



THE TELEGRAPH

The Voice of Herriman High

Hearts of Gold 2019 Kickoff Herriman Students Unite to Support Childhood Cancer Victims

STORY BY JACEY BROWN, ASSISTANT EDITOR

HERRIMAN-- As Herriman High students flooded through the doors at their return from Thanksgiving break, something different was in the air.

It wasn't the many mistletoe-themed air freshener wafting from each classroom, nor was it the twinkling lights strung through the halls. It wasn't even the Mustang statue,

perched high above the students' heads with a taped-on red Rudolph nose.

The difference in our school after the long weekend, in truth, was overwhelming, yet invisible; this second day of December marked the start of the 2019 Hearts of Gold charity season, and everyone in the hallways had a note of cheer in their voices. Matt Jones,

Herriman SBO, weighed in on how Hearts of Gold impacts him and the other officers. "I'll be forever grateful for it and it's been my favorite high school experience yet," he tells us. "I know

many of the SBOs feel the same way, as we'd all be willing to do whatever we can to help raise money for our cancer kids."

The opening assembly came in a flurry of love, laughter and performance. Whether it was the SBOs getting their hair dyed in the middle of the gym, videos introducing sweet kids and their families, or showcases from our clubs and teams, Herriman did not hesitate to kick off the season in typical Mustang spirit.

The charity partnering with the Herriman student body this year is HayesTough, an organization that fights for funding, awareness and support for families affected by childhood cancer. This is their first time being chosen for a high school charity event (a careful process that starts with the SBOs months in advance), and founders Savanna and Steve Tate say they're excited to see what the season brings.

In the midst of the holiday high school chaos, the student

body was introduced to four kids we'll be helping out this year: Addi, Remi, Billie and Gideon. Standing with smiles in front of the roaring crowd, these kids and their families were a visual reminder of what is truly the "heart" of Hearts of Gold: uniting the community by helping those that need a hand...rather, thousands of teenage hands.

Hearts of Gold began with the opening of Herriman High School in 2010. The school's first student government came up with the name and picked their first charity, and thus, the holiday event was born.

Flash forward as the decade comes to a close, and Hearts of Gold is bigger than ever. This year, students have a plethora of ways to give; odd jobs, concerts, dares and even popcorn will bring us to a higher grand total for these kids.

Look out for the Telegraph's special Hearts of Gold tabloid



PHOTO BY JACEY BROWN

100 Years of Female Votes

The story of women's suffrage is resurfaced as the centennial anniversary of women's right to vote is celebrated across the country

STORY BY KAYLA MILLER, EDITOR IN CHIEF

UNITED STATES OF AMERICA-- The right to vote was given to women only 100 years ago and the anniversary is being celebrated by those who pay their respects to the heroines of the 20th century. During the 1920's, women were first allowed to vote subsequent to the 19th amendment to the U.S. Constitution being passed and ratified. The centennial anniversary of such government involvement for females is a significant portion of women's history.

Programs surrounding the anniversary plan to educate the public about the battle for women's suffrage and promote laws that ensure women's full and equal right to vote and obtain government participation. When one realizes it's only been 100 years, the women who fought for these rights appear a lot closer to home. For example, the reality of what a female's situation would be like back then becomes more clear when listening to the words of women like Susan B. Anthony and Victoria Claflin Woodnull. Anthony once confidently

stated, "I think the girl who is able to earn her own living and pay her own way should be as happy as anybody on earth. The sense of independence and security is sweet."

Some reasons for studying women's suffrage as well as the impacts of the centennial anniversary are going to be emphasized especially throughout the year 2020, which is coming up soon. It will shed light on what life would be like for the women of today if these rights had never been fought for while recognizing the efforts of those who broke not only a societal and political barrier, but a historical one.

The American Bar Association obtains a website that delivers tool kits to support the programs surrounding this historical anniversary, videos that can be used for events or lessons, information on the amendment itself, activities, interesting facts, and a gallery of the 19th amendment photographs.

One of the greatest factors of importance in celebrating 100 years of women having the right to vote is honoring those who made it possible. Singer

and activist Nina Simone once said, "There's no excuse for the young people not knowing who the heroes or heroines are ore were." As the commencement of the centennial anniversary of women's suffrage draws near, the echoes of equality ring from the voices of society's ancestral

luminaries, pushing the youth of today to value their political involvement.

PHOTO COURTESY TO BRYN MAWR COLLEGE



At Last

Undercover SBOs

An inside look on what Herriman student body officers are doing during and after school that students don't know about

STORY BY: KADE BROOKS

Thanksgiving break ends and the dreadful return awaits. As students enter HHS every inch of the school is adorned with holiday decorations, even our Mustang statue is in the spirit with snowflakes hanging off its hooves..." The student body officers spend countless hours not only honing their inner interior decorator skills but to help make a positive impact on the school and all of the students who go here.

Our SBOs are so devoted to this school, so much to the extent that students don't see how much work they are really put in every day. and I think there is so much that students don't get to see. SBOs are strictly focused on helping students, and doing everything they can to make our high school experience the best it can be. When speaking with Sydney Reading and Abbey King, about their experiences of being a Student Body Officer at Herriman High it was evident how intact they are within our school. They are all in for

helping cleaning and looking after students, and making sure they have the best experience they can in high school.

The Student Body Officer role closely correlates with having a full-time job: before and after school they are putting in overtime hours to try and help their fellow classmates. Everything they do results in what students are seeing and what they relate to within school. As Abbey King says, "student government is very student-run". Which means that these students rely heavily on each other to accomplish their goals and make things happen. They base it off of their knowledge as a student to know what their classmates would be interested in. The student body officers also feel like there is a great deal of pressure that comes with picking and choosing what they should do for certain events. They go through so much work putting things together as in assemblies school dances and pretty much all in school and afterschool activities. We should draw

our eyes towards what they are doing for our school, and appreciate them for what they do.

Our SBO's work very hard to make sure all the students are satisfied with what is provided by the Student body. They focus on likes and dislikes and shoot for the best. With the heavy load the title bears, it does find the officers with the challenge of being able to do things after school and manage their time with anything besides school.

As Sydney Reading would say, "school is like my first home and home feels like second." That's not going to say that they don't love what they are doing for the school. They love to see the outcomes for

everything they invest their time in and in the end they get a different type of satisfaction that not a lot of other students feel with activities that go on for the school. Students don't really get to see the overtime and work and pressure that they go through. They will always be the first ones to an event to set it up and the last ones to clean it.

Next time you see an SBO make sure to show your appreciation through a simply thanks in passing or high five in the hallway for all they do. We wouldn't have the best school out there if it wasn't for them!

