

THE TELEGRAPH

The Voice of Herriman High

The Mission Against Fake News

Putting the why in trust towards our school publication

STORY BY EMILY LAM, ASSISTANT EDITOR

Trusting has never been this hard before, and why out of all things would you trust a High School Newspaper?

To answer this, we'll explain how The Telegraph comes up with our articles, how we research, interpret information and what we wish to achieve while being as transparent with our process.

As a newspaper, we want to make sure our news is worth telling. The ways we categorize our stories are through these different story angles:

“Is it worth telling?”
“Will it show a new perspective on something?”
“Is it a summary or introduction of important events.”

When we do come up with an idea we'll pitch it, for example, this article. The idea would be passed along until it was cleared by the head editor or most likely, the supervising teacher. After the approval, the next step is research, which we can look at first-hand accounts, scientific studies, and other documents to get an overview of our topic. In summary, we

read a lot.

After writing the first draft we will pass it along to the editors who can fact check, point out mistakes or find conflicting arguments and can point us in the right direction so they can be addressed.

Here, we rinse and repeat a few times until its fully written to the best quality which can take days or weeks depending on the scale of the article. For example, the government shutdown article written last year took a full 2 weeks to fully research and to write.

The hardest part about writing articles is keeping them brief enough to be easy

to read; but that's not to say we over-simply, merely, we stick to the facts and not stray into hypotheticals.



PHOTO BY EMILY LAM

Though not everything we have is unbiased and to the point we do take into account the opinions of the topic and try to make sure it's known as such, again we want to inform on new perspectives, new concepts or events. However, if the research

points to a conclusion we'll state it as a conclusion made from it.

We're mainly focused on Herriman so keeping the student body informed is the most important part, as our supervisor, Mrs. Neiufi puts, “Our goal is to make sure we're providing reliable infor-

mation and providing credible sources both sides and straying away from bias and giving a voice to our audience. While also raising awareness of issues of things going on.” This has and always will be our mission for the student body: To let others know more about the world around them so that they might be more educated on the topics that surfacing constantly in this day and age.

We encourage our readers to explore and further read into topics that perk their interests, after all, the world is full of many stories and research that could prove useful in life.

Overall, the question of trust is something our new staff wants to earn from our readers and we'll continue to improve our work so that it can properly reflect our mission to inform. You can trust that we put a lot of time and research into each page we publish and that though we have a bias, we try to make it opaque as to not influence a specific side. We plan to continue to inspire and inform you of everything that happens around the school.

HERRIMAN HIGH: UNITED WE RIDE

Mustangs Rally Together After Boundary Split

STORY BY ANNIE HYINK, ASSISTANT EDITOR

HERRIMAN— As the school year begins, the Herriman High School 2019-2020 theme is announced as “United We Ride.”

Each year at Herriman, the student body officers choose a theme that will motivate students to get involved throughout the year. When they met to brainstorm ideas, they wanted to present an idea that would allow students to come together after over 1000 students left to attend Mountain Ridge.

Once all of their ideas were on the table, a common feature appeared in each of the themes: united. Student Body President, Lily Quealy, describes how, “we've always chosen the theme by picking a

song, because when you hear a song, it makes you feel a



PHOTO BY ANNIE HYINK

certain way, and you want to act on that feeling.” “United” incorporated all of the options and will give students a purpose as a Mustang this year.

Although mentioning the school boundary change can be a sensitive subject for

many students, it needs to be discussed. “We have part of

our Mustang family over at the new school. We still love them and we still support them, but as much as we miss them, we need to focus on our school and be united as a Mustang family,” Quealy expresses. This school theme gives students a reason to

come together and accept every person they interact with on a daily basis.

Herriman High School is full of ambitious people with different backgrounds, interests, and passions. As a student body, there are so many opportunities to be united. Embracing the people who have the same interests as you, as well as those who have different

ideas and beliefs is what the school theme is all about. Quealy emphasized her desire for students to be united and make Herriman a home for everyone.

“Let's take the time we have this year to focus on the people we have here, and be united as one.



What’s going on in China

Protesting in Hong Kong

STORY BY TAE SPIELVOGEL

HONG KONG- Starting in June, millions of Hong Kong protesters have been protesting the Chinese government for more freedoms, becoming more and more aggressive and violent as they go.

In the past few months, millions of citizens in Hong Kong have been protesting the Chinese government with the aim of withdrawing the Fugitive Offenders Amendment Bill. The bill would allow for the extradition of fugitives; extradition is when a person commits a crime inside of a country but then leaves and is deported back to said country because of that crime, and who are wanted outside of Hong Kong’s borders. The citizens believe that this will take away their autonomy and put them back under the rule of China.

The bill was introduced after a Hong Kong resident

was killed by her boyfriend in Taiwan. Protesters began protesting on March 31. There was another one or two small protests in April. In June, however, a strike began. Riot police came out and started using tools like beanbags, rubber bullets and tear gas to remove those involved in the strike from the Legislative Council.

Many people got really angry about these methods because the “riot” was said to actually be a peaceful protest that police blew out of proportion. A group of demonstrators called the Civil Human Rights Front began an annual march where more than 500,000 people showed up. July then saw several more peaceful protests. August saw the beginning of more violent protests. People showed up to protests with sticks and things

to throw at the police.

During the recent weeks the protests have continued. Unfortunately the protests and demonstrations have become even more violent. News reports state groups of protesters have been running around starting fires and vandalizing public places. Mobs have been beating people unconscious for what seems to be no reason. Petrol Bombs and Bricks have been thrown at police. Police have also reportedly become more violent and aggressive using more riot weapons and water canons mixed with paint to find and arrest protesters.

Business Insider UK notes that due to the ongoing protests, Hong Kong will now enter a recession.

DID YOU KNOW?

The woman depicted in many of the protest flyers is Carrie Lam, Hong Kong’s Cheif Executive. Over the course of the protest she withdrew the Extradition bill after extreme political pressure from Hong Kong citizens.



PHOTO COURTESY TO JOSEPH CHAN ON UNSPLASH, CIVIL HUMAN RIGHTS FRONT AND DEMOSISTO



Top Candidates From Democrat and Republican Parties

STORY BY MCQUARRIE THACKER

Joseph R. Biden was born in Scranton, Pennsylvania and graduated from the University of Delaware and Syracuse Law School. He disagrees with Trump for stopping travel to multiple foreign countries. Biden said at The White House, “...I would end wars forever,” referring to Afghanistan and the Middle East. He also plans to end U.S support of the Saudi war in Yemen. He claims it needs to end due to the financial burden it is setting on the United States. Biden also plans on making health care more affordable for everyone. To make this happen, Biden wants to create a public healthcare plan that is cheaper and will be taxed less.

He also seeks to make college more available for a wider population. To make college cheaper, he plans on taxing it less, which could help students so their student debt amount decreases. CNN says Biden would like to gain more peace treaties with other countries that we don’t already have treaties with to help end wars and make America more peaceful. On The Issue highlights, all of Joseph Biden’s plans conclude in ending wars in foreign countries forever.

