

HERRIMAN HIGH

OCTOBER 2018

# The Telegraph

## From Grizzly to Mustang

New Principal is excited to help HHS reach new heights

By: Ben Moore, Staff Writer

HERRIMAN- For Todd Quarnberg, the road to Herriman High has been long and winding. Along the way, he has made many pit stops at Joel P. Jensen Middle School, Bingham High, West Jordan High, and Hillcrest High, to name a few. He has now reached his destination at Herriman High School. When Todd, affectionately referred to as “Mr. Q”, received the news that he was being transferred to Herriman he was a little bit shocked. “I wasn’t expecting a move, and when I first got the call there was a bit of shock and not because I was leaving Copper hills, but I think I’d be disingenuous if I didn’t tell you that I was worried about the year that had been faced here and the overwhelming emotion of how can I help?”

Mr. Q was born and raised in Scipio, Utah. He attended Millard High, where he participated in football, wrestling, FFA, and marching band. He was also the Student Body President. Todd had many great teachers such as his 11th grade English teacher, Ms. Phillips. “I wanted to be like her. She was my teacher and I respected her. I knew she wasn’t gonna give me anything for free. I was gonna have to earn what I got but I valued the time she put in to making sure that I could be successful if I wanted to be.” “

Upon graduating from Millard High, he served an LDS mission to Detroit, Michigan. When he returned home, Mr. Q attended Utah State University, where he participated in Student Government, and was the senate president. From the time he was in high school, Todd knew that he wanted to be a teacher, so he didn’t bother exploring different career paths. “I started in Education and kept going. In fact, being an administrator is kind of surprising... that wasn’t my career choice, being a teacher was.”

After graduating from Utah State University, Mr. Q got a job as a biology teacher at Joel P. Jensen middle school.



Photo Credit: Ben Moore

This started a journey which took him to eight different schools, including Bingham High, West Jordan High, and Hillcrest High. He has observed many different school cultures and takes the best of everything he’s seen to apply to his own school. “You integrate things you like in different places and add them to a new school culture so I

think there’s been a lot of advantages in adding to different places.” Taking the best of every culture, Mr. Q believes that he can help Herriman High become one of the most prestigious high schools in the state.

These days Mr. Q enjoys working on his parents’ farm down in Scipio. However, much of his spare time is spent getting to know the students and parents at Herriman High better. Above all, Principal Quarnberg wants to win. “I’m a competitor, I won’t settle for second place. I want the gold.” Mr. Q knows a lot about winning. At Copper Hills, the school’s drill team won six state championships, including three in a row his last three years. In 2018 he won the Huntsman Award for Excellence in Education for the Administrator category, given to the best administrator in all of Utah Public Schools.

Mr. Q wants to create a culture where everyone is loved and accepted. “My goals are very simple... my goal here is not to allow this school to define and label themselves as the suicide school. I will always respect and I want kids to remember their friends but we must move forward. Those who lost their lives would want us to move forward. I think my goal here is to facilitate and do everything I can to help students and staff heal and enjoy what we have here at Herriman. I don’t want them to question why they’re here. We’ve gotta stay the course and keep working on moving forward.”

Principal Quarnberg wants Herriman students to know that he is loyal to Herriman High school and nowhere else. “I will always ride for the brand...my team, my brand is Herriman High School and I want every Herriman student to ride for the brand...we’ve gotta stick together as a team... as a family. There should be no question in anybody’s mind where my loyalty is because I will always ride for the brand. I am a Mustang”

## Once In A Lifetime

Upclose with SBO president, Kannon Glade

By: Millie Benkert, Co-Assistant Editor

HERRIMAN- If asked what person they see the most of everyday at Herriman, most students would reply unanimously; Kannon Glade. The Student Body President of Herriman High School is apparently able to be everywhere at once, or at least that is how he appears. He can often be seen in the Commons after lunch- today, September 12th that is where he was found—dressed in a chicken suit. I sat down with Kannon today and got to know a little better the leader of the student body.

Kannon has lived in Herriman, Utah his whole life, and, unlike most people, he doesn’t actually want to leave. “I love Herriman because I love the people,” Kannon confessed. “It is just really nice and genuine being respected and having friends that respect you and look forward to seeing you everyday. So, I guess even if I could move somewhere else right now, I don’t think I would— I like it too much.” Kannon is a very relatable person. He is open, not only with his friends, but with everyone he meets. I asked Kannon what he thinks makes him

relatable; what aspects of his personality connects him to the students at Herriman. While he admitted that it is hard to talk about oneself, he does believe that he has qualities that help him in his position.

Kannon thinks that to hold any leadership position, the person must be outgoing,friendly, optimistic, even in tough situations. “I really just try to be nice. It’s what everyone should do because you never really know when someone needs a friend.”

It seems as if leadership is just in Kannon’s blood, after all, he has been involved in student government for years. Kannon was a student government leader in 6th, 8th, 9th, 11th, and 12th grade. “In fourth grade I remember some SBO’s from a high school came to speak to us. I really looked up to them and thought about how I wanted to do that. From there it just took off. This year I wanted to figure out the reason to be here, the reason for doing everything. I think I don’t show it enough, because I don’t know if everyone

knows, but I love everyone in this school astronomically”

This year most students noticed an influx in population at Herriman. These numbers were mostly noticed in the lack of parking spaces in the morning. “Herriman is different because it is gigantic. And yeah that can be a bad thing, but it can also be a really good thing.” Kannon loves how big Herriman is now because he sees it as an opportunity to do anything you want to do, and explore any area of activity you are interested in. Kannon has found in interest in the Deca club, as well as being co-head of the ping pong club. He wishes that everyone would try something new to them, and believes that there is a place for every student at Herriman.

It seems that most of Kannon’s personal ideals coincide with the Herriman theme of the year: “Once in a Lifetime.” The entire student government decided the theme of the year, and Kannon truly felt that it embodied what he was trying to preach to the student body. “This year’s theme means incorporating purpose into my every day. I want to think about making changes. And it is our last year of high school, I want to leave my mark on Herriman, and want everyone else to be able to do

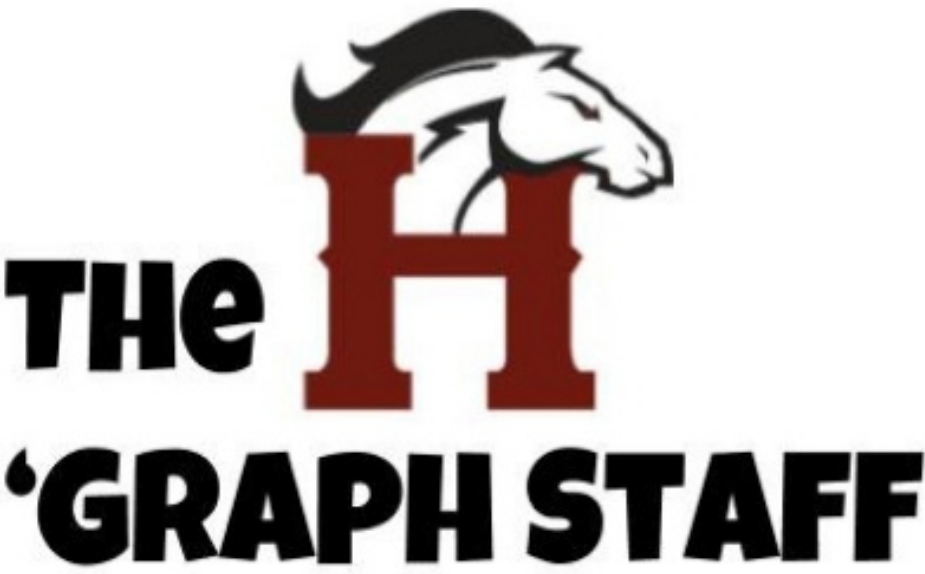
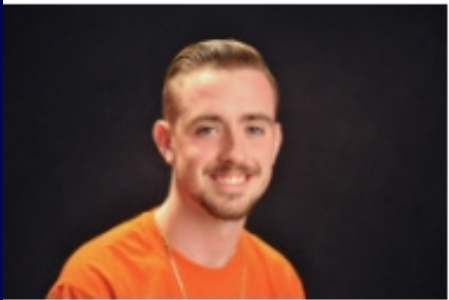
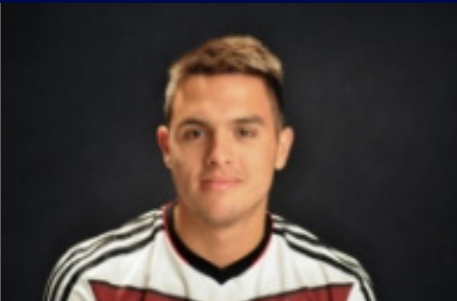
the same,” Kannon said. The Hearts of Gold Charity Event is a huge focus for Kannon, and the rest of the SBOs. Hearts of Gold starts on November 26th and runs through December 21st. This fundraiser marks a entire month of hands-on work for Kannon and the other SBOs. “I know it sounds cheesy, but I do really look forward to the Hearts of Gold event. It just feels good doing good, even if that means putting in a lot of effort to get there.”