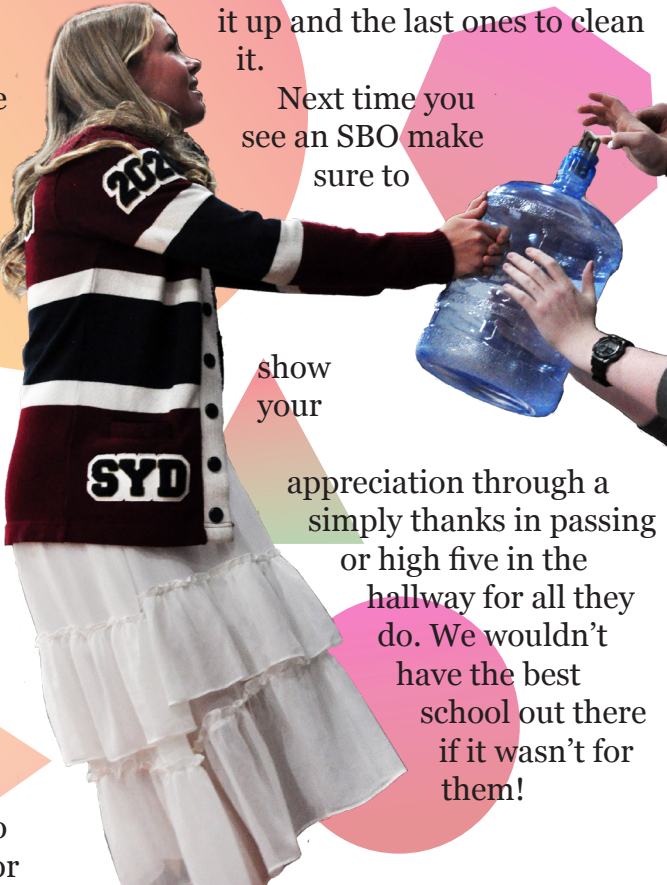


PHOTO BY TO EMMA LAM

Aloha Mustangs!

Herriman's First Polynesian class seeks to embrace and share island culture

STORY BY: LEROY TAUKEIAHO

Pacific Islanders make up only one percent of students at Herriman High School. Despite the small number that makes up their representation through the hallways, polynesian students gather each B day to learn more about and embrace the culture that makes them proud to be apart of.

"The people of the pacific class is a place where not only polynesian people can attend," said P.O.P club president, Lucy Tahi. "It's a class where everyone may come and share about each of their cultures and how many of their families migrated from the islands."

The class is based around embracing

polynesian culture while learning more about the various islands, family genealogy and ancestry while working hard to become the best versions of themselves, not only as individuals, but for their current and future families.

"P.O.P helps me learn about my culture and embrace it, which is important to me as a minority here at Herriman High," said senior student-athlete, Kepu Fifita.

Although the Pacific Islander community of Herriman High is a small demographic within the student body, the P.O.P Club

consists of students from all around the world. Students and their families originate from islands such as Tonga, Samoa, Hawai'i and New Zealand.

In this class, we are also taught how to become proactive and strengthen our leadership for our families, school and community. Whether it is through community service projects, strengthening relationships with our families, or even sharing our culture to our fellow Mustangs, this class helps us become who we seek to be in the future as people.

College

and career readiness is an important focus of the course. Students learn more about higher education, job and scholarship opportunities. The group focuses on improving academics/attendance, visits college campuses, attends conferences and explores their options to prepare for life after high school.

"Being able to learn about different scholarship opportunities really helps me become aware about ways to afford school and make it a reality, especially for

[opportunities] that are available to Polynesian students like me," said P.O.P member, Make Fifita.



PHOTO COURTESY BY MRS. NEIUFI

Getting to Know the People of Herriman High

In today's world it is very easy to avoid unwanted social interactions. One simply has to put in their headphones or glance down at the phone that's most likely already in their hand. This makes it difficult to get to know one another, especially other classmates. However, it is very important that as a student body, we get to know and look out for one another, which creates a more united and stronger environment. And it's not just the students, but the teachers, counselors, office workers, and every staff member that create a united school.

environment.

Each of us has our own stories, but really getting to know someone's can be shocking. Many people tend to hide the big, life changing events that occur, especially in high school. You never know who recently lost a loved one, who has to listen to their parents fighting every night, who's dealing with an illness or any number of things that could be happening. We tend to only let people see a slim part of us, even those we are closest to, but letting people in and reaching out and trying to get to know one another, can make so many things easier.

As a school, we need to be kind and get to know each other. This can help create a more united and welcome environment for all of us, which is important because all of us should feel safe and welcomed when school is the place that students spend most of their time.

What about Christmas time makes people feel happy?

Thanksgiving, Christmas and New Years are the prime parts of the holiday season. This time of year brings joy for kids but what we don't see is the struggle for the parents around the community.

The holidays give us a great reason to be with family, friends and the ones we care most about. Long family parties allow you to catch up with your relatives that come from out of town. You share love and laughter throughout the house, and you get to see the eyes of the young kids light up when they are opening that gift they have always wanted.

People all around the world celebrate these holidays. For some people, this time of year is a scramble for money. Parents around the world want to get their kids everything they want for Christmas and put good food on the table for Thanksgiving. However, it is easy to go broke quickly during the holiday season.

I got to talk to Donny Durrant, parent of Herriman student, Payton, about some of the problems he sees around the holiday season. Donny explained, “Parents go into debt fast around



Thanksgiving and Christmas because they use their credit cards and don't think that they have to pay it back. That is the problem with the holidays". Donny Durrant is a very successful man who runs his own



business and doesn't have some of the struggles that other people might have.

The holiday season is not bad though. It is a great time to spend quality time with loved ones. In a poll here at Herriman high school about holiday traditions, many students here at herriman high school go to the homeless shelter and give out blankets and food. Students also said they travel out of state to go to their relatives houses to celebrate with them. Some students said they sit at home and watch movies with their family and friends while just enjoying the company.

I know Christmas isn't the same now that you know santa isn't really santa, but you still can find a way to get in the holiday spirit and make them a little special. Give back to people you know or especially don't know. "If you have the light inside you, light someone else's light."



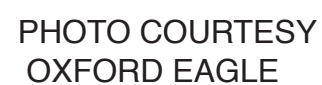
STORY BY ALLIE MOSER

In the spirit of the holidays we are more aware of how blessed we truly are. It makes us want to give back and help the people that are in need. The question is, what are you going to start by doing? There are so many different opportunities out there to go and help someone. The simplest one is handing someone money on the side of the road but you also have the option of feeding those at homeless shelters, collecting warm clothing to give them and so much more.

Every school has some sort of fundraiser they do yearly to try and make an impact. At Herriman we do a big event called “hearts of gold”. This helps raise money for young children who have cancer. We get the community involved and raise funds to help the families financially. Students start by doing odd jobs going door to door asking people within the community what they could help them with in return for money. They also do ashtrays and school wide donation events.

You don't have to be a billionaire to make the world a better place. Start by collecting food from your neighbors and donate it to a local food bank. This is the easiest thing to do and it doesn't take up all of your time. Ask people for money so that you can purchase toys to help with "Toys for Tots". The mission of this organization is to collect new toys to give to children that are less fortunate. It helps to bring them the Christmas joy that everyone deserves to feel.

This is known as the best time of the year. It brings families together and helps us reflect on the wonderful things we have in our life. There are countless people out there though, that don't get to experience it the way most do. Giving this, it reminds us of the power of giving and the importance of it. Remember to show thanks to the people who protect us and are constantly watching out for us. They appreciate things like that more than you know. Doing the smallest things can end up making the biggest impact.



It’s a Ferrari! It’s a Lamborghini! No!..It’s a Chevy!