The current president of the United States, Donald J. Trump was born on June 14th, 1946, and

traces his history back to New York City. He wants to continue to remove people that are illegally living in this country. He believes that they are taking the jobs and money of citizen’s and shouldn’t be here if they aren’t a citizen themselves. He wants to get more people to work on cures for cancer, AIDS and other rare diseases. How Trump plans to do this is gathering up the people with the related health issues and ask

them if they are willing to test new medicine. Subsequently, he’d have them report and see if it is actually helping. He wants to remove Obama care, yet still desires to make healthcare more affordable. By making healthcare cost cheaper, it’ll make it more affordable for the lower class. To achieve this, Trump plans on taxing over the counter drugs less. Trump wants Obama care abolished because he believes it

is not a good use of tax money. He has also replaced Obama’s Clean Power Plan and put in the Affordable Clean Energy Rule, which lets companies manage their emissions better. The Afghanistan war is costing the U.S a lot of money and good people, so Trump has started to pull troops out of Afghanistan and eventually, he plans on having all of them out so the U.S will have nothing to do with it.

PHOTO BY EMILY LAM



The Challenges and Victories Facing Herriman Football’s Future Mustangs

How the High School Split is Affecting All Herriman Football Players - Even the Pint-sized Ones

STORY BY JACEY BROWN, ASSISTANT EDITOR

It’s a busy Saturday morning on the Herriman little league football fields - the usual sounds of whistles and yelling kids, along with the scents wafting from the churro truck, fill the air. Chris Brown, head coach of the Herriman Mity Mite football team, stands just beyond the end zone.

The gaggle of tween boys sprawled out on dewy grass beside him have been instructed to pay attention to the game before theirs, which is between the only other Herriman team and one of the newly-created Mountain Ridge teams.

“I’m positive today,” Coach Brown says to his other coaches. The coaches of the team on the field can’t say the same. It’s a fierce and disheartening loss for the Herriman A team: 24-13.

As the rivalry game ends, you see the young football players morph from enemies on the field back to the young kids who played on the same team just last year. Hugs, helmet pats and words of encouragement are passed through the high-five line.

Brown’s players have already scrimmaged Mountain Ridge a few times this season. “It was...strange, (...) seeing people you’ve played with for a long time in a different uniform,” he recalls about their first scrimmage. Some of the

players on the field now are kids he worked with all last season.

Herriman’s Mity Mite team, comprised of our own high school’s future football players, is facing its own challenges in the wake of the boundary

brought about multiple issues regarding player injuries and on-field playing time.

“We thought we’d have three or four teams,” he says, “It’s hard to have only one or two, because you have different skill levels in players. It hurts kids who are new, to play



Aedan Talkington, #3, prepares to throw what will be a touchdown pass to Owen Burket, #21, as Charlie Brown, #1, blocks.

Photo by: Jacey Brown

with the experienced kids.”

Brown’s players watch the Herriman A team’s defeat with grimaces - they suffered a similar loss in their own scrimmage against Mountain Ridge just a few weeks before. When asked what their weaknesses were as a team in

that loss, the players offer a humorously self-deprecating answer: “Passing good, uh, running good, uh...everything.”

However, things are looking up for the team; they’re gathering up their wins by now, and are seeming confident about the day ahead of them.

Three of the players hoping to score for the Mity Mite team this season are Aedan Talkington, Owen Burket and the coach’s son, Charlie Brown. They banter back and forth before their game, holding the Herriman flag high for the team on the field. Just a few weeks ago, they sat in the crowd at one of Herriman High’s first home football games. All three say they would like to continue playing the sport in high school.

“We’re going to plow,” the players exclaim about their pregame feelings before they dart off to start their warmups. When asked what that even means, they laugh and claim it’s “football talk.”

And plow they do - right into opposing player after opposing player. The game is filled with a few penalties, thrown up cereal and tears after a near head injury on a touchdown run. In the end, the Mity Mite mustangs take the win once again, proving that despite this year’s uncomfortable adjustments and challenges, these players are proud to be playing for Herriman.

The Miners: Herriman’s Own Stars

Herriman based hip-hop group keeps creating music and building friendships

STORY BY WILLIAM MANGUM

Here at Herriman High, four boys have come together to follow their dreams of making music and formed a group called The Miners. They have been creating songs since 2018 and came out with their first digital album, Induction, this past spring.

Their story begins August 29 of last year, when Jacob Diamond uploaded songs to SoundCloud that even he admitted were “awful.” To make fun of their friend, Mickey and Jake Caetano, along with Alec Reynolds, made some funny songs to “clown on Jacob.” They naturally got together and collaborated on music as a way to have fun, relax and grow closer together as buddies. They decided to try to make something genuine, rather than just for their own amusement, so they worked intensely on their first album and on getting recognized by streaming platforms. In the spring when it was released, it came out on SoundCloud, Spotify, Apple Music and Amazon music. Most recently they released two songs, 2020 and Obsidian, which are streaming now on all

of those platforms.

Their album was made partially for their own entertainment, but mostly for a small following they had accumulated at our school, which delivered a quiet but very celebrated release. It consists of 8 songs, 2 of which are “skits,” a common feature of hip hop albums. When asked to describe their style, none of



All four members of the group are pictured here on the album cover of The Miners first album, Induction.

PHOTO COURTESY THE MINERS©

the members of the group could really answer.

“We don’t fit into a specific genre 100% except for, well, hip hop,” M. Caetano commented.

While they try to make high-quality songs that people will love, they also realize that they are just kids and can’t

take themselves too seriously. Diamond would describe The Miners as comedy saying they “always have a way of goofing around and making really funny comedy songs that get people moving and laughing.”

They never planned on having a career in music and still don’t, and simply want to keep making music to amuse their fans and the people close to

them. They agreed that at the end of the day, making music is the best way for them to grow closer together as friends as well as grow closer with the people they know. This happens best when people listen and comment on the songs.

One of the most common

reactions to their music is laughter, which is exactly what they’re looking for. The members of the group are hilarious and really friendly. They grow their fanbase first by making new friends and joking around at school. They all mutually agree that they’re doing this for their own enjoyment and to give other people something to laugh and talk about.

J. Caetano states, “to this day I still can’t tell if people say they like our music just to be in on the meme, or if they legitimately enjoy it,” but any support is encouraging to their efforts and continues their desire to keep creating.

The Miners gave some insight into their release schedule and had a message for the reader:

“everyone, mark your calendars. September 12th, 19th, and 26th we will be releasing our only other singles that we have out (currently only on SoundCloud) onto all platforms for everyone to listen. Very soon we will have our second album drop with some massive bangers. The Miners are back again.”

Ain't No Party Like A Mustang Party!

How Herriman Stands Out Compared to Other Schools

STORY BY KYLE CHRISTIANSEN

When talking about schools, the most talked about subject for each usually is football. However, there is so much more to a school than just the football team. Although we are known for our charities, clubs, chants and other older traditions, Herriman adds its own spark to school pride; such examples are dressing our band in full uniform, getting the students involved in the community and the big focus on mental health. Last year, the school created a program called THRIVE, which is an activity everyone does on the first Thursday of each month

during MAP. As said above, one thing that makes Herriman stand out is our focus on mental health. With programs like THRIVE and Hearts of Gold, it helps kids and even adults who might struggle with mental health issues feel open and apart of something. “The biggest thing is pumping positive thoughts through the vents and we will get what we’re focused on,” said Casey Pehrson, head of THRIVE. “The comradery it creates is the end goal. Unity is our school theme and thrive wants to get right into that as a family in Herriman.”