Kannon has high expectations for this last year of his high school career, and he hopes that the mark he leaves on Herriman lasts for years to come. He hopes to be like one of the SBOs that he looked up to when he was younger. Kannon is excited to see what this year will bring, and he wants to bring all of Herriman High School along for the ride.



Photo Credit: Millie Benkert





Staff Bios

EDITORS



**Lindsay Reyes, Editor-In-Chief**  
One word to describe me: *Gullible*  
I'm 17 years old, and so excited to be a senior this year! I like running cross country, and this is my first (and last) year on the XC team. I love the steak fries from Red Robin and their fry sauce.



**Kayla Miller, Assisstant Editor**  
One word to describe me: *Silly*  
This is my second year being a writer on the newspaper staff, and I'm so excited for the opportunity to be an assistant editor this year. Reading and writing is what I'm passionate about, and I love the Herriman newspaper. I'm always laughing and being goofy.



**Millie Benkert, Assisstant Editor**  
One word to describe me: *Senioritis*  
My real name is Amelia Benkert, but I have gone by Millie for as long as I can remember. I was born in Boston, Massachusetts, and lived right outside the city for my whole life, until I moved to Utah this past August. I am used to being by the ocean, and when I get out of college I would like to move back to the East Coast. Mint ice cream is the food I swear by for all occasions.

STAFF WRITERS



**Nevada Muniz, Staff Writer**  
One word to describe me: *Yikes*  
My name is Nevada, and I'm a senior here at Herriman High. I love astronomy, Pink Floyd, and my pets. I speak in only Twitter slang, which is good and fresh. If you ever need someone to talk to, I'm always here. Aaand that's the tea sis!



**Carter Piggott, Staff Writer**  
One word to describe me: *Fun*  
Carter Piggott doesn't like to write in the third person.  
He thinks it's kinda weird. He also thinks he's funny by being meta.  
He likes humour. He also likes movies, like a nerd. If he used one word to describe himself it would be: fun. If others used one word to describe him it'd be: meh.



**Ben Moore, Staff Writer**  
One word to describe me: *Fergalicious*  
Hailing from the boonies of Daybreak, Ben is excited to spend his senior year at Herriman High School on the staff of The Telegraph. He enjoys long walks on the beach and being hand-fed chocolate covered strawberries.

One word that people would use to describe him is fergalicious. Some people dream about great things, Ben is a great thing.



**Hanna Christiansen, Staff Writer**  
One word to describe me: *Tenacious*  
I'm an animal lover, B-Dubs advocate, and a Mr. Rogers fan. My favorite foods are Pad Thai, Caramel Corn, and Tres Leches Cake.



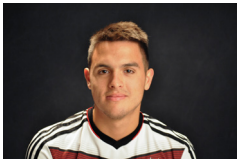
**Mak Simpson, Staff Writer**  
One word to describe me: *Confused*  
I have come to find that my biggest struggle in life is choosing between sleeping or eating. The most embarrassing thing about me is that I listen to One Direction. If you see me in the halls, show me pictures of your dogs please.



**Abby Holder, Staff Writer**  
One word to describe me: *Dependable*  
Hi, my name is Abby Holder. I am a 17 year old senior at Herriman and I really like writing advice articles and relatable stories. I have always loved writing ever since I was little. I used to be a really shy, insecure person and well...look at me now!

**Cora Romero, Staff Writer** (not pictured)  
One word to describe me: *Senioritis*  
I am currently sitting at my kitchen table

at 5:51 AM staring at a blank screen because I have no motivation to do anything school related. I am 3 parts chapstick addict, 4 parts coffee, and 7 parts stress. No, there are not enough hours in the day to properly exist.



**Franco Zuzunaga, Staff Writer**  
One word to describe me: *Passionate*  
Emerged from Lake Titicaca and raised by alpacas. Made his way to Herriman through the Rocky Mountains. Eats Guinea Pigs for breakfast. Would marry soccer. Is passionate about the peruvian stereotype.



**Dylan Walters, Staff Writer**  
One word to describe me: *Independent*  
If I want something done I do it myself. I like to be in control of my own destiny. I also like just being alone. I joined the telegraph to work on writing about sports and get more experience in that field.



**Olivia Chilcote, Staff Writer**  
One word to describe me: *Loyal*  
This year I am a junior. A word that describes me, according to a quiz I took on the internet, is loyal. Other than writing, I enjoy reading, dancing, and eating good food. I joined newspaper because I wanted to be more involved with the school this year.



## From Seniors to Sophomores

By: Abigail Holder, Staff Writer

Hey, we know it’s a little scary. We also know it’s pretty exciting too. There are a lot of things that you will learn in your sophomore year of high school. But, you won’t be prepared for everything. So, from seniors to sophomores, let’s get real.

High school isn’t that different from middle school, but there is one major change: the food chain. And, no, I’m not talking about the cafeteria food. As a 9th grader in middle school, you are at the top. You are the biggest, tallest and smartest. You rule those middle school hallways. Well...not anymore. Remember 7th grade? Yeah. It’s kind of like that. All. Over. Again.

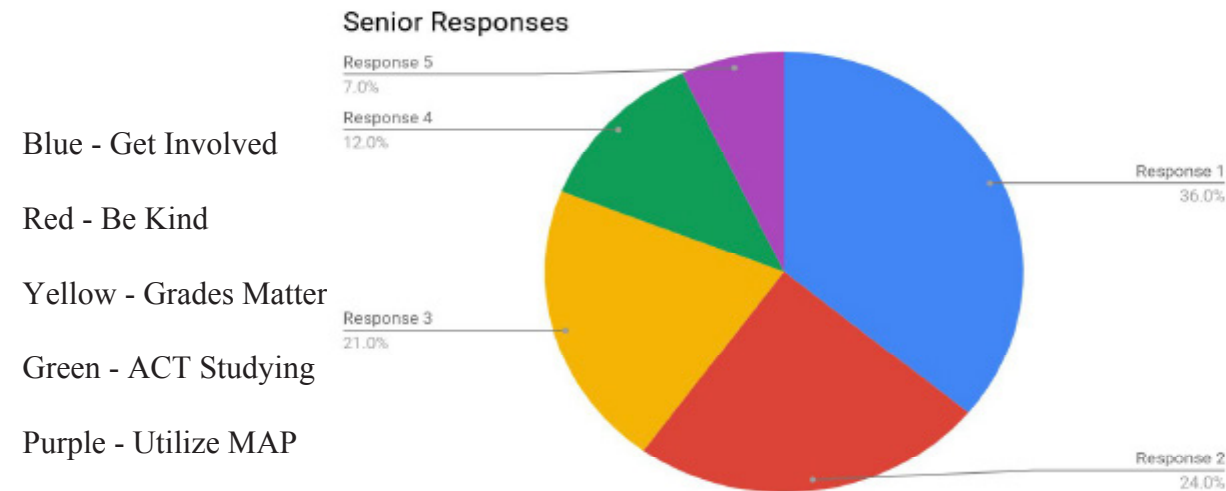
But don’t freak out. Herriman is pretty chill. Most juniors and seniors will welcome all you Sophomores. Just remember to bump your ego down a notch. Be humble. Be yourself. Be kind. If you like the color pink; keep wearing it. If you like anime; keep watching it. If you love the Harry Potter series; read it AGAIN! Don’t change who you are. We have clubs for being YOU! And if we haven’t made one that you want to join, make one yourself! All you need is a supervisor, some friends to join, and your ideas!