The New Generation of Corvettes

STORY BY HALEN HUBBARD

Starting in early 2020, Chevrolet will release the newest generation of their popular Corvette, making it the eighth time the company has redesigned the car. In 1953, the first Corvettes were built by hand in Flint, Michigan. Now, since 1981, they are being produced in Bowling Green, Kentucky. However, the newest generation is taking inspiration from the past and making a totally new, sporty look.

With the looks of an exotic car, the 2020 ‘Vette keeps the iconic Chevy look while adding a little bit more class

to it, if that was even possible. The thing that makes this absolutely possible is the decision to move the all new LT2 V8 in the middle of the car as opposed to the

front as in recent years. This choice was first discussed back in the early days of the Corvette. According to the National Corvette Museum, Zora Arkus-Dun-

tov, also known as the “Father of the Corvette,” first thought of the idea of a mid-engine Corvette in the early 1960’s. However, 60 years later, the company was finally



able to get the original idea to perfection. The engine placement isn’t the only new innovation in the car. For the first time, Chevy is offering the first hardtop

convertible. With the push of a button, the top will retract into the rear of the vehicle, keeping the overall flow of the vehicle seamless. Also, because of the engine placement, the driver will now feel the car move around themselves as opposed to the middle of the car. The driver feels right up in the action with the road flying past them. The design of the body offers optimum aerodynamics and airflow. With air vents

placed in the front and sides of the car, it moves air to directly cool the engine along with providing a smooth ride. The door handles are hidden on the sides of the doors under an airflow vent in order to give a clean appearance. The driver truly feels as if they are riding on air instead of on the road. With the base model 1LT starting at \$59,995 and the higher model 3LT starting at \$71,945, the 2020 Corvette Stingray provides an affordable sports car with the looks and design that compete with a Ferrari or a Lamborghini. Photo Courtesy: Chevrolet.com

Safety on the Snow

Five Tips and Tricks to Being More Careful in the Winter

STORY BY KYLE CHRISTIANSEN

For many of the new students in Herriman, this winter could be a first time driving in the snow, which could be a scary and new challenge to face. There are many possibilities of causing or being involved in an accident, such as sliding into the back of another car, or drifting into the middle of the intersection. Along with the problems, here are some solutions:

1. One of the easiest ways to prevent an accident and the chance of being involved is to stay home and not be on the roads unless necessary. The less

you are on the road, the less of a chance you have of being in an accident.

2. Go the speed limit! If you’re traveling on slippery or slushy roads, you should reduce your speed. Speed limits are based on ideal conditions and if you are driving through heavy snow, you’re not going to be able to go as fast as you would on a clear, warm day. Allow yourself more time to get to your destination if you must drive in the snow.

3. Increase the distance between you and

the surrounding vehicles. According to AAA Exchange, you should be between five to six seconds behind the car in front of you; with a chance to slide, you’ll need more stopping space. The more time between cars, the less chance of an accident. 4. Be prepared. Driving in a cold car can be distracting and hard to perform under. Start your car at least ten minutes before you leave to allow it to warm up inside the car and for the engine to warm up. This will allow for a more reactive and safe driver, also preparing the driver for bad road condi-

tions. Leave earlier than usual to get where you need to go on time without speeding.

5. Learn how to stop. One of the number one causes of road collisions in the snow is sliding into another vehicle. If this begins to happen and you can’t stop your car, start pumping your brakes

instead of holding your foot down. This allows your car to stop sooner and safer.

Driving in the snow can be scary and dangerous, so be safe and make smart decisions on the road to prevent all possibilities of an accident.



Photo Courtesy: tirereviewsandmore.com

Joe Rogan’s Voice is Changing the Country

How Celebrity podcaster, Joe Rogan’s impact on popular culture affects young people

STORY BY JONAH JOHNSON

The Joe Rogan Experience, a highly popular podcast with almost 20 million downloads every month, seems to have been woven into the very fabric of our media consuming, internet driven culture. People, and perhaps specifically young men ages 16-35, of all political persuasions and economic backgrounds seem drawn to this strange man. Why does a retired UFC commentator and stand up comedian have such a deep influence on our society? While preparing for

this article I read many different accounts of Joe Rogan’s daily routine. It seems to me that the only person who has their day to day activities observed and recorded by journalists more than Joe Rogan is the President of The United States. That might be because Joe Rogan devotes himself to the hobbies and interests that he finds most rewarding. Exercise is very important to him, he usually spends his mornings working out with the intensity of somebody who is either highly

motivated or clinically insane. Later, he usually records one or two of his three-hour, conversation style podcasts. After a couple of hours of other hobbies like archery or jiu-jitsu, he unwinds at the end of the day by smoking either marijuana or a healthy amount of the psychedelic drug, DMT. Joe Rogan’s lifestyle and philosophy is so attractive to young men because, including time spent being a good husband and father, he seems to center his life around the things that he

is most passionate about. An unfulfilled dream for many, many people in this country. There are millions who feel stuck, and unable to make the changes necessary to start living the lives they want to lead. The kind of release from mundanity that people feel listening to him is very real. Like a Walter Cronkite for the information age, Joe Rogan has become a figure that is trusted by people on all sides of the political spectrum. With guests that range from voices like Andrew

Yang and Bernie Sanders to Ben Shapiro and even Alex Jones, he sits down and listens to everyone, regardless of whether or not he agrees with them. Joe Rogan is very difficult to put into a political box. He has described his views as being mostly liberal, with the obvious exception being his feelings about gun rights. However, I believe that it is more complex than that.

Continued on Page 7

Lakers Still on Top

The NBA is heating up as many teams regroup in hopes of post-season play

STORY BY TAE SPIELVOGEL

With the current 2019-2020 NBA season having started on October 22nd, it's now just over a month in. From the Lakers making a great come back from a terrible last season to the Golden State Warriors dropping into to dead last in the league, there has been a lot of things happening for the NBA, as of late.

Let's start with the standings. The Lakers, who finished in 10th place in the Westen Conference, are now in first place and holding strong. The Lakers have to credit their strong off-season signings. They traded three young players, including stars Lonzo Ball and Brandon Ingram, to the New Orleans Pelicans for All-Star center, Anthony Davis. They also resigned Dwight Howard from the Memphis Grizzlies. They are currently in the top five rankings for their field goal percentage and place for points allowed. They are also in

first place for blocks and point differential.

Unlike the Lakers, other teams across the league are having rough regular seasons. The Warriors, who have been in the finals for five straight years, have dropped to dead last in the league. Most of their starting players have either left or injured. They now relying on inexperienced

players to try and keep them from playing at a G-League level. The Portland Trailblazers, who made it to the Western Finals, have also been having some bad luck for the start of the season. They have been at the bottom half of the bracket for most of the season. In an attempt to help themselves, they signed Carmelo Anthony. Anthony, who hadn't played a full season in two years, is attempting to prove his relevance once again in professional basketball. On the east side, Ben Simmons recently scored his 1st 3-pointer. It took him 172 games and more than two professional season to do

it. It's about time, isn't it? The 76ers defense is proving to not need a sharp shooting point guard to get the job done. Their defense lead by Joel Embid, has been holding opponents to low scores and is in the top 5 rank for points allowed.

The Dallas Mavericks number one player, Luka Dončić, is making his case for the MVP. He is in third place of points per game, and second in assists per game. He already won the Rookie of the Year and is up for MVP against Stars like Giannis Anktetokounmpo, James Harden, Lebron James and Anthony Davis.