Getting the community involved is another key way HHS stands out amongst high schools. Hearts of Gold is our leading charity getting the entire school involved with activities. When asked if our school stands out, a junior student commented that “we are fairly successful in sports, but our Hearts of Gold fundraiser is great!” When Hearts of Gold starts there are plenty of assemblies and pep rallies to help get the students, teachers, and even parents involved to help raise money. In addition to rallying together, when it comes to spirit, Herriman takes it to a

whole new level. For example, Herriman’s band dresses up in a unique way, sporting the school colors in full uniform, something that very few high schools in the valley have. Along with the band, each week for the football games, there is a theme, and the response in the student section shows out with over the top outfits and fun props. Herriman truly gets the meaning of school spirit. Herriman really is unique compared to other schools in the area, being bigger, newer and with our own flare of pep. PHOTO COURTESY TO HHS HISTORY PHOTOS & HERRIMAN TECH OFFICERS



A STUDY IN MOTION

The Classic Silence of ‘The Kid’

STORY BY MICKEY CAETANO

The Kid is a 1921 silent film written, produced, and directed by Charlie Chaplin. The film stars, you guessed it, Charlie Chaplin as ‘The Little Tramp’ and Jackie Coogan as a boy, John, that the Little Tramp raises. Going into this movie I had high expectations ... but low expectations at the same time. I, of course, knew who Charlie Chaplin was before I went into this film. I even saw the Robert Downey Jr. biopic about him. I knew he was one of the first movie stars, but I also know he was a part of the first wave of filmmaking. This worried me a little bit because a lot of old-fashioned movies fall into slapstick routines and film stereotypes. I enjoy slapstick as much as the next guy, It’s just harder to withstand when it’s an hour and a half long instead of 10 minutes. One day in Film Studies we watched a few Charlie Chaplin shorts: one in which Charlie Chaplin eats his shoe, and another one of him working in a factory. In the one with the shoe, Charlie uses repetitive humor to wear your tolerance down so much that it actually becomes funny. In the factory one he uses over-the-top gags and crazy set pieces to draw a laugh from you. This one had a bit too much frustration and not enough humor for me. So ultimately, I came into

this movie giving it about a 50/50 shot. In the end, The Kid turned out to be a heartfelt and humorous look into parenthood and the father-son dynamic that relates heavily to Chaplin’s personal life. One of the best parts of this movie is Coogan. As the first child star, he sure sets the bar high. Seeing a child act that well so early on is quite impressive. Coogan even ended up winning many victories regarding the treatment of children in the child acting business and became a well known face in Hollywood after fighting in World War II as a pilot. He even ended up playing Uncle Fester in The Addams Family in 1964. Coogan’s top tier performance in The Kid sets a high standard for all of the film industry, plus it’s complemented very nicely through Chaplin’s cinematic presence. There’s a scene in which the orphanage decides that John would be in better hands with them than with the Tramp and John is essentially confiscated and put in the back of the car, arms extended for his father. John is crying and the Tramp is too, but it feels like nothing can be done. I really felt for him. It didn’t feel like a movie scene; it felt real. When you remember that it’s just Coogan’s acting and not him actually crying, it really hits you.

Coogan’s acting wouldn’t work nearly as well if it wasn’t for Chaplin. I feel like in this movie he set out to prove that he could be a funny and a comedic actor, but heartfelt as well. My knee jerk reaction is to relate him to Jim Carrey or Robin Williams. Both of these actors are known as hilarious comedians, but they can also be incredibly heartfelt and emotional (as in Dead Poets Society, or The Truman Show). In The Kid, we truly feel Chaplin’s connection to Coogan. This could be in part due to the fact that Chaplin’s first child had just passed away and having another child around made Chaplin’s paternal side really shine through. The Tramp always has the same portion of food as John. He sneaks him into a hostel and we feel despair for him when he wakes up and John’s gone. The way the actors can portray emotion without using any words or even having a super detailed character is definitely the best part of the film to me. There isn’t much that I have to complain about regarding The Kid. Something that could be seen as a negative is regarding how sometimes the film relies on slapstick for laughs, but it’s not even the only source of humor in the movie. In fact, I really only think of a few scenes have any slapstick at

all. Compare that to other films in the silent film genre and you would say, if anything, The Kid lacks slapstick! In my opinion, there is no such thing as a perfect movie, but this one comes close. It holds old movie nostalgia, well placed humor, emotional plot and acting, and an impactful message. The takeaways for me were themes about parenthood and masculinity. The movie tells you to value your family and, more specifically, that the father-son relationship can be as emotionally solid as any other relationship. Many times our society sees the father and son relationship as cold and strict -- that the father is only there as a provider and to teach the son how to become a man. In The Kid, The Tramp still provides and teaches John, but they also joke with each other and are, in many ways, best friends. In closing, not only is this movie a cinema classic, but it still holds up today and teaches a valuable lesson. The movie was legitimately funny and it’s almost 100 years old. The acting and character dynamics were wonderful, and the story was told effortlessly and was emotionally impactful while having mostly just music and no spoken word, only a few slides of text. I am really happy that I saw this movie, and, in the end, I left the movie with my expectations exceeded.

Discrimination in Herriman High

The Purple Bath Water of Herriman

STORY BY LILY RAMIREZ

Discrimination is something big at Herriman High, yet talking about it is so hard. It's like the purple bath water of life: nobody wants to get in because something might get stained.

With Herriman City being nearly 94% white, so will most of its schools, including Herriman High. There are a lot of communities feeding into our school, so it has grown a bit more diverse, but it's not all that different. We aren't only talking about race, there's also religion, sexuality, body image and weight, more even, that divides our school into little cliques. Naturally, people don't like to spread into other groups. What's up with that?

I say that I see a lot of discrimination here at Herriman, but all my friends say that they don't; maybe they need to open up their eyes a bit. I try to keep my friends as diverse as possible, but they are still mostly white; and I can't change that. I can't

change how white our school is. What I can change is how appreciated people feel when they come to this school. This school is always talking about how successful its students are, but is it successful at accepting those students? Queer, straight, thin, thick, black, white, religious, Atheist, all these different people go here. Though, they don't usually communicate with each other because there's so much stigma against it. Straight people often don't talk to queer people a lot because they are scared that they will "convert" them. Religious people can get offended by what Atheists say about religion. Thin people may think that they are better than overweight people. White people are hesitant to diversify their friend groups racially, because they have become too used to how they live.

GSA club president Aaron Putnam states, "I see [discrimination] occasionally. I've fortunately not had to deal with

many problems myself, however, I have a couple of friends who have experienced harassment because of their identity. I would say it's gotten better over the years since I've gone to Herriman High, but it's happened before."

We all need to open our eyes, even if things are getting better. There are even people who have mental illnesses and disabilities, as well as, people who have physical disabilities that are discriminated. They get almost all factioned into their own thing. Too many people are too different to be factioned off, it's the plotline to any dystopian novel. Hunger Games, Divergent, plenty of other novels, that seem so horrible to live in, but in our own way, we do. We live in factions, but we get too comfortable in our "factions."