In high school, people are a little more mature. So leave your middle school grudges behind you. Your high school ex-

perience is a clean slate. Maybe the “mean girls” in middle school grew up over the summer. Maybe your ex best friend wants to start over. Be open-minded and let new reputations be made.

Over the course of two weeks, seniors were asked, “What was one thing they wish they knew their sophomore year?”. They responded en mass! A lot of students said that they wished they knew that people don’t really care that much about how you dress or act; all that matters is your friends and that they love you. Some people said that they wished they had realized how much grades matter.

All of us seniors are here for you. Our Herriman Mustang family has been through a lot but we always stick together through it all. The moral of this article is be yourself. While it may sound totally cliché, it’s the most important thing that you can learn throughout your high school years. High school is about finding yourself and being as true to who you are as possible. If you can achieve that your sophomore year, or if you already have, you will have a great high school experience. You will find your true friends and they will stick with you through thick and thin. Good luck, Mustangs! Welcome to the family!



## Student Driving Disasters

By: Abigail Holder, Staff Writer

With school starting up again, we have a lot of inexperienced drivers on the road and a lot more cars in the parking lots this year. Let’s face it: there are a lot of scary situations that have happened involving cars at Herriman High. I, personally, almost hit somebody walking across the crosswalk because I was popping my radio back into place. I felt awful and haven’t touched my radio while driving since then. So drive carefully and always pay attention to your surroundings.

We also have a big parking issue. Because of the massive amount of people that drive to school, getting in and out of the parking lots are long processes.

Herriman student, Rilie Atkinson, spoke about a few experiences that she has had while driving around the Her-

riman campus. I got Atkinson to share with me about one of her parking pet peeves.

“There was a girl who wouldn’t let me get out of my stall and it was super annoying but, I mean, you know, it happens.” Atkinson said.

She also discussed about the major distractions, which Atkinson said is also the major reason for car accidents that are involved with student driving.

“There are so many people on their phones, or with their friends who are carpooling and they’re just not paying attention. I know even I like, just when you are singing along in your car and you’re not really, really paying attention.” Rilie stated.

Senior, Nevada Muñiz also shared her experiences with

driving and parking at Herriman High. Muñiz explained how she feels we could improve the parking regulations at Herriman so students can get out of the lots quicker.

“I don’t feel like sophomores should be able to get parking passes because there are so many of them and they all just got their licenses as well. Another solution could be just being more organized,” Muñiz explained.

Nevada also shared how she felt about her fellow student drivers. “They could be a lot worse. I feel like having a bunch of brand new drivers driving together all at once is really scary.”

At the end of the day, whether you are a teenager or an adult, you have to be responsible when you drive. As for the parking situation, there isn’t

much to do about it other than to be patient. Everyone will get out of the parking lot eventually. Be patient and be careful out there, Mustangs.



Photo Credit: Abby Robbins



Photo Courtesy: geckoproject.net



## Stay Kind

*Herriman High's newest club seeks to promote inclusion*  
 By: Lindsay Reyes, Editor-in-Chief

Maybe you've seen the black, "Stay Kind" shirts around the halls, or the table with the smiley face balloon taped to it. Maybe you've noticed that the kids wearing those shirts or sitting at that table are especially friendly. That's because they're members of the Golden Gate Club.

"Golden Gate is a pro-social club," says Marcia Hartman, one of the club's advisors. "The whole point of it is to try and connect kids more to each other by reaching outside their own circles of friends, their own spheres."

Anyone can join Golden Gate Club, and everyone is encouraged to join. You don't need to have a certain GPA, just simply head to either Mrs. Hartman (Room 2042) or Mrs. Edwards, fellow advisor (Room 2606) to grab a sign-up sheet. At Club Rush, over 500 students signed up, with many more joining by the day. This club has three officers: Ryan Cherry, Karlee Moser, and Emma Peterson. Cherry holds the position of President while Moser and Peterson are both Public Relations Presidents. Underneath the officers stands a leadership team comprised of 15 students. This team still has room to grow, as anyone who seeks to do more and shows initiative is welcome to become a member.

Activities are set to be once or twice a month. As the purpose of this club is to make friends, these socials are going to be full of fun and games. Members can participate as little to as much as they want. Those who want someone to go with to football games or dances are welcome to join the Golden Gate Club's groups, so nobody is left alone at home.

Originally started by Jolynne Ward at Bingham High, Golden Gate Club has quickly gained speed in popularity and population. It has branched out to several other high schools across the Utah Valley. This movement has also morphed into an initiative called 'Be the Change' at middle schools like Copper Mountain and West Hills, where student clubs aren't allowed. Cherry brought the club here to Herriman High where it has impacted many students' lives already.

Despite being newly made, the Golden Gate Club has been a part of so many things. They worked closely with Alex Boye while he was filming his music video, "Bend Not Break," ran a booth at an anti-suicide awareness fair, and helped kick off the Sophomore Stampede and Back-To-School assemblies. They also have done little things like putting up sticky notes around the school last year, greeting kids at the doors on the

first day of school this year, and writing positive messages in chalk along the sidewalks. Elementary schools have reached out asking members to come and greet the kids after school. As a new and fast-growing club, Golden Gate has so many opportunities to make a difference.

Although Golden Gate Club sounds similar to HOPE Squad, they are very different. HOPE Squad is a group of hand-picked students who are meant to help others who are struggling in a confidential way. On the other hand, Golden Gate is an all-inclusive club, focused on finding those who simply need a friend or who are lonely, as well as those who want to reach out to others. This club is meant to fill in the gaps that exist at every school.

The Golden Gate club is meant to be an avenue for students to make friends. Even though they are not an anti-suicide club, they hope to prevent suicide by creating a positive environment for students. One goal this club has is to have every student in the school sign up and take the pledge to be kind to each other. If you want to make new friends, create relationships that could last a lifetime, or just hang out and get free food once a month, then Golden Gate Club is the club for you.

## Asked And Answered Teacher Feature Q & A

Featuring: Mrs. Myranda Brown

By: Dylan Walters, Staff Writer

Q: Why did you decide to go into teaching?

A: I didn't initially intend to go into teaching, during college. I started out wanting to be a vet, then switched over to animal science, then I switched over to wildlife biology up at Utah State. I found out that those career options weren't the best for me because the job outlook wasn't very good. When I was in High School here at Herriman I loved FFA, which is the organization here that I am one of the advisors of. Which pushed me to want to become a vet or to do something in agriculture. Once I found out that there were no jobs involved, I texted Ms. Neil and asked what to do. That is when she popped the idea for me to become an Agriculture teacher. I didn't think of being a teacher not even once. What made me ultimately go into teaching is just wanting to make a difference in students lives through agriculture, education, or FFA.

Q: How was your college experience? What made it what it was?

A: I absolutely loved college. I went to Salt Lake Community College for the first three years of my career and got an associates degree in science, emphasizing in biology. I thought it was fun and great, but it wasn't nearly as fun as Utah State. I loved living away from home, with my roommates. I loved the classes I took at Utah State, because it was all agriculture classes and that is what I love. Going off and catching birds, catching wolves. Going out and taking care of sheep in Wyoming. I loved college especially when I was at Utah State.

Q: Do you have any advice for seniors who are looking to attend college next year?

A: Yes, like I said I started out at Salt Lake Community College. Yes, SLCC is a lot cheaper. However, if you transfer from SLCC to any other University like Utah State it doesn't always fit in perfectly. So, I ended up after 3 years, having to do another 3 and a half years up at Utah State, because the generals don't fit in. So, just take a year off, save up as much money as you can, then go for the University you want. It'll save you [more] money than transferring from a community college to a University.

Q: Do you have any advice/tips for the sophomores in their first year at Herriman?

A: Get involved, join FFA! When I was in high school I did not get involved at all my sophomore year, I thought high school wasn't very fun. I liked school but didn't like the people because I didn't get to know the people! Find a class you like, a club you like, maybe a sport. Find your niche and get involved!

Q: What are some of your strengths as a teacher?

A: My spunky personality for sure. I like to make the atmosphere lighter, and make jokes about things so people are actually interested.

Q: What are your weaknesses as a teacher?

A: It's hard for me to be good at time management, planning a lesson that will last the time of the period; sometimes the class might finish the lesson early or we won't be done and the ten minute bell rings. So, right now time management would definitely be my biggest weakness.

Q: What do you like about teaching this age level of students?