There is still more than half the season left and many teams are looking to regroup to prepare for postseason play, including our state's very own Utah Jazz.



PHOTO COURTESY: SATURDAY DOWN SOUTH

With Football Season Over, What's Next?

The student section is surprisingly empty at winter and spring sporting events compared to fall football games

STORY BY WILL MANGUM

When football season comes around, students at Herriman will pack into the stadium like sardines, but when it comes to other sporting events, the bleachers are empty. The idea of football games and high school go hand in hand, so it is expected that they are the most heavily attended by teens. However, there are countless teams out there that work tirelessly to compete at a high level and to represent Herriman, yet they only get a small fraction of the support that the football team receives.

For the average home football game, over 1,000 spectators fill in Herriman's side of the stadium. There is a large discrepancy between that number and those in attendance at winter sports (wrestling, boys/girls basketball, swimming) as well as

spring sports (baseball, softball, tennis and track). While boys basketball still gathers a good amount of support, the crowd is nowhere near the size of a football game. The student section for the majority of other sports are generally sparse, consisting largely of the close family and friends of athletes competing.

Everybody has been part of something or performed at some point in their life, and it is always encouraging to see people cheering you on and supporting you. To look up from the court to see only a few spectators supporting you is demoralizing and makes your passion seem irrelevant to the rest of the school. Some of the affected athletes at Herriman weighed in with their insight and feelings.

Evan Hofheins, a senior and tennis player, commented, "People just don't care about tennis. After four years,

you kinda just get used to no crowds."

While the attendance issue bothers some players, others don't seem to have a problem with it, trying to focus on the competition instead.

"Maybe it makes less pressure, but when I wrestle, I'm not really focusing on who's watching," said Oscar Madison, a junior on the wrestling team.

No matter how it affects the athletes competing, the lower attendance is a poor reflection on Herriman's school spirit and is hardly an example of our theme, "united." There could be any number of reasons for students not coming, whether it falls on an inconvenient day, if it isn't interesting to them, or if they simply don't know that much about the sport. The fact of the matter is, students should be willing to overcome those obstacles, just like they do in

football games.

As the winter sporting seasons get into full swing, students should try to get out of their comfort zone and attend more obscure events. It's a great place to socialize with friends, meet new people and learn about a new sport. Whether you make it to one match, race, or game, it would be a good show of support to the teams at the highschool and show them that the student body is proud of its athletes.

The crowds at a Herriman football game showcase the full force of the student body in contrast to the empty bleachers in winter/ spring sports.



PHOTO BY JACEY BROWN



The Importance of the Name on the Front of the Sweater

How sports can unite anyone

STORY BY GABE LOTZ

The world is separated. Whether it be by ethnicity, culture, gender, sexual orientation, or political beliefs, the world is separated in many, sometimes deadly ways.

Nelson Mandela once said, “sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where there was only despair.”

Sometimes we look to the most unusual places for hope because we’re so desperate for it that we’ll take anything. Time and time again, a nation or different group of people feel empty, and the last thing they have to hold on to is a sport. Every so often, that sport gives them the hope they need to keep moving forward.

In 1980, the United States of America wasn’t in a great state. People were scared and unsure. It was the middle of the Cold War and the Olympics were about to start in Lake Placid, New York. Former Minnesota University hockey coach Herb Brooks was given the difficult task of coaching the United States hockey

team. He is now known for his motivational qualities, and one of his “Brooksisms” (his famous quotes) was; “The name on the front of the jersey is a hell of a lot more important than the one on the back.” Every player on that team from then on played for no one else but each other. The Soviet Union was known as the best hockey team on the planet, winning gold in the last four Olympic games with five in total. They looked like a powerhouse and it seemed like no one was going to take them down.

Coach Brooks, however, was not going to go down without a fight.

The young US team tied Sweden and beat Norway in the

qualification round, making a name for themselves. In the final round, they pulled off the unthinkable and defeated the Soviet Union 4-3 to then take down Finland 4-2 to win the gold medal. Playing in their own country, a roster of 20 players just out of college had just proved to the United States citizens that their country was powerful and there was hope.

A surprising example was the unity of North and South Korea. The two countries have been separated for over 70 years. Things have looked, and still look, pretty hopeless. However, in 2018 at the Pyeongchang Winter Olympics, the two countries buried the hatchet for the opening ceremonies and marched together. Citizens finally experienced a sense of unity within their own country.

They also had a mixed

women’s hockey team in what the New York Times called “the most dramatic gesture of reconciliation between them in a decade.”

In a world where different demographics and political views cause constant war, disagreement, and separation, few things can cause people to forget the issues splitting them apart. political propaganda and school stunts can try all they want to unify people, but one thing can undeniably bring people together: sports.



College Football Playoff Preview

STORY BY STILLMAN BALLSTAEDT

Yes, it’s Christmas time, but it’s also time for College Football Playoffs! With the regular season over, it’s time to look and see who’s competing for a National Championship in this year’s playoffs.

#2 - Ohio State

Ohio State has built a great offense surrounding their quarterback, Justin Fields, who also is a top Heisman candidate this year. They have some solid wins this season against teams like Cincinnati, Indiana, Wisconsin, Michigan, and Penn State. There is no question that they are a well qualified team and will have a good matchup against Clemson.

#3 - Clemson

Clemson has found a gem of a quarterback in Trevor Lawrence. Lawrence has thrown 252 passes and completed 169 for a completion percentage of 67.1% and thrown 23 touchdown passes and 8 interceptions. Clemson hasn’t played any really good teams this year and will face their first challenge against Ohio State in the Fiesta Bowl.

#1 - LSU

Ohio State has built a great offense surrounding their quarterback, Justin Fields, who also is a top Heisman candidate this year. They have some solid wins this season against teams like Cincinnati, Indiana, Wisconsin, Michigan, and Penn State. There is no question that they are a well qualified team and will have a good matchup against Clemson.

#4 - Oklahoma

Oklahoma had a very strong season with transfer quarterback Jalen Hurts and has solid wins this season over Baylor and Oklahoma State. They beat Baylor in overtime for the Big 12 Championship to help make a case for their College Football Playoff spot, with the help of Oregon beating Utah in the Pac-12 Championship. Oklahoma is going to face a big challenge with LSU but it will be a good game for sure.



COLLEGE FOOTBALL
PLAYOFF



What Is The Meaning Of Life?

A Philosophical Outlook On A Teenager’s Life

STORY BY LILY RAMIREZ

As teenagers, we’re all trying to find out who we are, and the question we ask ourselves so often is “what is the meaning of life?” We’re so insecure about our future that we question our present.

Alan Watts, a life philosopher is where this concept comes from. “The most fascinating problem in the world is ‘Who am I?’” This is what Watts states in his lecture *How to Get Your Mind Back*. He continues on to elaborate on this question. He talks about what “I” is. “I” is the “center of awareness and a source of action that resides in the middle of a bag of skin and so [...] we refer to ourselves as a skin encapsulated ego.” That is what the definition of “I” is, however, there isn’t much of a meaning to it, but we can all find our own meaning to life, or our reason to live, so to speak.