Cliques all around the school have separated themselves from other groups, like how the popular kids don't try to associate

with the smart kids, even if said "popular" kids are smart.

A lot of discrimination starts at the stigma behind what you first take on for your "definition." If someone says they are a theatre kid, they might feel stigmatized for joining a sports team or being labeled as a "jock." I see Herriman High as the epitome of high school stereotypes, we're talking Mean Girls and Sixteen Candles stereotypes, super big on sports, enormous and it has all the stereotypes you've heard: Jocks, Populars, Thespians, Goths, Queers, you name it, we have it, but do they get along? Not really.

Let's pull a Breakfast Club and unite, United We Ride. We're all part of the purple bathwater that is Herriman High, we all learn here, we all talk here, we all go here, but we still don't know what "we" means.

PHOTO BY MIN AN ON PEXELS



TELL US WHAT YOU THINK

SEND IN YOUR COMMENTS OR STORY SUGGESTIONS!

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A Newfound Rival: Herriman vs. Mountain Ridge

Thoughts and opnions about the school switch and its effect on students

STORY BY KADE BROOKS & EAN PAYNE

Students at Herriman high are now starting to see the thinning of students in the hallways. Now that the new school has opened and students have left, there is questioning about why they switched and if they enjoy it.

As August came quick for student's across the valley, it's believed the new school wasn't as fully prepared for the start of the year as hoped. Laking many basic school essentials, Mountain Ridge still waited on many computers, books and basic printers to arrive come first day.

We wanted to get both sides of the story so we asked students from Mountain Ridge and Herriman to get an idea of what they love or hate about their school. Junior student, Marvin Medina said, "I love Herriman because there

are a lot of fun activities that we can do as Mustangs." Marvin also went on to talk about his classmates and how he thinks that we have some of the best students that he could ask for. We asked Draco Crespo what he liked about Herriman High School and why he decided to stay at Herriman. Crespo responded, "I love how close everyone here is and how it has a nice family vibe."

When interviewing a former Herriman student that has moved to Mountain Ridge, we had the opportunity to ask him his thoughts on his new school. Ryan Zaher went on to say, "I don't like how I'm not

close to anyone." Zaher talked to us about how there are a lot of sophomores and not enough students his age, and he feels like he can't connect with as many students than he could at Herriman. We also got to talk to Hunter Langer he went to Herriman last school year as a sophomore. Over the summer he decided he wanted to go to Mountain Ridge but with-in three weeks of the new school year at Mountain Ridge. Langer decid-

ed to come back to Herriman. Hunter said, "I didn't want to fail math because I didn't have a calculator."

As we listen to other students talk about Mountain Ridge, we see that there are complications for the Sentinels. Opening a new school definitely presents its challenges and ultimately, leads to more growth throughout the years. As for here at Herriman, there is still love to go around and many more years of joy as we ride united into the rest of the 2019-2020 school year.

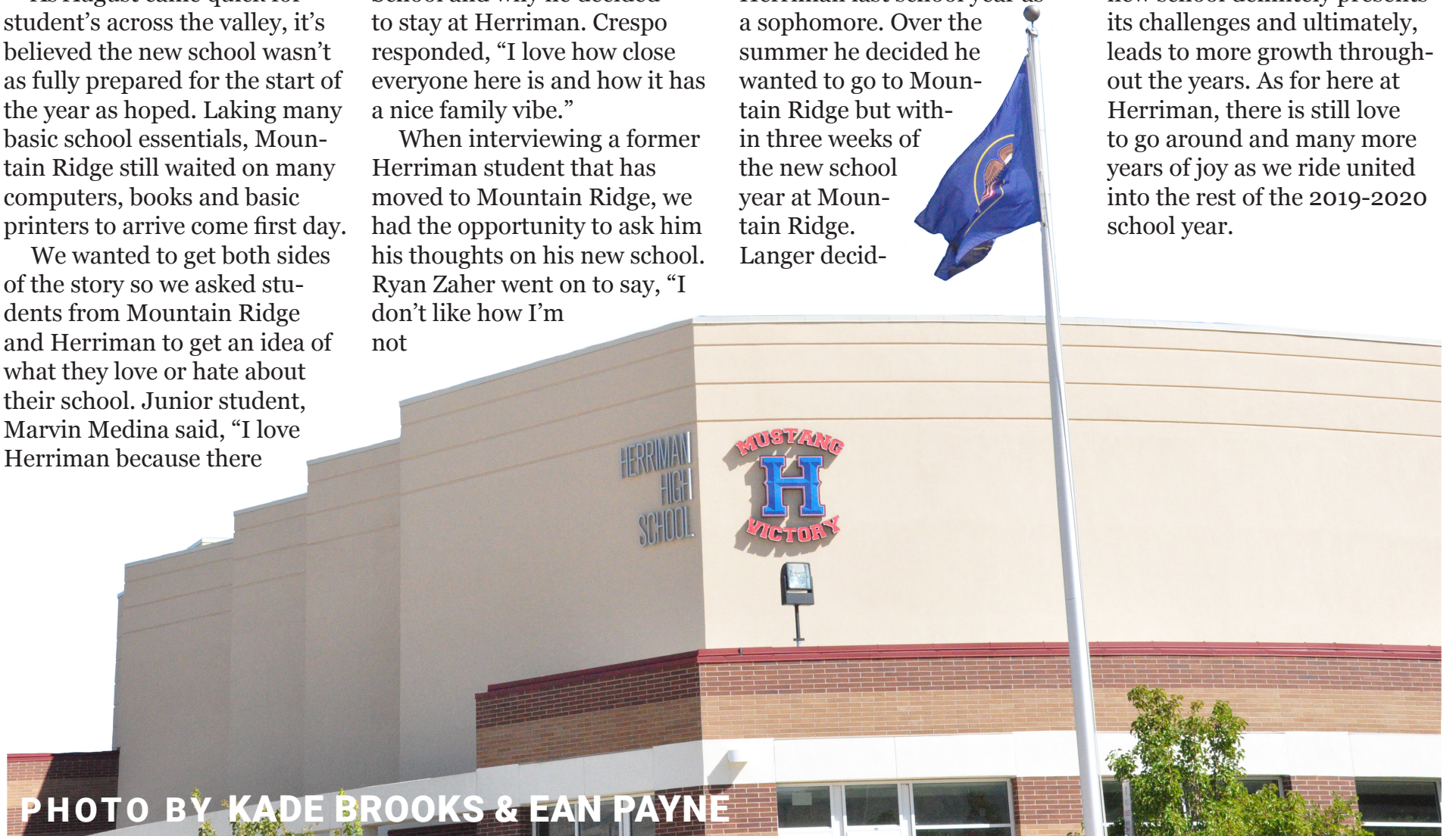


PHOTO BY KADE BROOKS & EAN PAYNE

Mental Mania for Mustangs

STORY BY KAYLA MILLER, EDITOR IN CHIEF

You find yourself feeling ill in the middle of class, and an overwhelming feeling of panic wavers over you. This kind of pain can't be cured with a visit to the school nurse, so you leave yourself alone, searching for anything that might serve as an aid amidst the struggle. Two factors of struggle in a teenager's everyday life which amplify when introduced: mental illness and high school education. Some might say it is too often a forgotten cause, despite it is existing as such a repeated topic of discussion. Because the term "mental health" is such a broad term, it's difficult to respond specifically to the needs of an entire school. Although the high demand is understandably overwhelming, desperate need still stands.