A: I don't like elementary school kids because I don't like hugs. I'm not a big fan of kids. That's just me. So, I've always liked high schoolers because I can tell for the most part that they want to learn, and are curious. Especially the sophomores, they are always involved in the games I have in class. I also like helping the kids at this age group figure out what they want to do with their lives.

Q: How do you make learning fun in your classroom?

A: I switch things up, so some days we have games like Kahoot or trash ball. Other days, we have fun labs, sometimes in the labs we do dissections. I switch things up so it's not the boring lecture, then go to the back and do some book work. I always switch things up to make it fun.

Q: Is there anything else students should know about you?

A: My office is in 2116, everyone has a hard time finding my office. I love horseback riding. I teach an equine science class here, it's all about horses. So, if anyone is interested next year then join. That class is pretty small we have eighteen kids in that class. We go on a lot of field trips, and different barns to take care of horses.



Photo Courtesy: Herriman Golden Gate Club Facebook Page



Photo Courtesy: Alex Boye YouTube Channel



Walters is a sports/feature reporter for the Telegraph



# Marching to the beat of their own drumline

The true meaning of a mustang family

By: Cora Romero, Staff Writer

With 135 members, Herriman High School’s Marching Band has exploded from a 2A band to a 5A in just three years. Consisting of brass, woodwinds, percussion, color guard, and drum majors, Herriman has transformed from a small group of kids into one of the largest marching bands in the state. As we’ve watched this program grow, an interesting question arises- what exactly has drawn in so many new members in the past few years?

Not only is the Herriman Band program gaining significant recognition throughout the state, but the number of students in Marching Band has also tripled. It’s evident that the Herriman band definitely did not expect to be where they are today. Teacher whiplash was a hard hit on the band department as three new directors came and went over the course of three years before discovering Brandon Larsen, a former teacher at Grantsville and Fremont High Schools.

“When I got here, the Marching Band had 50 kids,” said Larsen. That year, after a lot of hard work and an unwavering determination, Herriman’s Marching Band won their first-ever State championship in the 2A division with their show: The Twilight Zone. The year after, they competed with their Star Trek themed show “To Boldly Go” in the 4A class. They took second place overall with less than one point stopping them from placing first. This season, Marching Band hopes to take “Black Swan” far in the 5A division where com-

petition is stiff and perfection is mandatory.

Even with this step up, Herriman Marching Band has made it a priority to build an accepting environment where everyone feels like family, members and non-members alike.

“We don’t exclude at all. Anyone is welcome, and anyone can do it,” states Band President,



Photo Credit: Caden Thatcher, Band Member

Kyle Nielson, “Even if you don’t have any music experience, we’ll take you in. We’ll teach you how to read music. We’ll teach you how to play an instrument.”

Late night Wendy’s pit stops after competitions, happily hosting Herriman Band’s annual mattress fundraiser, and cheering on our football team during games are just a few examples of the culture within the band. One tradition that stands

out is when they sit in the bleachers during competitions cheering loudly for every band that comes on.

“We’re in the stands cheering for every other band. That’s one thing that I love about band is that yes, it is competitive, and yes, there is a first place, but we know what kind of work goes into putting a show together so we will support our competitors until we are no longer going to competitions,” says Larsen.

Obviously, the culture built within the Marching Band is one of the biggest reasons so many people have joined. The band can be seen out on the Copper Mountain field, rain or shine. They practice in the pouring rain and the coldest weather until the smallest issues have been fixed. You will never hear anyone complain that their arms hurt, or how exhausted they are after marching for three hours in the hot sun. Each and every member is happy to be there and grateful to be part of such a unique community. They win and lose as a team.

“In a marching band with 135 kids plus staff and Larsen, you grow learning how to be better at being you. It’s a community. It’s a family,” says junior Drum Major, Dax del Rio.

Larsen has done a phenomenal job utilizing the resources available to the Band Department to cultivate a hard-working, successful team that is always open to new people. Hopefully, they continue to see more people join and wrap-up this season with a win.

# Senior Slide

The guide to college applications

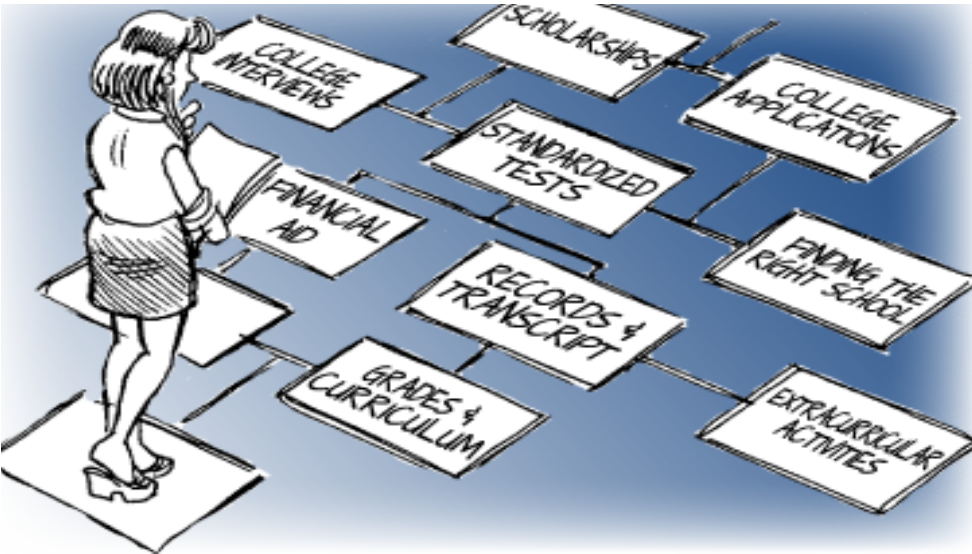
By: Franco Zuzunaga, Staff Writer

For many of our Herriman Mustangs, it’s your last year of high school, and before you immerse yourself into a severe case of senioritis, there is one more thing you need to do- apply to college. It’s application season, Seniors! Don’t freak out, we’ll walk you through the steps. Whether you’re a soon-to-be graduate or an underclassman looking to plan ahead, Herriman High has you covered on tips to boost your application.

**Standardized testing:** This is a must for colleges, as grades mean less with every year passing by, and standardized testing levels the playing field. It also allows you to qualify for scholarships and if your GPA is low, testing allows colleges to see how far you’ve come academically. If you are not satisfied with your SAT/ACT score or simply have not taken one, just sign up. Buy a practice book and get ready.

**Join a club:** This helps you differentiate your college resume from others. Herriman offers several options for clubs available at the school; Future Business Leaders of America (FBLA), American Sign Language (ASL), Peer Leadership Team (PLT), Choir, you name it. Best fit for you: Take a moment to see what colleges you are interested in. Make sure to consider what program you want to study, and whether they have it. Also consider the location and housing options. Recommendations: It is important for colleges to see that somebody vouches for you. There must be at least one teacher you like; go and befriend him or her. Ask them if they’d be willing to write a recommendation on your behalf, and give them enough time to write one.

**Essays:** Write about whatever is important to you. Colleges want to get a glimpse of what your personality is like. Try not to overuse those ostentitious words that no one really uses. Colleges want to hear your voice and this portion of your application is the only time to show the admission staff who you really are.



**Scholarships:** Lastly, one of the most beneficial thing in this article is free money, also known as scholarships. This does not go in hand with college applications meaning you need to apply to them individually, luckily for us there is a department here at Herriman that specializes in helping students earn scholarships.

“There is no magic process to get scholarships. It takes time and work to find and apply for them. But consistent, organized effort can really pay off,” stated Kristen Flandro, Herriman High’s scholarship co-ordinator. “Apply for everything you can find that you are qualified for. Remember, you’ll never get awarded a scholarship if you don’t apply!”

Utah College Application Week is right around the corner and Herriman High is assisting all seniors to help make the process simple. November 5-9th will provide you with the opportunity to fill out a college application and receive guidance from college advisers and counselors during your English periods that week.

College application deadlines are usually late November for early application and January 1st for regular application, but make sure to check with each school. Write them an essay and send your ACT/SAT score. After that, be patient and know that your Mustang family is rooting for you!



## Super Bowl Predictions

Top three NFL Teams most likely to take it all.