Never knowing what to think or what to speak is a common problem as a teen; high school is so judgemental, and a lot of teens are hypocrites for thinking that, even if they don’t see themselves as judgemental people. At every moment of the day they are profiling and categorizing others, without even knowing them. Then, they question why they do this, and through questioning, they lead themselves right back to the root of the problem: not knowing the purpose to serve being alive.

Living is wonderful sometimes, and in those

moments, we don’t question the meaning of existence. Only when sad or depressing thoughts come do we question why we live or who we are. When we are vulnerable and absentminded, we let the questions creep into our minds. When we see a person and we put ourselves in their shoes, they could be anyone. A role model, someone of religious importance, a family member, it doesn’t matter. When life’s wonderful, we don’t think about it.

I think teens question themselves so much because we are trying to figure out where we are going in life. Our careers, futures, and potential all get influenced by our choices in high school. Whether or not we get a job, how much we study, how often we hang out with friends, even how many

friends we have, if you really think about it, you can tell who will go where in their life. It is often stereotyped that popular kids will go on to be rich and famous, which isn’t completely true. It can also go in the complete opposite direction: they start making unhealthy decisions, going out every night, spending a lot of money and talking to people that are bad for their mental health; all bad choices that can lead them down an unsuccessful path.

So much pressure is put on teens as they approach adulthood, but they necessarily aren’t ready for it. Research shows that teens often try to

escape by taking drugs, drinking alcohol, and partying.

DrugRehab.com states that nearly 80% of high school students have had

alcohol by the age of 18, but the

question is, why? Most might say that they are just curious, others that they are trying to escape the stress of life. A few even say that they have no reason.

For years, people look into their lives and what they learned from it, just so that they can figure out what life means to them. However, that’s only for that one person. Almost no one will be able to relate to what that person made the meaning of life for themselves, and they most likely never will.

People are looking for an overall answer, an answer for everyone, but no one can give that. The simplest answer is this: Everyone will interpret life differently, and as a human being, you have to discover what life means to you.

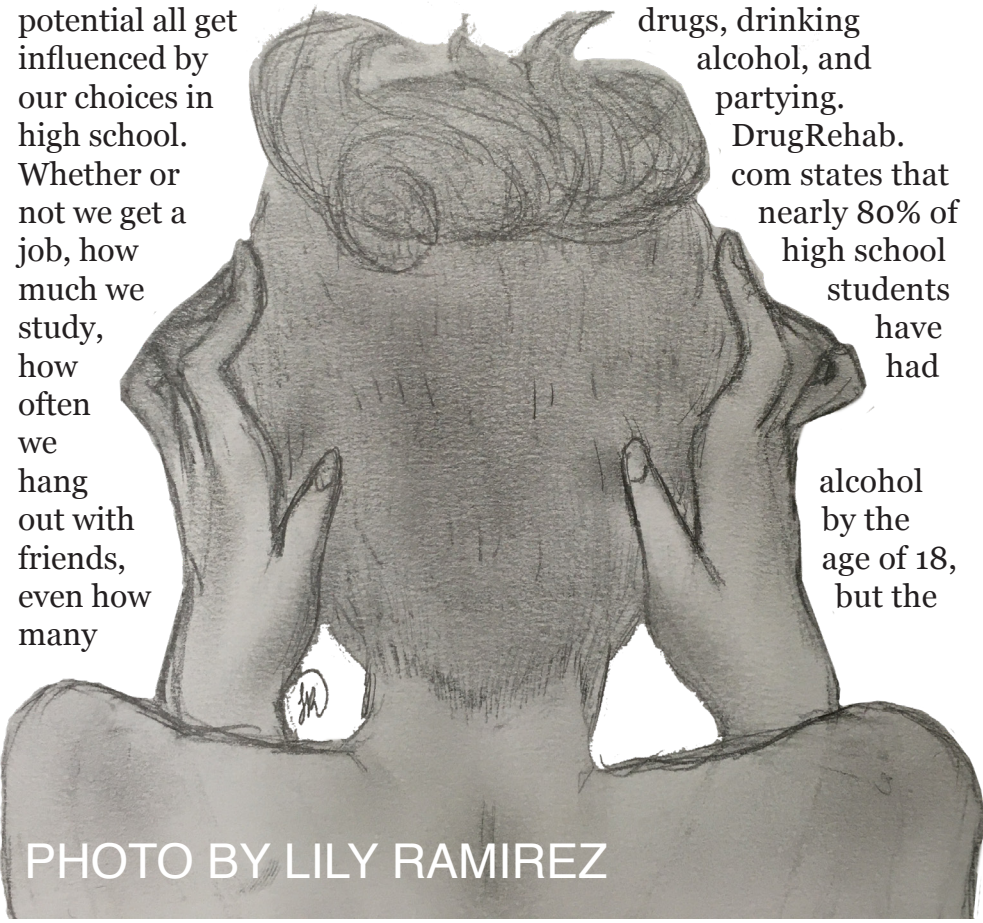


PHOTO BY LILY RAMIREZ

Ok Boomer--How a Meme Turns into a War Cry

A Generational divide that raises questions on jokes and Ageism.

STORY BY EMMA LAM, ASSISTANT EDITOR

What started as a verbal eye roll to Baby Boomer’s out of touch statements and a cry for action has quickly spiraled from a silly meme to a “discrimination case.” Which brings up the question: “Where did it start? And why are people so upset over a joke?”

Starting in the early 2015s, “Ok Boomer” was used on 4chan, an image-sharing and forum website, but only during the 2019s did the phrase pick up. In the beginning, it was a sarcastic remark to a statement made by an older man about the fragility of Gen X that of it became popularized on TikTok where users would brush off traditionalistic ways of older generations and responded in a defiant, “Ok Boomer.”

Now, there is a spectrum of arguments differing from supporting to out-right opposition as this generation divide slowly becomes more apparent as time goes on.

There are two groups that lead the conflict.

Gen-X (1965-1980)
Millennials (1981-1996)
Gen-Z (1997-Present)

Those of which are leading progressive changes to society. They’re advocates and activists for

things unthinkable before the 21st century.

And the others are the Silent Generation (1928-1945) and Baby Boomers (1946-1964), our wise-men who have lived across enough experiences to have a two cents

in how the viral joke affects them.