Although mental care in public schools has not been ignored altogether, plenty of the student body continues to struggle in the environment of their education. It is no wonder to many why

attending school is difficult enough as it is, even without the

dimming effects mental illness is bound to have on one's education, as well as daily life.



PHOTO COURTESY TO DMEC.ORG

Hannah Tycksen, who is in her final year of high

school,

elaborates, "School has impacted my mental health

negatively overall... I think the

expectations are generally too high, especially with the workloads we are given which can add up to several hours each night. On top of that, we're expected to be social, get adequate sleep, and participate in extracurriculars. I think things could be a lot better for a lot of people if school focused in on learning at school, rather than taking it home every day."

Common anxiety which presents itself in the classroom is not always about the workload. One would suppose the majority of students would agree with senior, Kourtney Olsen, when she says, "I get a lot of anxiety whenever teachers randomly start calling on people because I don't like that." It's explained by another student that when this occurs, it's difficult to focus on anything besides avoiding embarrassment in front of their peers, which further distracts from learning.

Herriman High Parking Passes

Are They Too Big or Just Right?

STORY BY SPENCER CORLISS

If you are a Herriman High student driver you probably see every day you get into your car a massive parking pass in your viewpoint. Questions amongst your friends fill the hallways such as, *why are they so big? Why couldn't they have made them to at least be clear or see-through?*

Parking passes are one thing that schools are required to have. In years past at Herriman, they have been fine and acceptable, whether that be the size or showing off our school colors. Gracie Leiter, a junior at Herriman says, "I hate the parking passes because I'm constantly sharing vehicles with my family members and the pass being a sticker makes it hard to be able to make that work."

In comparison to the previous parking passes, this year's sticker is two times the size, blue and white color-coded and not transparent, all of which pose hazardous threats. I have personally been driving, within three weeks of having it, and haven't been able to see cars at wide four-way stops. The law

states that non-transparent stickers may be affixed only in the lower-left corner of the windshield and may not extend over four inches above the bottom edge. Which in that case, our parking passes meet those requirements.

After interviewing Principal Quarnberg on the issue, it was found out that there are reasons for the parking passes flaws that have been pointed out. For the start, the parking pass size was not intentional. The school went through a different company this year to make the passes and were received larger than expected. Quarnberg says, "We don't like them either, it was a different company. What we got wasn't what we anticipated, but we had purchased them so we had to use them. But we are going back."

Yes, there may be negative feelings towards the parking passes but there's a light at the end of the tunnel. With the plan of going back to the previous company, maybe an alternative could be providing students with a pass rather than a sticker moving forward next year.

Are Friendships or Relationships More Important in Life?

STORY BY ALLIE MOSER

Growing up, a lot of people think that you have to be in a relationship. The craziest thing is that sometimes people will think it's weird to have never been in a relationship before even if you are only 16 years old, which is still really young. Once you are in a relationship it is easy to put more of your attention on the person you are dating rather than your friends because you are so caught up in the moment and you always want to be with them

You learn a lot from being in a relationship. Learning how to deal with challenges while you are young is good so that you can take that advice as you move on in life. It is really important to manage friends and boyfriends/girlfriends because you don't want to lose your friends just because you are focusing too much of your time on your significant other. Teens make a lot of mistakes with their first few relationships and nothing will change that.

Friends are good to have. They will be there for you whenever you need them and they will be honest with you. I have found the best group of friends that I know would help me with anything. Not everyone has friends like this though and honestly, maybe a boyfriend or girlfriend would be that person for you.

Honestly, I have been in both situations. Obviously I have been single before but I have also had a boyfriend for over a year. From both of those experiences I have learned that each of them play an important role, it all just depends on the situation you are in with your life right now.

While you are a teenager, it is important to make mistakes and learn from them so that it doesn't happen again. The truth about relationships is that you are going to mess up no matter what. No one is perfect and so you should not expect someone to be perfect on the first go around because that truly cannot happen. The same applies with friends. They are going to make mistakes and things are going to happen but if the situation is handled the right way then there is no reason to not continue being friends.

Both relationships and friendships are important to have in life. Relationships end and sometimes even friendships do too. If you end up having both, it is important to prioritize them. If things don't work out, take all the good things from it and move on. Learn from your mistakes and try not to let it happen again. Know what you deserve in a friendship and relationship. Never settle for less.



PHOTO BY SPENCER CORLISS

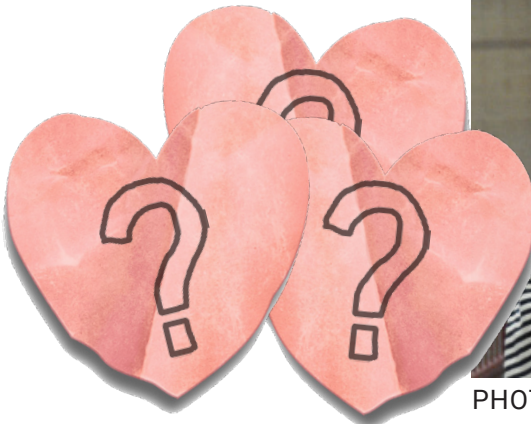


PHOTO BY ALLIE MOSER

The Spiral Continues Once Again

Metalheads rejoice as long-awaited album is finally released

STORY BY HALEN HUBBARD AND ETHAN SLADE

On Friday, August 30th, metal band, Tool released their first studio album since 2006. Not only did they release it on CD, but they also released their music digitally for the first time. As their albums have always turned out, this one is a very well crafted piece of music. Late in July, they released a taste of what the album would sound and feel like by releasing their title song, *Fear Inoculum*.

The song totals around ten minutes long, which shouldn't be any surprise since many of their songs share the same length. The song combines electrical sound and their traditional sound, making something different from previous works. The song sounded great, but fans wanted more.

Unfortunately, they would have to wait a whole month for the full album to be released. The songs featured in this album may have been the best work we have ever seen from vocalist and songwriter Maynard James Keenan.

We asked fellow



PHOTO COURTESY TO THE ROLLINGSTONE MAGAZINE

Norman, about Tool and their new

put into every instrument and the timing they use that is a little off and different than many other metal bands.” He elaborated on the band, “their new album [is] fantastic, especially for being such a long time since they’ve produced anything, normally albums like this are hyped and then don’t meet it, but this album met the hype.” Even though it has been a long time since they’ve released an album, Norman doesn’t mind. He admitted, “I wish they produced more often, but if it takes this long for such good music, then I’m ok with it.”

In early September, the album was number one on Itunes charts. Overall the album has received great feedback. Tool plans to make a stop to the Vivint Smart Home Arena on October 18. Tickets went on sale in September 6, starting at \$150 each. Our metalhead friend has already got his tickets. It should be one spiraling, headbanging, time.

metalhead, senior, Matthew

album. “I like the intricacy they

FALL-ing for Autumn

Festivals and events you won't want to miss this fall

STORY BY OLIVA CHILCOTE, ASSISTANT EDITOR

Fellow mustangs, once again the leaves are changing and the air is gaining that familiar chill. You won't want to miss out on the fun events and festivals going on and all the little things that can keep this season interesting.