By: Dylan Walters, Staff Writer



Herriman High School has voted. Who is going to win Super Bowl 53 in 2019? The game is set for February 3rd, 2019. According to Herriman, there are three top teams posed to win. With the majority of the votes, Tom Brady and his New England Patriots take first. Second in the poll surprisingly, the Denver Broncos, and their new addition of Case Keenum and one of the best defenses in the league. In third Herriman voted the Dallas Cowboys, and their two young up and coming superstars on the offense, Dak Prescott and Ezekiel Elliot.

**New England Patriots:** When it comes to the New England Patriots and Super Bowl predictions, the Patriots would be the safest choice over the last fifteen years. For the obvious reasons, Tom Brady has played a huge part of contributing to the Patriots success. In 2017, Tom Brady played all sixteen games of the season. He threw for 4,577 yards in his seventeenth season in the league, along with thirty-two touchdowns and only eight interceptions. He is now forty-one years old heading into the 2018-2019 season. It does not look like he is going to slow down anytime soon. Especially with the Patriots newest edition of the season, Josh Gordon, who is another great target for the Hall of Fame Quarterback. Expect Bill Belichick to continue his legacy and continue his hard work this season to add to his five super bowl

wins in his eight appearances.

After a Super Bowl loss to the Philadelphia Eagles from Super Bowl 52, he will be nothing but motivated to get back there and win this year. Expect the Patriots to get off to a rough start in the 2018-2019 season. Missing Julian Edelman to an injury, expected to return week five, he is one of Tom Brady's top targets. Their defense is also weak going into the beginning of the season, missing players like Trey Flowers, Nate Ebner, Keion Crossen, Eric Rowe, and Deatrich Wise Jr. I would say as long as the Patriots get those players back healthy and ready to go mid-season and have Tom Brady, the Patriots are a pretty solid choice for the winner of Super Bowl 53.

**Denver Broncos:** Most people rate the Broncos among one of the worst ten teams in the NFL today. As is expected for only having a record of 5-11 last season, due to the struggle of the offense. Surprisingly, this is still pretty much the same team as the Broncos who won Super Bowl 50 against Cam Newton and the unstoppable Carolina Panthers, who had a 15-1 record on the season. That excludes the teams the Panthers demolished in the playoffs that year as well. If you look at the Broncos roster in Super Bowl 50, you will see the Broncos are really close to being a Super Bowl contender this season, as they still have key players like Von Miller, Chris Harris Jr., Demaryius Thomas and Emmanuel Sanders among others who were key players in winning Super Bowl 50.

With the Broncos big signing of Case Keenum in the offseason, he will look to fill Peyton Manning's shoes as Siemian, Lynch, and Osweiler failed to do these past couple of seasons. This signing will mark the first time the Broncos have had a quality quarterback with experience of the game since Peyton Manning. Case Keenum threw for 3,547 yards last year along with twen-

ty-two touchdowns and only seven interceptions in his fifteen games he started last season in Minnesota. He led that team to the NFC Championship game last season, falling short to the Super Bowl 52 Champions, the Philadelphia Eagles. If he comes into this season and shows the same results for the Broncos as he did for the Vikings with one of the best defenses in the league, this team could be very dangerous this season and might come out with a bang.

Look for the Broncos to also get off to a slow start this season as Case Keenum gets used to Bill Musgrave's offense. Along with Vance Joseph who looks forward to getting more comfortable into his role as the Broncos Head Coach. If the Broncos make the playoffs this season, expect them to make some noise in postseason.

**Dallas Cowboys:** The Dallas Cowboys had a surprising year last season, after a 9-7 record and not making the playoffs, taking first place in the NFC the season before. With their young pro bowlers, Dak Prescott and Ezekiel Elliott, their team will always be dangerous. You can't sleep on the Cowboys; they are only a few small steps away from becoming one of the best teams in the NFL. Dak Prescott has to work on throwing down field more, being more efficient when looking for receivers, and staying in the pocket longer by trusting his offensive line. Elliot has to stay on the field this season, and stay out of trouble. Only playing ten games last season due to suspension, he put a huge toll on the Cowboys.

Dak Prescott, despite the struggles last season, still put up decent numbers, as did Ezekiel Elliott for only playing ten games. Dak threw for 3,324 yards with twenty-two touchdowns and thirteen interceptions. Ezekiel Elliott in only ten games on the year ran for 983 yards and crossed the goal line seven times. The most important goal that the

Cowboys need to accomplish this season for them to get back to the playoffs is for them to have a solid, rushing game the entire season. Them not having that last season allowed teams to suffocate Dak Prescott, causing offensive turnover. He had to escape- the pocket too much and he attempted too many throws on the run last season. One of the factors weighing into that problem would have to be the absence of Ezekiel Elliott at the beginning of last season. He takes the pressure off of Dak in the pocket allowing the Cowboys to mix up the play calling offensively. This also gives the Cowboys one of the best rushing games in the league and any team with a great running game can be dangerous, especially when you have a quarterback like Dak Prescott to go along with it.

Look for the Cowboys to come out of the gate trying to prove they are one of the best teams in the NFL still, after not making the playoffs a year ago. They are hungry to get back into postseason action. Now that the Cowboys have a dangerous running game for the hopes of the entire season, it will open more things for Dak Prescott as he looks to have one of the best seasons of his career this season. As long as Elliott stays on the field this season the Cowboys are definitely contenders for Super Bowl 53.

These teams that Herriman High School have chosen for their top three to win the Super Bowl all have a chance at it this season for obvious reasons; The New England Patriots, who are always a solid choice for the Super Bowl with Tom Brady as quarterback, the Denver Broncos, who have one of, if not the best, defenses in the league, and the Dallas Cowboys, one of the most promising teams with the best young, superstar core with their offense in the league. All these teams have their reasons to be the Super Bowl 53 Champions this season. Now all we can do is sit back and watch as the season shapes itself.

## Lady Mustangs look to keep win streak alive

Varsity Volleyball looks forward to the rest of their exciting season.

By: Millie Benkert, Co-Assistant Editor

HERRIMAN- Recently I had the chance to step into one of the girls varsity volleyball practices to see what all the hype was about. It is common knowledge that the girls volleyball team is unstoppable, but what makes this year's team just so dominant?

As I entered the gymnasium last Friday, the girls hustled around carrying their nets and poles, and encouraged each other to hurry, even though their official practice did not begin for another twenty minutes. These girls are dedicated to getting their equipment set up early, so that they have more time to practice. Before Coach Nicholson was even present at practice, the girls had begun their drills. The volleyball team technically does not have official captains, but a few of the Senior girls have stepped up as acting leaders of the team. Jasmyne Love and Morgan Haws were quick to commend their teammates on their current 3-1 record.

With any sport, it is easy to spot the favored players. The ones who capture the attention of

the audience and are always on the front lines of the playing field. But in volleyball, there are only six players on the court for each team at a time. No matter if a player is the MVP, or brand new, every player has to put in 100 percent effort, 100 percent of the time. Often some players don't receive spotlight attention for their effort and dedication to the team, even if they deserve it. I asked Jasmyne who she think these "underdogs" who don't always get the credit they deserved were. "I definitely think Sydney Still, Brinley Whitaker, and Morgan Haws are critical players to our team." She said. "We wouldn't be the same team without them, and they deserve recognition for the things they bring to the team."

This team is a group of girls willing to dedicate their time, effort, and passions to their sport. Unity is what makes this year's volleyball team different then years past. Each girl helps their teammates, and encourages them throughout practice and games. When Coach Nicholson commented that he didn't feel like there was enough energy being displayed at practice, the girls erupted in cheers, and screams of inspira-

tion for their teammates.

Region and State Championships are quickly approaching in the season, and it is the hope of the girls to take both with 1st place titles. According to MaxPreps, the Lady Mustangs are currently ranked 13th overall in the state of Utah. The varsity volleyball team is 23-6 overall and 6-1 in region play with their own loss of the season to Copper Hills High School.

Their final game of the regular season is this coming Tuesday, October 23rd in a rematch against the Grizzlies at 6:00 PM.

If you see any volleyball players in the hallway, please wish them good luck and make sure to make your way on the road to Copper Hills to cheer them on before they make their way to playoffs!