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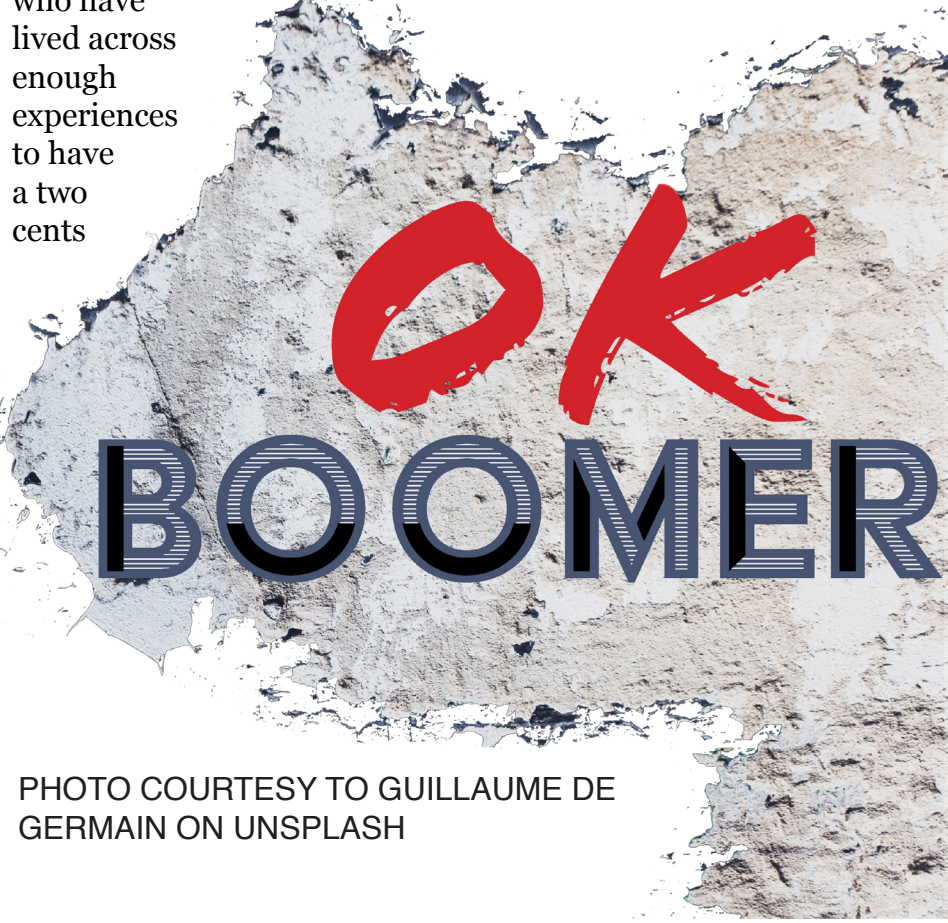


PHOTO COURTESY TO GUILLAUME DE GERMAIN ON UNSPLASH

Never Underestimate the Influence of Being United

STORY BY: Gracie Leiter

The true meaning of being united has many impacts on people. The word united can have many hidden meanings along with changing the way people may feel or act. It means to join together as allies. This can be incorporated in school, family, friends, sports, and even where you work. Sometimes it is not easy to get along with everyone you are surrounded by and it can impact your mood, but the feeling of being united can overpower negative emotions. What does it mean to be united and how can we incorporate it into our everyday lives?

Being apart of a team can give you a community environment that can develop into a family of success. Nothing can beat the feeling of winning the biggest championship with a group of people linked together by a common goal. That objective can bring people together and build them up with motivation

to help each other. J.K. Rowling said it herself, “We are only as strong as we are united, as weak as we are divided.” While being divided can tear people down and make things hard, the more we decide to come together, the stronger and more unstoppable you become. It ties everyone together and shows that the people surrounding you everyday have your back no matter what. The more united a team becomes the harder it is to break them down, which applies to all sports. Being a teammate while building on this idea of being united means that you bring others up, include everyone, and try to get along with everyone and focus on what you need to do to help your team succeed.

As a high school, having unity can make the whole experience more positive. Although your high school experience may feel long, it is a short and very impact-

ful time of life, and we should make the best of it. Uniting your school can mean joining the student section at sports games or volunteering in Hearts Of Gold. It can also be composed of small, simple actions including smiling, saying hello to others, sitting with someone who is alone, or talking to someone new. As a school coming together for one thing makes a big difference in individual’s lives. At sporting events or in clubs we all come together for that one idea, that thing that makes students feel more included and makes it easier for them and relieve the anxiety of coming to school everyday. For example, here at Herriman, Hearts Of Gold is a big deal to many students, teachers, and faculty. Many students at Herriman claim that H.O.G. is one of their favorite times of the whole school year because they feel included and united. Everyone

comes together to do service and raise money for other people without a thought for themselves. Serving others can turn a huge student body into a tight-knit family.

With those around you coming together can bring better attitudes and actions, making the environment more enjoyable. Face it, life isn’t easy and no one wants to go through it alone. Using unity to build relationships even includes friends and people you don’t usually hang out with. You can not only expand your horizons, but it also will influence their life in such a healthy way. If that wasn’t motivation enough, making others happy will also make you happier as well. We can all help each other grow and learn. In your family when you have built that friendly environment, you feel more open to sharing things and you have a desire to spend more time around them. You attract the type of

people you want into your life, having more of an open mindset while staying positive can bring those same people around. We all need people in our lives that are a positive influence socially to be happy. Being kind to people in your everyday life can make you a better person and bring a sense of unity to your life.

Whether it be in or out of school we all want to have a positive atmosphere and spread goodness around. Being united can affect the way we think and act within our sports teams, clubs, school, family and friend groups. Having a sense of unity brings positive results and makes people happier and easier to work with and be around. Being joined together by not judging others, talking to new people, being open minded, and serving others can incorporate “united” into our school this year.



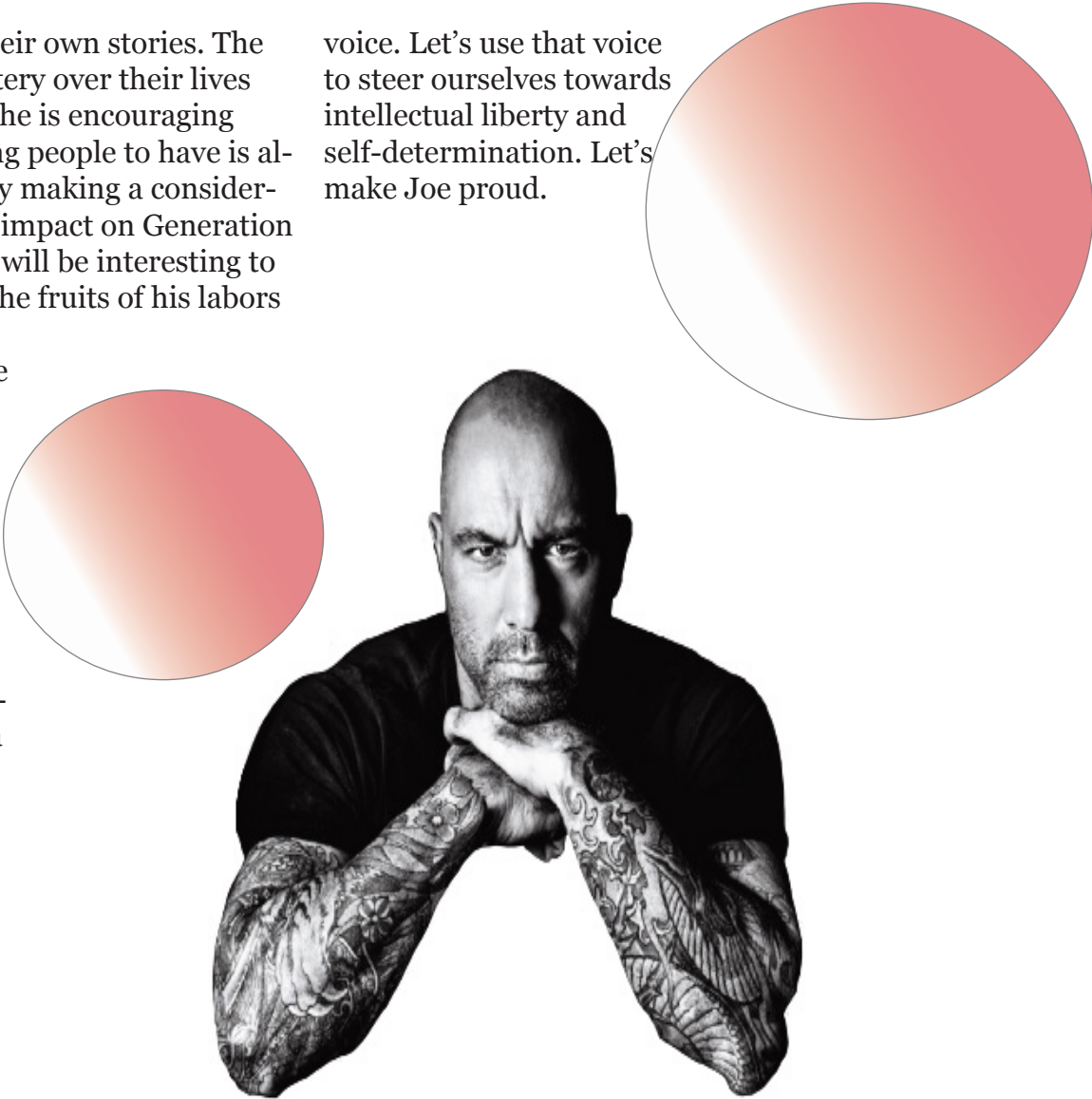
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When he sits down with somebody that doesn’t walk his political line, he first tries to find everything that they agree on. As he focuses on that, we find that he and his guest usually share a lot of ideas in common. It’s not that he is afraid of confrontation. In fact, he welcomes it and some of his podcasts take a turn for the uncomfortable every once and a while for the sake of ideological integrity. It seems to me that he believes that if people in this country tried to understand each other’s views rather than attack them, national political discussions would become much more effective. In a world of reactionary politics and toxic discourse, he composes himself like a sane, rational adult.