Football Games - Watching the actual game might not be the most exciting thing for everyone, but just being there sure can be. Sophomores, go to every game you can, and enjoy the next few years. Seniors, don't miss out on the last few days of high school.

Warm Drinks - It might be kind of cheesy, but when it's cold outside, the best thing to do is curl up in a soft sweater or hoodie, drinking hot chocolate, tea, coffee, or whatever hot drink your heart desires.

Hiking in the Mountains - Hiking is full of so much beauty and adventure, but something about the fall season makes it so much better. With the leaves

changing colors and the whole valley shifting, it becomes more relaxing and you get to appreciate the natural beauty of the world.

Local Festivals - There's so much going on close by, especially throughout the next few months, so keep your eyes open. The Utah State Fair will be happening for the next couple of weeks, as well as the Salt Lake City Lantern Festival on September 28th. Pumpkin Nights will begin on October 10th and go through until November 2nd. There are also plenty of concerts and music festivals going on. There's always something going on somewhere.

Taking Pictures - Honestly it wouldn't be the first thing I suggested to do, but many of you are very talented at photography and fall is the perfect time to get those pictures. Take advantage of the changing season and the natural beauty.

Haunted houses - Fellow

staff member of the telegraph, Emily Lam, said she's looking forward to going to one of "those walk through scare things." There's an abundance of haunted houses to choose from, which vary in price. Once the Halloween season rolls around, grab your friends and find the one for you.

Take advantage of this fall season and don't miss out on all the adventures that are waiting for you. Festivals and events you won't want to miss this fall`



MEET THE TELEGRAPH STAFF

(2019-2020)

EDITOR AND CHIEF
Kayla Miller
I'm the Editor in Chief this year for the school newspaper as a senior, and my favorite beat is Op/Ed. I joined the newspaper as a sophomore because writing is what I'm most passionate about. I also love creating my own young adult fiction novel as well as some poetry. One word to describe me is **observant**.

ASSISTANT EDITOR
Annie Hyink
I am a junior this year and I enjoy writing news articles. When I graduate from high school, I am going to go to college for journalism. Being on the newspaper staff allows me to get a headstart. If I had to describe myself in one word, it would be **determined**.

ADVISOR
Mrs. Dean-Neiufi
Mrs. Neiufi is excited for the future of The Telegraph and to work with this year's staff. She teaches sophomore english, journalism and People of the Pacific. She enjoys spending time with her husband and new baby daughter. One word that describes her is **dedicated**.

ASSISTANT EDITOR
Jayce Brown
This is my first year at Herriman, but I'm actually a junior. I came from Murray High School, where I was a (very opinionated) copy editor and features editor for the Spartan Sentinel. Unfortunately, their program has stopped, so I am taking off my Spartan orange and putting on my Herriman gold! One word to describe me is **"short"** - I'm 4'9" and proud!

CO-EDITOR
Olivia Chilcote
I joined the newspaper as a way to be further involved with the school. I'm excited to see what this year holds. My favorite beat to write in is A&E. This year I am a senior. I enjoy finding good music, dancing, and going on simple adventures. One word that describes me is **exuberant**.

WRITER
Allie Moser
I'm a junior here at Herriman High school. My favorite beat right now is graphics and I joined newspaper because I like writing and I love Mrs. Neiufi(Dean). I'm a dancer and if I'm not doing that you'll probably see me just hanging out with friends. If I could describe myself in one word it would be **sarcastic**.

LEAD GRAPHIC DESIGNER
Emily Lam
I'm a junior and I love doing graphics and writing in News, I joined because I want to make sure that the student body is aware of all the pressing issues that involve them and their future. I love anything nerdy, science-based, and being with friends. One word that describes me is a **anecdotic**.

WRITER
Ethan Slade
My favorite beat in newspaper is A&E. I joined to get my thoughts out to the school. I'm a senior. I play guitar, I love the arts, I love the band Metallica, and Green day. If I could describe myself in one word it would be **visionary**.

“Once Upon a Time in Hollywood” Film Review

STORY BY JONAH JOHNSON

spoiler alert

★★★★

Quinten Tarantino is in a strange place in his career where he doesn’t know whether or not his best work is still ahead of him. Rick Dalton and Cliff Booth, both played brilliantly by Leonardo Dicaprio and Brad Pitt respectively, feel as if the peaks in their careers in Hollywood are far behind them. Feeling his relevance diminish by the day, Dicaprio’s character waxes nostalgic about his past as a ‘50s cowboy television star. He is a man of the past. A student of John Wayne and Gary Cooper, he finds it difficult to adjust to the dynamic and ever-changing atmosphere of late ‘60s film-making. Where in the past he could get away with just looking cool on a horse, he now has to pour his heart and soul into his performances in order to effectively compete.

Rick Dalton feels like a characterization of Tarantino’s attitudes about his own career. However, where Dalton copes with the decline of his relevance with adjusting his artistic methods and changing with

the times he lives in, Tarantino continues to express who he is as a filmmaker with incredible self-indulgence. He is still, deep down, a movie store clerk but the difference now is that he is curating his passions to a much wider audience. He saturates his characters in a setting that he holds very dear to his heart. “Once Upon a Time” feels like a love letter in that way. As opposed to a more cerebral filmmaker like Christopher Nolan, Tarantino’s movies are all about satisfying emotional needs.

I had the privilege to have a discussion with Herriman High’s resident film expert Dr. Borup about Tarantino’s work and “Once Upon a Time” in particular. We had a really good conversation and she shared with me some incredible insights that have really changed my perspective of the film. She shared with me, “Tarantino is a cathartic filmmaker, his movies are a force against violence instead of for violence.” She argues that as a culture we have built up tension and resentment for certain aspects of society, and artists like Tarantino create emotionally gratifying movies to satisfy our need for violence or revenge. Tarantino corrects the

wrongs of the past, and he relishes with child-like glee in his vindictive retributions. He has Jewish GI’s pump Adolf Hitler with bullet holes in Inglourious Basterds, a freed slave gets even with his slave masters in Django: Unchained, and in Once Upon a Time in Hollywood, he has movie stars reverse the violence of the Manson murders.

On my first viewing of the film, I grew an incredible fondness for Margot Robbie’s interpretation of the doomed movie star Sharon Tate. She felt like a lamb on her way to the slaughter, and I slowly began to dread the inevitable as I inched closer and closer to the end of the film where I knew for certain she would be viciously murdered. My interpretation of the character was clouded by the expectation of that inevitability, and when I found that the two characters that I had grown to love over the course of the movie reversed that inevitability it filled me with cathartic joy. However, on my second viewing of the film, I knew what was coming and I was able to interpret Margot Robbie’s character with new eyes. On my second viewing, I found Sharon Tate to be an empty vessel. She is beau-

tiful and she is kind and she is naive and she is innocent, but she never seems to be given the will to change the world around her. We are meant to project our own ideas about innocence onto her, and we are meant to dread the fate that we are sure is coming. I am not saying that Tarantino doesn’t make effective portrayals of female characters, one doesn’t have to look far in his past to find some kick-ass examples to counteract that point. Kill-Bill, Jackie Brown, and Shoshana from Inglourious Basterds are all fine examples. But it is interesting to think about what the shallowness of Tate’s character reflects on our feelings about tragic characters from history. Do we think about Sharon Tate as a human being with thoughts, feelings, opinions, and emotions? Or does she simply represent the end of the golden age of Hollywood, the loss of innocence in our culture, the end of the free-loving 1960s and the beginning of the cynical and jaded 1970s? Her death represents the eating of the fruit of the knowledge of good and evil, and if she is never killed does that mean that we get to live in the Garden of Eden forever?