Photo Credit - Millie Benkert



Cross Country Runs  
All The Way to State

Recapping the 2018 Herriman XC season

By Lindsay Reyes, Editor in Cheif

HERRIMAN- Believe it or not, there are people out there who actually enjoy running, and do it for fun. Those people are members of the Herriman High Cross Country team. This year, our cross country team kicked the season off right by dominating the Premier Invitational, where Varsity Girls and Boys won 6A, JV Boys took first, while JV Girls placed second. The Highland Invite is where the team started to see their work over the summer pay off, with Conner Pedersen,

Keatyn Perkins, Gracie Douglas, Lauren Heninger, and Addi Bruening all medaling. At Royal Run, Herriman swept away the competition when Varsity Boys earned their first place trophy, while the rest of the team took either gold or silver. The Weber State Wildcat Invite raked in a lot of PR’s for everybody on the team. Freshman and Sophomores shined at the Murray Invitational, where both boys and girls placed second. Unfortunately, the UIAAA Invitational was canceled due to fire and low air quality, but these Mustangs got back into it at Nebo the following week, where Freshman/Sophomore boys won second place, Junior/Senior girls and boys

second with Varsity boys 2nd. Park City Invitational was a close one for the Varsity Girls, who placed 1st, with Brooklyn Smith breaking the tie. After an entire season (plus summer vacation) of sweat, blood, and tears, it all paid off for many Mustangs at Regionals. Both JV Boys and Girls placed first, with Herriman sweeping the top 10 runners. Girls and Boys Varsity took 2nd, only a couple points behind Riverton.

The state championship meet was held this past week (October 17) at Sugarhouse Park in Salt Lake City. Boys Varsity claimed the fourth spot as a team in the 6A Division with junior, Seth Robertson and senior, Kyler Miller medaling on the podium. Robertson ran a time of 15:46 to edge out the 9th place spot for the Mustangs. Just three seconds shy was Miller, clocking in at 15:49 for 10th place.

Official Team Scores		
1.	American Fork	72
2.	Davis (UT)	95
3.	Riverton	102
4.	Herriman	120
5.	Lone Peak	122
6.	Bingham	153
7.	Hillcrest	209
8.	Copper Hills	216
9.	Westlake	220
10.	Northridge	242

On the girls side, the Mustangs placed 7th overall as a team with another breakout performance from sophomore, Becca Romney. Crossing the finish line in 10th place, she set yet another personal record with the time of 18:59. Romney joined Emma Thornley of Layton to be the only two individuals on the podium as underclassmen in the state championship race.

With a promising young core on both sides, boys and girls, the Mustangs look ahead to make noise at the Nike Southwest Regional Championships in Casa Grande, Arizona and Footlocker West in December on the legendary Mt. Sac course.



Photo Courtesy: Herriman XC

Girls Varsity Soccer looks ahead

Lady Mustangs complete a fantastic season  
By: Ben Moore, Staff Writer

A shocked silence fills the Herriman sideline. Westlake players, parents, and fans storm the field, cheers erupting. The Westlake Thunder had just scored a golden goal in overtime to win their first round playoff game against the Herriman Mustangs. After winning their first region championship in program history, this loss was unprecedented for the mustangs.

With dominant possession and some great team performances, the Herriman High Girls Soccer Team was extremely successful in Region 3 play. The season started off rough after going 3-5 in non-region play, falling to teams such as, Lone Peak and Maple Mountain. The mustangs bounced back however, going 7-1 in their last eight games. Senior forward, Abby Hymas remarked that the more experience the team got playing together, the better they

played. “Just from practicing and playing a lot together, our possession and overall team chemistry has gotten better.” After losing several key players to graduation from last season, which saw the mustangs have one of the highest scoring attacks in the state of utah before losing in unprecedented fashion in the first round of the playoffs, the mustangs had high expectations for the season, which included winning the region title and hosting a playoff game. After a loss at Copper Hills in region play, herriman realized that they need to be taking region games more seriously, said senior, Amelia Nielsen. “Our loss to Copper Hills was kind of a slap to the face and made us realize how we need to be taking these games more seriously before the playoffs.” Even though they ultimately fell short, this served as a wakeup call that helped herri- man win their first region title.

This year the mustangs had more of a possession oriented team. “This year we have focused a lot more on team play. We work a lot through combination play rather than having one star player dribbling from half to the goal”, Nielsen remarked. This possession oriented attack has shown early on, with nine players having scored 2 or more goals. Leading the mustangs in scoring was Emily Ruprecht with 14 , followed by Maddie Frandsen with 10. Abby Hymas with 9 goals, and Sawyer Service has 7.



Photo Courtesy: Ben Moore

UPCOMING SPORTING EVENTS			
OCT. 23	NOV. 3	NOV. 8	NOV. 20
VOLLEYBALL @ COPPER HILLS	Coed Varsity Swimming	Coed Varsity Swimming	Boys Varsity Basketball vs. Provo High School 2:00 PM
3:00- Girls Sophomore Volleyball	Wasatch Invitational	vs. Taylorsville 3:30 PM	Utah Valley University 800 West University Parkway Orem, UT 84058
4:45- Girls JV Volleyball	Wasatch High School 930 500 E. Heber City, UT 84032	JL Sorenson Rec Center 5350 Main St. Herriman, UT 84096	Coed Varsity Swimming @ West High School 3:30 PM
6:00- Girls Varsity Volleyball			West High School 241 N 300 W Salt Lake City, UT 84103
Copper Hills High School 5445 New Bingham Hwy West Jordan, UT 84081			



# The Debate of Higher Education

## Pros:

(Other Than “Because My Mom Said So”)

By: Kayla Miller, Assistant Editor

Despite the languid stereotype of millennials, according to James Link, executive director of many professional and graduate studies programs, “72% of millennials ages 25-32 say their degree has already paid off.” There are multiple benefits to going to college. College graduates have better and more employment opportunities, it can teach you how to be—and stay productive, and college graduates make more money. The higher your education, the more employment opportunities will be available to you. Higher education looks great on a resume, and is required for a good amount of careers. When going through college, you learn to stay on top of tasks you’re assigned, and you adapt to becoming productive with each chance you’re given. In the end, college graduates are shown to make more money than those who haven’t graduated from education beyond high school.

College graduates have better and more employment opportunities. It’s well known that many careers look to see the kind of education you have, and chances are the higher your education, the better your chance of claiming the job. Just like as a patient you’d want your doctor or dentist to be well educated, any profession would be enhanced by the power of knowledge offered by higher education opportunities. Another benefit of higher education is that the better the career, the more money you’ll be able to make. Generally, the harder you work at your education, the better the job you’ll have. College opportunities are opportunities for success.

Once individuals have experienced college, they’re shown to be more productive, and essentially better members of society. Henry Bienen, PhD, who is the President

Emeritus of Northwestern University, states that college causes, “... greater productivity, lower crime, better health, [and] better citizenship for more educated people.” The privilege of having higher knowledge of the world around you has plentiful benefits, and even those aside from academic factors. College can teach: project management skills, personal development, team environment skills and etiquette, communication, etc. All of which contribute to increased and consistent productivity.

The statistics displayed by the Association of Public and Land-Grant Universities show that Annual Median earnings for workers ages 22-27 differ by approximately \$17,5000. With the amount of increased money you receive resulting from a college degree, it is more likely that you’ll be financially stable and be able to secure a steady source of income for your household. The higher the education, the more return on investment for lifetime earnings an individual can receive.

The benefits of higher ed/college opportunities are clear. Those who have graduated college have a wider range of career opportunities, and better ones at that. Highly educated individuals have been proven to show more productivity and essential skills for being successful members of society. What is one material thing everyone can agree they’d love to have more of? Money. And college, which leads to more enhanced careers, can get you just that. Although there are plenty of downsides, there are so many benefits to higher education, and all together, they can potentially form the path to an increasingly successful life.

## Cons:

College Crooks

By: Abigail Holder, Staff Writer

Whether you are in your Sophomore, Junior, or Senior year, I’m sure you have had a thought or two about college. For me, the constant questions that ring in my head that make me doubt higher education after high school are as follows:

1. Is it worth the money?
2. Will a degree really get me more success?
3. Will I even work in a job that requires a degree?

Sound familiar to anybody? There’s a pretty good chance you have asked yourself at least one of the above questions. If not, I envy you. My goal is to answer those questions in my head. So let’s go.

Is It Worth the Money?

No - Debt is too large. Debt today is at a new high, especially when it comes to college debt. Student loans are always an option, but statistics show that student loan debt delays graduates from marriage, financial independence and other adult milestones. Only 20% of millenials are homeowners and most say that student loans have delayed home ownership by seven years on average.

Will a Degree Really Get Me More Success?

