. Anything below is slacking off. If students try and study, they can get a good grade point average.

Now homework can be an issue for students who go to practice or a game immediately after school. This doesn't mean don't do school work because athletes don't have the time. Teens need to make time. We all know teens have a hectic schedule, but we all can do homework sometime. That's exactly why we have E.O. hour each Thursday.

If athletes don't have time to go see a teacher after school, E.O is the perfect opportunity for students to get that one-on-one time with a teacher for a class they have missed or even are slacking in. It's one of the reasons it was created.

When people think about teen athletes, sometimes they assume it's either the stereotypical high school jock or preppy, not so smart cheerleader. In this case, high schools are showing this is not a true image for athletes. Weber has shown athletes are exceptional students because they can achieve a higher grade point average.

Teen athletes should be cut a certain amount of slack with certain things. Most of the time they're gone during eighth period, and that's the class they could use some help in. Teachers could help those athletes with assignments and even tests they may have missed by giving an extended deadline. It does cost teachers to put in a little more time, but it helps athletes get caught up on missed work.

Weber won't let athletes play on a sports team if their grades don't keep up. This should be enough incentive for students who are dedicated to their sport to get their school work in line. Athletes may be kept from playing games until grades are at a 3.0 standing, or they may be removed from the team.

Personally, I agree with schools being strict with grades for athletes. Why should someone be allowed to maintain only a 2.5? That would be around a C average. That's barely trying, if even that. It's almost allowing athletes to fail. Many universities won't consider them with those grades.

Why can only athletes attain a scholarship for their abilities and have a 2.5, while regular students have to study, read and achieve a 4.0 just to get some kind of scholarship? It's not right.

Athletes shouldn't have the choice of getting a low grade point average. Their sport is just extra on top of regular school work, not a part of it. Education is the main focus, while the school sport should be the cherry on top.

This change was bound to happen in schools, and now is the time. I do give props to the athletes that are All-American. It takes a lot of hard work and dedication to achieve that status.

Weber High should be proud of the sports teams we have. They work incredibly hard and do well in classes. The change for raising the bar is a much needed change.

High flying fun,  
Cheer requires talent,  
time management, spirit

By Ashley Vongbandith  
Staff Reporter

Cheerleading isn't all about the dancing and stunts. Cheerleaders are expected to have school spirit, have a good attitude and work hard in their classes. Mrs. Call, cheer advisor, expects much from her cheerleaders.

"Cheerleaders are expected to do many stunts and dance well," says Mrs. Call. She adds stunts including basket tosses, libs, scorpions, heels, kick fulls and sometimes

bow and arrow are learned. A lib is when a cheerleader is held by one foot by the other cheerleaders and makes a Statue of Liberty pose. A scorpion is when the cheerleader balances her weight and bends one of her legs upwards behind the body and holds it as a position. This stunt represents a scorpion's tail.

When trying out, cheerleaders are chosen on what score the judges give them. "We pick cheerleaders who score highest in front of the judges," says Mrs. Call.

"If you want to be a cheerleader, you have to be willing to work a lot," says Allie Hall, sophomore.



Seniors Marlee Satterthwaite and Rachel Munford and junior Taylor Buehler lift sophomore Ashton Fullmer. Cheerleaders need to trust their teammates will keep them safe.

Photo by Cara Darr



During the Spirit Bowl, Ashton Fullmer, sophomore, flies high in a basket toss. Other stunts cheerleaders are expected to know include libs, scorpions, and bow and arrows.

Photo by Cara Darr

"You have to be an all around girl who is really out going and not shy at all," adds Miranda Speth, junior.

Taylor Buehler, junior, says girls who want to try out have to be able to cheer and tumble. Being able to do just one of those won't do the job.

"Practice all of your skills," says Mrs. Call.

Cheerleading is also a time consuming sport for the girls. They sometimes have to be at the school at 6:30 a.m. to practice for games and competition.

"We're always busy practicing before and after school for games and competitions," says Hall.

During the school year, cheerleaders have to attend the many sports activities. If they are not at games, they are practicing for cheer competitions or assembly performances. Cheerleaders do not have a large amount of free time.

Cheerleaders love what they do, but there can be a downside to cheerleading. "We get injured all the time," says cheerleader Jasmine Aparicio, sophomore. Aparicio and Speth also add that getting up early isn't their favorite thing about

cheerleading.

Although cheer can have a difficult side, the cheerleaders still love their sport.

"Stunting and dancing are things we love to do," says Aparicio. "We make a lot of friends during cheer," adds cheerleader Karlee Monson, sophomore. The cheerleaders agree games are always a fun part of their sport.

Being a cheerleader takes responsibility, kindness, talent, hard work and high expectations. Mrs. Call expects the cheerleaders to have 3.0 grade point average or higher and good citizenship standing. This includes no attendance credit losses.

"You have to be a good example to be a cheerleader," says Buehler. "School work and being a good student makes a good cheerleader," Speth adds.

All of the girls agree working hard and being passionate about cheerleading are the many things that make someone a great cheerleader. Willingness to take risks while doing stunts and using spare time to practice is what it takes. to be a Weber cheerleader.



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