Fashion Throughout the Hallways

The trends and brands of 2019

STORY BY GRACIE LEITER

High school is full of brands and trends that anyone and everyone knows, but which ones are the biggest this year? You’ve probably heard and seen everyone wearing brands such as Brandy Melville, Vans, Nike and Lululemon. Also following trends that are in style such as scrunchies, hydroflasks and specific brands of shoes.

Many of the brands seen around the hallways around school include things like Vans, Nike, Brandy Melville, Calvin Klein, Adidas, Lululemon, Levis, and PacSun. Many of these brands can be seen not only at school but everywhere else. These brands have been seen on TV and worn by popular actresses, actors and singers. Some brands are more expensive or cheaper than others, but everyone notices and sees these brands.

Clothing trends are things that people have followed forever, many people want to “fit in” or dress like the popular people they see around

school along with their favorite singers, actors, and actresses from different movies and shows. The biggest trends seen around are scrunchies, hydroflasks, patterned pants, Vans, Nikes, chokers, and ripped jeans. Many people branch out to wear something new and then it can become a trend that many like and enjoy.

Whether it be the brands or trends there are always reasons for people to like or dislike popular brands and trends. Jessica Barron is a junior at Herriman High and she says she likes brands such as Champion, Adidas and Vans because they have cool logos. Other students like Jace Lindquist says, “I like Vans and other brands

because they are trendy.” Some of the reasons why people may like these are that everyone else wears these things so they wear them to be stylish or popular.

Many other reasons include: they fit specific styles that people like, their favorite colors, favorite patterns or that it’s just comfortable. Payson Schneider says Nike is comfortable and that’s why he enjoys it. Although, others dislike these because it does not fit the style they like, they are uncomfortable, too expensive, or just “not cute.” When asked, some people say they do not like popular brands and trends for a few different reasons. Some being they are too basic or they are uninterested in fashion.

Whether you are interested in these popular trends or not, your own style is a creative way to showcase who you are and your own unique personality each of us as students at Herriman have!



PHOTO BY EAN PAYNE

WRITER
 Brayden Koos
 I am a Senior this year and I run cross country and track. I enjoy doing crazy things with my friends. My favorite beat is sports. I joined newspaper because I thought it would be a cool learning experience. One word that describes me is **adventurous**.

WRITER
 Kyle Christiansen
 My favorite beat in newspaper is A&E. I joined to get my thoughts out to the school. I'm a senior. I play guitar, I love the arts, I love the band Metallica, and Green day. If I could describe myself in one word it would be **visionary**.

WRITER/PODCAST
 Kade Brooks
 I’m a junior at Herriman High. I love the our doors, I love to ride moter-cycles I enjoy camping, and I like to work My favorite beat so far is OP/ED I joinedthe Newspaper because I was a way to get out of language arts for a year. If I would describe myself in one word I would descibe myself as **chill**.

WRITER
 Lily Ramirez
 My favorite beat would be OP/ED. I joined newspaper because I really love to write and this is something I haven't done yet. I am a Sophomore. A weird fact about me is that I can bend my fingers backwards and fold my tongue in half. If I were to describe myself in one word it would be **"cringeworthy"**.

2019-2020 NBA Predictions and Seeding of Teams

Predictions for the upcoming 2019-2020 NBA Season, predicting the seeding of the top 8 teams and who is going to win the NBA Championship.

STORY BY STILLMAN BALLSTAEDT

Will the Clippers dominate with Kawhi Leonard and Paul George and win a title? Will Mike Conley really help the Jazz make a top seed? Will LeBron have a comeback season and lead the Lakers to a championship? Will James Harden and Russell Westbrook lead the Rockets to another top seed in the West?

I asked students at Herriman High what teams they think will make the playoffs and what seeds they will end up on. For the East, most people predicted that the Bucks will take the first seed, followed by the 76ers (2), Nets (3), Pacers (4), Raptors (5), Nets (6), Celtics (7), and Pistons (8).

For the West, most people predicted that the Jazz will be on top of the West, followed by, the Clippers (2), Nuggets (3), Lakers (4), Rockets (5), Blazers (6), Warriors (7), and Pelicans (8).

I also asked them who they think will win the NBA Championship and almost all of them said the Los Angeles Clippers.

Here's an inside look at one of the common predictions. The Bucks and 76ers will take up the

one and two seeds in the East but then most people put the Nets in the three seed. This was an interesting choice because, yes, the Nets signed both Kyrie Irving and Kevin Durant over free agency, but most people are forgetting that Kevin Durant tore his Achilles. A seven-footer like him coming back from that type of injury will affect how he plays the game. I had the Pacers in the three seed followed by the Raptors in the four, Heat in five, Nets in six, Celtics in seven, and the Hawks in the 8th. For the West, a lot of people had the Jazz in the one seed which might be a little biased considering where we live but I had the Clippers in the one seed, followed by the Nuggets in the two seed, then the Jazz in the three seed, Lakers in four, Blazers in five, Rockets in six, Warriors in seven, and Pelicans in the 8th. For the NBA Championship, I also had the Los Angeles Clippers winning it.

Now, what makes some of these teams more special than the others? In the East, the Bucks have reigning MVP Giannis Antetokounmpo at forward along with Khris Middleton at forward also a great three-point shooter

and making his first all, Brook Lopez holding down the paint, and Eric Bledsoe and Kyle Korver as the guards. What makes this team better than others in the East is the 76ers do have Ben Simmons, Josh Richardson, Tobias Harris, Al Horford, and Joel Embiid. Yes this team may seem loaded with really talented players but Ben Simmons can't shoot out of 12 feet away from the basket, Josh Richardson is still a newer player learning his role in the NBA and on the team, Tobias Harris is a strong player all around but not reliable, Al Horford is a reliable player, but is getting old so who knows if he will stay healthy or not, and with Joel, you never know, in the 2018-2019 playoffs, he was getting sick a lot, and struggling with leg problems. And for the rest of the teams in the East, they all are really solid teams and I could see any of them jumping around during the season.

When it comes to the West, the Clippers have Patrick Beverly at point guard followed by Landry Shamet at shooting guard with finals MVP Kawhi Leonard and Paul George at the forwards and Ivica Zubac at center with Lou

Williams and Montrez Harrell coming off the bench. Compare this team to the Lakers, who have LeBron James, arguably the best player of all-time with Rajon Rondo and Danny Green at the guards with LeBron James and Anothony Davis playing the forwards and Dwight Howard playing center and Kyle Kuzma, JaVale McGee and Jared Dudley coming off the bench. This team may seem better on paper but how will they play together and split the shots because LeBron and Davis are both expecting lots of shots and Rondo, Green, and Howard want shots too, so it'll be interesting to see how throughout the season they adapt to each others playing style.