Not really - Many people succeed without college degrees. These days, you can work in a lot of establishments where you only need a high school diploma. The jobs are usually called “entry-level” jobs, because they don’t require previous experience. Many college graduates are under or unemployed. In 2011, 50% of college graduates under 25 years old had

no job or a part-time job.

Will I Even Work In a Job That Requires a Degree?

Probably not - Many college graduates are employed in jobs that do not require college degrees. There are so many jobs that are created every year, which makes the number of “entry-level” jobs rise. According to the Department of Labor, as of 2008, 17 million college graduates were in positions that did not require a college education. 1 in 3 college graduates had a job that required a high school diploma or less in 2012.

These are my top three cons to a higher education. I am satisfied with now knowing the answers, and I hope you are too. In conclusion, while college has its positives, these are the clear negatives. This article is not to discourage anybody from going to college, this is just to ease those of you with questions that are similar to mine. So the next time you get anxious about college, I hope you refer to this.



Photo Courtesy: Life Noggin



## How Many Students Are TOO Many?

By: Lindsay Reyes, Editor in Chief



Photo Credit: Nevada Muniz

The bell has rung and you're jostling your way through a throng of bodies, past stray elbows and bulky backpacks. A hand swings out, nearly catching you in the face. You narrowly dodge it, ducking past a couple who are unashamedly making out against the wall. The person in front of you suddenly stops and you crash into them, and in turn someone runs into you. By the time you make it to the parking lot doors you're missing a shoe, your hair is a mess, and everything reeks of sweat.

Just another typical day at Herriman High.

This school year, the student body population has reached a record of 3,223 students. That's 1,160 sophomores, 1,106 juniors, and 957 seniors. In other words: overpopulated. Compared to the other high schools in Jordan School District, Herriman High has the largest boundary lines. The larger boundary means that more kids have the opportunity to attend Herriman.

Arena scheduling: the most stressful time of the year. And it's made more stressful with the added thousand students also rushing to get enrolled in their classes. You're left staring in anticipation at a loading screen because the Skyward server is too overcrowded. Another thing that is overcrowded are the hallways. Pushing past crowds of students is just another reality that we've learned to deal with. The lunchroom is another stagnant gathering, with lines barely moving and both stomachs and students alike grumbling for food.

Unfortunately, with larger class sizes, teachers aren't able to spend one-on-one time with each and every student. Only last year, when enrollment was 2,748, the student-to-teacher ratio was 27.5:1. With classes stuffed to the max, teachers are left facing the even bigger obstacle that is classroom management. With 957 seniors this year, that's 957 names to be read at the graduation ceremony and 957 kids to walk up and receive their diploma. Of course graduation ceremonies are usually long and boring, but this year will promise to be even longer.

It's easy to grumble about how many kids are at this school, and how we no longer have any elbow-room in the hallways, but think of the positives as well. Every day you'll be able to see a new face, meet a new person, gain a new friend.

With a huge student body like ours, it's easier for kids to get involved. Afraid of joining that new club because there's only three members? With so many attendees at Club Rush this year, you won't have to worry about being the club president, vice-president, and secretary. Sports games are a party because this year our student section has been so overcrowded you'll have to fight for a spot on the bleachers. More students mean more athletes! Our sports teams are teeming with talented athletes fighting for varsity, and each year we get more and more.

Herriman High is one of the highest populated schools in the district, but that isn't necessarily bad. Even though it can feel crowded at times, each student is just another member of our Mustang family. And this year we have a very large family.

## Staying Organized for Dummies Mustangs

By: Kayla Miller, Co-Assistant Editor

As the daily grind becomes harder to continue, students consistently seem to lose track of their organizational skills. Who knows, maybe it's in the same place as that assignment they can't seem to find. Staying on track throughout the school year can be a hassle, even if it's only first quarter. However, there are some simple organization tips to keep you from losing your mind... and your good grades.

A common and smart way to keep all your deadlines in mind is to put every task you need to complete in a nice, organized planner. Generally, planners contain a calendar and to-do lists/ daily schedules. Utilize the tools you have available to create a stress-free day. Every night, make a list of things you'll need to complete the next day. That way you won't waste time thinking of what you need to accomplish, and instead you can just get started. To ensure you get all the important things done, don't forget to schedule specific times in your planner for high priority tasks, like assignments that are due the next day, or studying for a test you have scheduled soon.

Sleep is essential for the life of a high school student. With everything teenagers are involved in, rest is a big factor when it comes to doing well in classes, clubs, extracurricular activities, etc. It's important to take care of yourself so you can be the absolute best you can be. Don't forget to schedule in time for yourself to relax. It's not selfish to focus on yourself from time to time. Think about this way, the more rested you are, the more equipped you'll be to stay on top of all your tasks. One way to get to bed earlier is to start and finish all of your homework right after you get home from school. High school students should be getting at least 7-8 hours of sleep every night.

It's vital throughout high school to find and keep good study methods that work best for you. The more you study and find effective strategies, the better you'll be able to do in your academic courses. To have more fun and potential help with the classes you struggle with, find a study group of friends that want to work on homework together. One of the best strategies to memorize or remember information is to write it down. That being said, take notes! Taking and keeping notes from class time will help you complete assignments and ace your tests. Other people work best with visual learning, so you could keep a notebook with pictures and diagrams you draw during class. Others are good with listening skills, so you could record lectures and listen to them when you're doing assignments and studying for assessments.

High school can be rough if you don't stay on top of your tasks and remember everything you're supposed to get done. Never forget that there are plenty of methods to use that can help you stay on track this school year. Keeping a planner, getting enough rest, and finding strategic ways to study are a few of these methods. In conclusion, try not to lose your homework and your sanity this school year. After all, if you lose your sanity, you won't remember all the wonderful ways to stay on track you just read about.



Photo Credit: wabe.org

## Where is YouTube Heading?

By: Franco Zuzunaga, Senior Staff Writer



Photo Credit: pixabay.com

Regardless to what your opinions are about the Logan Paul vs. KSI fight that ended in a tie, it demonstrated the potential of Youtube. The fight had more than 5 million views and with a \$10 streaming fee, the event made a lot of revenue that has caught mainstream media's eye. One main question arises: Is this the future?

For the past few decades, television has been our main source for consuming content. Youtube was founded in 2005, and at first it did not make an impact. But with the simple idea that anybody could upload videos and with technology innovation that facilitates uploads, Youtube was destined to succeed; and it has.

Now let us talk future. Youtube's VP of product, Mathew Glotzbach, envisions an app that will be the perfect blend of TV and internet. This means having videos on demand while always having something streaming.

“Youtube is the second most used engine in the world.”

According to a study by Google, Youtube is the second most used engine in the world. Youtube's complex algorithm lets them take advantage of their over one billion views a day to personalize advertisement and maximize income. They have a high of 95% audience engagement. Another study by Statista showed how, by 2019, Youtube will have 187.8 million users.

On the other hand, TV is on the decline since 2011 by every age group. Contrary to Youtube's success in managing ads, even when people are watching TV, with timeshifting implemented in the last few years, they skip commercials making it less appealing for ad agencies.

We can clearly see where the trend is heading. It will be a while but if we live enough we will be able to tell our grandkids how TV used to be, and that we were alive when YouTube started.

Fun Fact: There are 800 million people consuming music on Youtube. That even makes Spotify look like a dwarf with its 100 million registered users. I think Youtube should take advantage of this by letting us play music with the app closed.



## Mental Health Awareness

By: Nevada Muniz, Staff Writer

As a teenager, mental health is one of the most important things to have. However, with school, homework, extracurricular activities, work, and a social life all packed into one teenager’s schedule, life can get overwhelming. How does one balance all of these activities yet still obtain good mental health? Half of all mental health issues begin at age 14, which is the age that most students start freshman year of high school. The most common mental health disorders among teens ages 14-18 are anxiety, depression, and eating disorders. What exactly are these things?

**Anxiety:** a very common disorder in which one may have a constant feeling of worry or fear, sometimes for no specific reason at all (different from just simply being nervous). According to Erica Julson of health-line.com, signs of anxiety may include rapid breathing, trouble concentrated, restlessness, increased heart rate, trembling, feeling tense, or a constant sinking feeling. Of course this list does not include all of the symptoms, but they could be a guide as to whether or not you have anxiety. This disorder can interfere with your daily life, especially your social life if you have social anxiety. Social anxiety is when you experience the same symptoms as anxiety, just in social settings.