Joe Rogan’s values are American values. He believes in freedom of speech and expression, so much so that he has become an enemy of the politically correct, “woke” mindset that has plagued the political left in recent years. He has become a crusader against those who strive to silence those that disagree with them, and he protects voices that are different from his. He also has many conversations with folks who hold similar classical-liberal attitudes in order to start a cultural conversation about protecting the first amendment in the internet age. He also strongly believes in hard work and individualism. According to him, people should strive to think of themselves as the heroes

in their own stories. The mastery over their lives that he is encouraging young people to have is already making a considerable impact on Generation Z. It will be interesting to see the fruits of his labors as more people in our generation start gaining a political

voice. Let’s use that voice to steer ourselves towards intellectual liberty and self-determination. Let’s make Joe proud.



Why am I Getting all these College Emails?

The excessive contacting of Herriman High students by colleges

Story by: Daniel Cannon

Many high school students receive a lot of mail and emails from colleges. At first it seems cool, but it quickly gets annoying. 76.5% of Herriman students surveyed are contacted by colleges, even sophomores receiving contact. These colleges range from local schools like Utah and BYU to Yale and Harvard.

Colleges love to use acceptance rates to show that they are a good school. Acceptance rate is used to show prestige. Many students received contact from colleges they felt they would never be accepted to. These colleges included Stanford, Harvard, Yale and MIT with an acceptance 7% or lower according to U.S. News.

This leaves many students wondering why they were contacted. Stanford has the lowest acceptance rate. Accord-

ing to Top Tier Admissions, Stanford received 42,487 applications and accepted only 2,144. You can safely assume that every student that applied felt they had a chance to be accepted. Are colleges making students feel like they will be accepted just to turn them down and improve their statistics? With numbers that low, it would only make sense.

On the other hand, students are also contacted by colleges they would never go to. Luke Rasmussen, a junior, said, “I have received several emails from colleges that I have never heard of such as Colorado School of Mines.” No-Name colleges contact a lot of students in hopes of improving numbers and academics.

Most high school students are not big users of email and are annoyed by these college contacts.

Emails are too lengthy and formal for teenagers, and email notifications are harder to clear than most other notifications.

Only 61% of Herriman students surveyed reported to have signed up for college contact. What many students do not realize is that the ACT is giving colleges their information. According to act.org, “You will be given the choice prior to having your personally identifying information shared with these other organizations for their marketing purposes.” On the ACT you can select to receive these emails.

There is also a way to get out. The College Board also has a program called Student Search Service. If you want to stop receiving college emails, try opting out of their search at studentsearch.collegeboard.org You may have

unintentionally signed up for their service. Also, all college emails have a small unsubscribe link at the bottom.

College contacts can easily become excessive. The best option is to avoid signing up for contact in the first place.

Doing your own research and finding colleges that fit your needs is more beneficial. There is more valuable information online than in these emails. There are also programs to help you find college fits without contacting you.

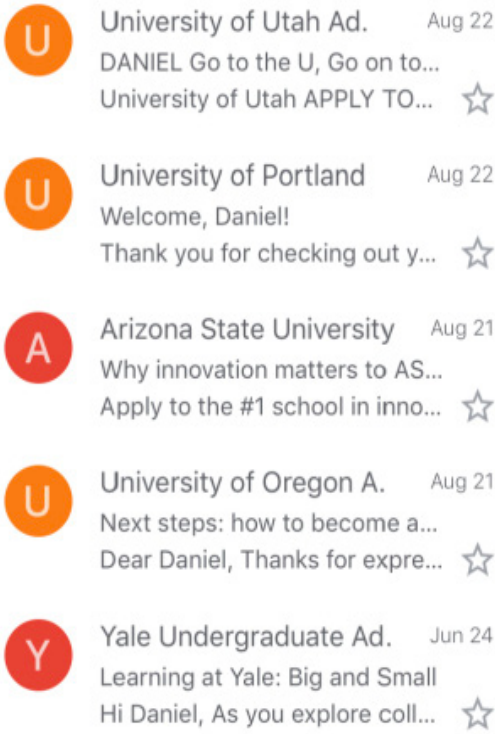


Photo Courtesy: Daniel Cannon

Sunbathing vs Snow Angels

Story by: Braden Koos

A survey at Herriman showed that 75% of people enjoy warm weather, compared to 25% preferring colder, so what makes people enjoy the warmer temps? There are a lot of different reasons to love warm weather, now that doesn't mean there aren't things to do in the cold. From the people surveyed, the three biggest things

included the beach, being tan and enjoying the sun.. Clothing options, snowboarding and skiing were

what swayed are winter fans. It might be really hard finding someone who doesn't love being on a beach, completely relaxed in the warm weather getting tan. People like beaches because they are one of the best places to feel totally and completely relaxed while the soothing ocean sound gives a feeling of freedom. A big reason why people go to the beach is just to enjoy themselves and escape from the stress of real life. You can do a lot of activities at the beach as well, such as swimming in

the ocean, building sand castles, parasailing and so much more. Winter and summer clothes are very different, in the winter there is no such thing as too much layering and people will do anything to stay warm and look good at the same time. The options of things to wear in your closet open up so much

more in the winter. You can layer up with flannels, jackets, etc. In the summer you are basically limited

to shorts and shirts or if you want to sweat and be hot, you can wear pants and a long sleeve t shirt.