As for the Jazz, they have veteran point guard Mike Conley Jr, arguably the most underrated player ever starting at point guard with Donovan Mitchell at shooting guard, and Joe Ingles and Bojan Bogdanovic at the forwards with 2x Defensive Player of the year Rudy Gobert at center with Jeff Green, Ed Davis, and Royce O'Neal coming off the bench.



WRITER/PODCAST
Ean Payne
I play on the Herriman High School Football, Basketball and Track Team.
I am a complete Mama's boy. If you could describe me in one word it would be Competitive.

WRITER/PODCAST
Jonah Johnson
My favorite beat is Arts and Entertainment
Velociraptor
I am a senior
I really like movies and podcasts
Is that fun? Are those fun facts?
I'm really not sure what is and isn't interesting at this point
And yes I want all of this in my bio
Even this
And this

WRITER
Daniel Cannon
I am a Senior this year and I run cross country and track. I enjoy doing crazy things with my friends. My favorite beat is sports. I joined newspaper because I thought it would be a cool learning experience. One word that describes me is **adventurous**.

WRITER
Alex Hatch
Favorite Beat - Design
Why did I join? - I love to write, and to design new and unique things
Year in School - 11th Grade
Facts about me - I've broken my feet 3 times by running, I love to write, sew, talking to other people
1 word to describe me - **Chill**

WRITER/PODCAST
Gabe Lotz
I'm a senior here. I love to write about sports, and it's my dream to be a Real Salt Lake commentator, which is why I took this class. I love most sports, I love rock and roll, and I love to sing.

WRITER
Halen Hubbard
This is my senior year, and I wanted to join newspaper to experience the many opportunities like writing and interviewing that come with it. My favorite beat in newspaper is A&E. I love everything about music and anything that has an engine and wheels. If I described myself in one word, it would be **dedicated**.

WRITER/PODCAST
Spencer Corliss
I'm a jr. at Herriman High, favorite beat to write would have to be OP/ED. I joined the newspaper team because I like to talk about `important topics. If I had to describe myself in one word it would be **funny**. I also like hanging out with my friends and playing my guitar.

WRITER
Gracie Leiter
I'm a junior at Herriman this year, and I joined the newspaper because I enjoy writing when I get to write about whatever subject I want. I like graphics, designing, taking pictures, along with writing in Feature. I am a level six all-star cheerleader and enjoy sports. I am **outgoing** and a little **crazy**.

Mental Toughness of Athletes

How do athletes deal with the mental pressure put on them?

STORY BY GABE LOTZ

Athletes' brains go through something we like to call "regular wear and tear", especially student-athletes balancing school, and the pressure of performance in sports. Not to mention opposing fans, injury, and planning their future.

The legendary college basketball coach, Bob "Bobby" Knight said; "Mental toughness is to physical as four is to one." A simple proportion explains so much. You can work hard all your life to get the biggest arms, have the fastest 40-meter dash, or have the highest vertical, but if a team's opposing fans get into your head, that physical training is basically down the drain.

The Seattle Seahawks set the Guinness World Record for the loudest stadium. But really, does that make a difference? Absolutely it does. Different sports have different reasons for fan loudness, and football is no different. From 2005 to 2013, 130 false start penalties have been called on opposing teams offenses at CenturyLink

Field, Home of the Seahawks, more than any other team in that eight-year period.

But here's the real question, does loudness take a toll on players of different sports where verbal cues don't make as big a difference on penalties called? Let's take soccer for example.

ever played a sport, you know how difficult it is when a person or group of people is using your head as free real estate. Los Angeles FC's 3252 (a designated supporters group) is one of, if not the best fanbase in Major League Soccer. LAFC lead the western conference and at home, they



PHOTO COURTESY TO SCOUTEE.CO

Communication is key, but a word from one player doesn't start the play. So why do fans even try to be loud? If you've

have 11 wins, 2 ties, and only 1 loss. The 3252 are passionate, and the noise they make is able to distract players and give their

team a more intimidating look.

Student-athletes go through a lot more than many people understand. When asked what gets in the way of his mental focus, one student says "Competing with members on my team for spots on the lineup, and worrying about our practice schedule." It's not just about dealing with pressure on the field, part of the problem is getting on the field in the first place.

How do student-athletes deal with stress? Wes Johnson, a former Summit Academy soccer player states "If you are serious about your sport, then schedule your academics around your sport. Don't overstress, because like in the game, if you psych yourself out, it's really hard to do it." In other words, be committed. Don't act like you're a student-athlete and then give half of your attention to your sport and academics. Sometimes you just have to push harder than you want.

Bottom line: Athletes are tough. They spend hours in the

Does Fun Deserve a Place in Team Practices?

Making practice enjoyable can contribute to success. Each team has their own ways of creating a more enjoyable environment.

STORY BY DANIEL CANNON

Practice is always tough. Everyone knows that there are times to be serious. However, an enjoyable atmosphere is important to team success as well. Having fun together as a team helps create unity and build confidence. Coach Haag said that because of relationships built on his team, his athletes "... are able to dig deeper not just because of themselves, but sometimes for their teammates." As a team, you want to be on the same page. Having fun together builds positive relationships and reduces the stress that can come from competing against other teams, and even within the team. Seth Robertson, a cross country state medalist, explained that goofing off before a meet can help get rid of teammate's jitters. Each

team understands the role of fun as a team, and they all go about it differently.

Although football practices are very serious, players find time to have fun. They like to goof off with friends during water breaks. The older players enjoy messing with the freshman and sophomores. They have a lot of fun on the bus rides to games. At the beginning of the season, the team took a trip for a game in San Diego. They also attended the San Diego State, Weber State football game, and went to the beach. Members of the football team also hang out a lot outside of practice. In an interview, Tydon Holverson, a senior on the football team, said, "When we have that bond together, we get the bread."

Cross country practices are always interesting. Unlike most sports, boys and girls's

practices are held together. The team has a lot of cool traditions such as team dinners before meets and a trip to California for a race, the beach, and amusement parks. They also do a lot to make each practice more exciting. Coaches choose different practice locations for a change of scenery. Team members also enjoy just messing around with friends. "I think they do a good job of knowing when it is time to work, and time to focus," said Coach Haag, "[But on recovery days,] they can be a little goofier; kick a water bottle for seven miles or carry a TV I've heard has been done in the past."

The girl's tennis team also has team dinners. These are a great opportunity for team bonding outside of a serious practice environment. Each season the

girls look forward to a trip to St. George for a tennis tournament. Coach Richmond builds team unity using cheers and encourages team members to support each other during their matches. Players also enjoy singing and joking around during practice.

Sports are extracurricular activities. They are designed to be fun, but often the focus is drawn away from the enjoyment. Athletic groups create a serious, stress-filled environment. Often, athletes do not look forward to a workout after a long school day.

Many successful athletes lose their passion by the end of their senior year because of the monotonous grind. While success does bring satisfaction and enjoyment, there should be a greater focus on making sports enjoyable.

PHOTO COURTESY DESERET NEWS