The sun's UV rays help your body make this nutrient, which is important for your bones, blood cells and immune system. It also helps you take in and use certain minerals, like calcium and phosphorus, also who doesn't love to bask in the sun and feel good. Cold or warm weather there's plenty of activities or clothing.



Photo Courtesy: everydayhealth.

Coping With Stress

Story by: Alex Hatch

Balancing school, work and social interaction is hard, especially near graduation and end of the quarter. Here are some ways you can avoid stress and anxiety during these challenging times.

- 1. Set up a schedule**
Setting or planning a schedule can be very beneficial. It helps to both remind you and help set goals throughout the school year.
- 2. Create a study group**
Grab a couple friends, study in the Library, even in somebody's home. Not everything needs to be independent and/or at school.
- 3. Take breaks**
Many students study for hours on end without giving their brain a break. The brain can't handle that, so try giving yourself a 10 minute break every hour.
- 4. Find ways to destress**
Destressing feels great, but not a lot of us have time or just don't want too. Find somebody to help you destress. It could be a walk around a lake, a drive in the mountains or just sitting

- 5. Eat Healthy**
Eating breakfast everyday helps concentration. Nutrition and energy is very important especially during the school days.
- 6. Think Positive**
Thinking positively helps your health, relationships and grades. Positive thinking is a great self confidence builder and a great thing to have with other people around you.
- 7. Make time for family and friends**
Family and friends are a great group for support and encouragement. You're more likely to do something if you hear it from a friend or family member.



Photo Courtesy: cleanpng.com

What to Look Forward to this Winter

Top 6 winter activities to do this winter

STORY BY SPENCER CORLISS

Winter might not be your cup of tea, you might hate it and by the time it is, However, when winter swings around and the joy of chistmas psses, many wish they could skip over the next three months, however there's more to winter than just dreading it.

Skiing is one thing that you can do during the winter that begins at the end of November and continues until the snow starts melting at the end of April. If you haven't been skiing and you live in Utah there's no wonder you are not a big fan of our state. Still, it is an experience that you have a better opportunity than everyone

else in our country to do so, with the exception of people who live in Colorado. So give it a shot, chances are it will help you like the cold a little better.

Playing in the snow is something that a lot of people enjoy, even if you don't particularly like the snow. It is very probable that you could get cold and wet, but having a lot of fun sledding with your friends, building snowmen and coming home to a nice warm house, could help to make up for the cold.

Snowmobiling is something for someone who likes to be in the mountains to get an adrenaline rush with having to do minimum amount of physical work. If that

sounds like something you would enjoy, then snowmobiling would be perfect for you. The best part of snowmobiling is you can be doing it until the snow melts and the only restriction being how long you can go for with the amount of gas you bring.

Take a date to see the lights in downtown, Salt Lake City. Temple Square is a hot spot for people in the winter. Mid-December to the start of Christmas break is the busiest it will get, but no matter the time you go, the experience you get by going down there is indescribable. Plus there is a lovely feeling down there that makes it nice to be with your crush.

Ice Skating is a classic thing to do during the winter that is fairly easy to get the hang of. There are places such as the Olympic Oval that are open for ice skating year round, but the ones that are outside are only open in the winter season giving a better winter feeling. The Gallivan Center is an excellent choice.

Lastly, spending time with loved ones is something that winter brings that makes this time of year more special. This goes along with doing things for the people that you love. Doing these activities during the winter always make winter more bearable for me and I hope they do the same for you.

Ok Boomer--Cont.

In a lively debate made by the CTV news host Shannon Burns she says, "For a very long time now, a lot of baby boomers have taken the term Millennial and they've turned it into something that's a little derogatory or a bit negative towards us, and I feel like this is our chance to kind of take that power back and turn it on them instead and use the term baby boomer in a little bit of a derogatory way." She then goes on to defend the stance, claiming it is a joke that millennials aren't always some scapegoat to certain problems and to make sure that statements can be a double-edged sword. Junior student Zalea prompts, "You can't be in a roast battle without expecting to be roasted."

Newton's third law states, "For every action, there is an equal and opposite reaction."

Baby Boomers and co. have begun a backlash as they call the joke "the n-word of age-ism" and that they are not the sole causes of the problems. A statement made by Libby from the Fine Bros Entertainment claims, "Every generation criticizes the upcoming generation...and you know what? Someday, they'll be criticizing [Millennials]." As the youth slowly become the majority they are being minimized and their voices going unheard much like how Millennials once were. Apparel and posters show "Ok Boomer, have a terrible day." It questions the validity of the joke, is it an attack? If so, why brand it as something spiteful, if Millenials claim they want equality and progressive acceptance? Why can't Boomers have that if they all struggle with the same thing?

The frustration between the

two is the miscommunication as Millenials are trying to call to action on important topics like climate change, student debt and social issues. Though, because of "their lack of experience or ignorance to the whole picture" they are often shoved off by their elders, made fun of and attacked for opposing the status quo that desperately needs to be addressed.

There are fractures as "snowflake millennials" fight for LGBT+ rights, they are "S.O.W liberals" who can't take a joke when they ask for support for immigrants, they are "Brainwashed" when they volunteer to help the environment. But really, the sympathies is that everyone wants to live their lives unhindered by outside forces. However, change is happening everyday with or without humans and it is a natural response to do

something about world issues. Yes, people are entitled to their own opinion and everyone has a right to live their lives how they choose. Though, if a civil conversation is meant to happen, an open mind is important to have. Millennial's thoughts should not be invalid because age and Baby Boomer's can live by their traditions. However, problems still exist and it is important to come to a standpoint of mutual understanding that world issues need to be addressed and Americans need to get past all of the jokes that are made from the frustration. The Earth is home to a wide variety of demographics, and age alone should not divide people, but instead ensure the health and happiness for prosperity. Memes and jokes are funny, but let it not take away the very important and pressing issues at hand.

Kanye West Releases a new Album

An objective and subjective look at Kanye West's new album, Jesus Is King and why it is so controversial

STORY BY ETHAN SLADE

On October 25, 2019, Kanye West released his new full-length LP, Jesus is King. The album was subject to mixed reviews and controversy in the early days of its release. Why has the album come under fire ever since its release? First off, we need to find out why Kanye would make a gospel album in the first place.

A couple of years ago, Kanye started his own church and felt prompted to create a gospel album and ever since, he went to work on spreading Christianity through his music.

As the album title implies, it is very religious. There are

various themes of Christianity laid throughout the album. It talks about God in ways that people don't like being conveyed. Some may have viewed the album as offensive because they themselves are Christian or have opinions against the Christian belief. This is the most plausible answer since it seems the most obvious.

The irony of this release is the fact that a few years ago, he went on about how he was a God and that he saved the rap genre. Today, he is saying that he is a devout christian and shall spread the truth of Christianity through his church and his music, which can be

another probable reason for the controversy of the album and perhaps it is an irony that comes with the notion that Kanye thinks he is a faithful christian.

Without looking at the meaning and message behind this album, let's take a look at the music itself. Kanye features many gospel choirs in this album and for good reason. It certainly makes the album sound part of the gospel genre and takes a step away from the traditional beats usually featured in a rap song or album. Overall the music is good but unfortunate-

ly it's the meaning behind the songs featured on the album and therefore rubs people the wrong way.



PHOTO COURTESY TO WIKIPEDIA