**Depression:** When you have a constant (or nearly constant) depressed mood. It’s much more than just being sad. You could lose interest in things that you once loved. You could also have a loss of energy to where all

all you want to do is lay in bed all day. Depression can last for weeks, months, or even years. It’s not being lazy, it’s simply the imbalance of chemicals in your brain. Depression can be caused by a traumatic event in your life such as a divorce, job loss, or the death of somebody close to you. Depression is also genetic and can run in the family. According to Kevin Caruso from suicide.org, “Over 90 percent of people who die by suicide have a mental illness at the time of their death. And the most common illness is depression.” Did you know that Utah is the third leading state in the country for the most suicides?

**Eating disorders:** The main eating disorders are Anorexia, Bulimia, and Overeating. Anorexia is a disorder in which one may unhealthily eat as little as possible in order to lose weight. Anorexia affects both men and women. As stated by nationaleating-disorders.org, “At any given point in time, between 0.3-0.4% of young women and 0.1% of young men deal with will suffer from anorexia nervosa.” One may often feel weakness/fatigue, dizziness, dehydration, low blood pressure, or coldness if they suffer from anorexia. Bulimia is a disorder where one may binge, or eat a large amount of food at once, and then purge, or force themselves to throw all of the food up. People with bulimia typically have an unhealthy desire to lose weight, so they throw up all of the food they can in order to avoid gaining weight. People with bulimia may often feel

dehydration, fatigue, or hunger. People with bulimiamay also show impulsive behavior or a lack of restraint, as well as a comorbid mood disorder, says eatingrecoverycenter.com. Lastly, people with binge eating disorder may feel the need to eat constantly, despite feeling full. They show a significant weight gain in a short amount of time. People usually binge in order to feel better about something hard they may

If you have any of these disorders, you may feel lost and unsure of what to do. But there’s still hope! Our school psychologist, Ms. Pehrson, as well as our nine counselors are here to help. If you ever feel like you need to take a break from confiding in your friends, or you if you need urgent help, talk to Ms. Pehrson. Her room is just to the left of the counseling office doors in room 1040.

No matter your gender, race, sexuality, or religion, everybody needs help and somebody to talk to at times. Never be afraid to seek help or to suggest help for others. You can talk to a friend, a teacher, or a family member that you trust. In extreme cases, Ms. Pehrson would recommend you talk to a parent, a friend, a family member, or a trusted adult.

## Looking Up!

How to be more positive

By: Olivia Chilcote, Staff Writer

I only need one word to start: Happiness. The most important essential in life and sometimes the hardest thing to get. Some people seem to be incapable of not smiling, of being unhappy for even a second. Even though happiness isn’t always easy there are many simple ways to get there, like finding joy in the little things. Yeah, that’s cheesy and most of you probably just rolled your eyes, but that doesn’t make it any less true.

The first thing you need is to take time to care for yourself. Do the things that you love and make you feel good. You have to take a break from worrying about others and just work on yourself. I’m not saying be selfish, but sometimes you have to help yourself first. Play your favorite sport or instrument, dance, draw, or enjoy whatever it is that you do, whatever it is that you love. The thing you can get lost in. Take a break and spend the day in your sweats eating ice cream and watching a good tv show. The trick with this one though is that you can’t do it every day or every week. If you do it too much it’ll become habit, and when you spend day after day doing nothing, you start to lose an important part of

yourself that helps keep you happy. Try something like meditating or just simply light a candle. To a lot of you, the thought of meditating sounds stupid or may seem like an adult interest, but it really helps. It helps to get rid of stress and to calm down. It helps you fall asleep at night if you’re having anxiety about unfinished homework or overthinking a conversation you’ve had, it really helps. In recommendation, Simple Habit and Sanity & Self are really good meditation apps.

Another important thing you need to do is surround yourself with people who make you feel good. Find friends that always make you smile and make you feel happy around them. Have friends that you can be yourself around. Don’t have friends that make you feel like you can’t be yourself or can’t tell them important things that are happening in your life or who are always criticizing you or make you feel negative after being around them. I have had these friends and I have been this friend. I’m usually pretty good at seeing these negative relationships but I’m terrible at getting out of them. Sometimes you have to move on

from people and find new friends. It might be hard, but it’s important if you want to be happy. And that’s the end goal: to be happy.

Now for three essentials in life: good music, food, and sleep. When I started asking people what makes them happy these were pretty common answers. In fact, they were my answers too. Who doesn’t love blasting their music, jamming out, and just living in the moment? This is how I start my day, my motivation to get in the car to go to school, and how to make it day by day. And food is the best, especially when it’s that one thing you couldn’t live without. Have you ever had a bad day and your friend brings you something like ice cream? Or had a neighbor bring you a homemade meal when something’s happening in your family? Food doesn’t fix everything, but it’s definitely a start and it always helps. It’s not just when someone brings you food, but when you’re the friend bringing over the ice cream and watching them smile. Happiness can be contagious, making them feel better helps you feel better.

The final and most important

thing is to remember that people love you! So yeah, a lot of people said they care about music, food, and sleep, but the number one answer I got was simply, you. I was actually shocked; I never would have guessed it from some people, but the more I thought about it the more I realized it was true. Don’t ever forget that people care about you and you are making people happy. You never know what kind of impact you can have on other people- how much small compliments or a simple smile at someone can impact them and make their day. Remember to stay happy, kind, and positive.



Chilcote is an Op/Ed Columnist for The Telegraph



Courtesy Photo: foundationforpositivementalhealth.com



# Movie Magic

By: Carter Piggott, Staff Writer

Movies can be beautiful; they can portray a story in a beautiful way and really connect personally. But they can also be a great way to make millions of dollars. That’s why so many companies pump so much money into certain blockbusters. But like all business ventures, it is risky. We see time and time again what movies succeed and what movies fail. There is one way to beat the risk however, and that’s by analyzing the box office. If you want to make millions of dollars, you will want to study the movies that do make millions and follow their trends.

You can do this by analyzing the latest blockbuster hits. Most blockbusters can be traced back to previous hits. One of the biggest trends currently is the “Cinematic Universe”. Started by Marvel, the cinematic universe is when multiple character’s stories take place in the same universe. Most of these have failed however, from DC to the “Dark Universe”, which flopped along with the mummy movie starring Tom Cruise. Which just goes to show how hard it is to actually make a success.

Here is the data from “Box Office Mojo”

	2016		2017		2018 (9/10)	
1.	Captain America- Civil War	1,153.3	Star Wars-The Last Jedi	1,332.5	Avengers-Infinity War	2,046.4
2.	Rogue One	1,056.1	Beauty and the Beast	1,263.5	Black Panther	1,346.8
3.	Finding Dory	1,028.6	Fate of the Furious	1,236	Jurassic World-Fallen Kingdom	1,302
4.	Zootopia	1,023.8	Despicable Me 3	1,034.8	The Incredibles 2	1,176.6
5.	Jungle Book	966.6	Jumanji-Welcome to the Jungle	962.1	Deadpool 2	734.2
6.	Secret Life of Pets	875.5	Spider-Man Homecoming	880.2	Mission Impossible-Fallout	726.6
7.	Batman V Superman	873.6	Wolf Warrior 2	870.3	Ant-Man and the Wasp	610.2
8.	Fantastic Beasts	814.6	Guardians of the Galaxy 2	863.8	Ready Player One	582.2
9.	Deadpool	783.1	Thor-Ragnarok	854	Operation Red Sea	579.2
10.	Suicide Squad	746.8	Wonder Woman	821.8	Detective Chinatown	544.1

Data compiled by Piggott

for the highest grossing movies worldwide from 2016-2018 (As of 9/10), along with their earnings in millions. This is the data to study when trying to find what trends to follow. The biggest trend here is the superhero genre. Gradually, they have risen up and up in the stats to the point where it’s almost impossible to watch any other movie besides a superhero film. In fact, 40% of the top grossing movies of 2017 were superhero movies, but this just shows the top grossing movies, Marvel and D.C release many

more movies. However, all trends fade out sooner or later. My estimate is that there are about 3-5 years left on the superhero train. We can already see it fading with movie studios like sony and D.C getting bad reviews and less profit. This happens though, genres come and go. The goal is to find the next big one, so that you can hop on it as early as possible. There are more trends right now however, these are more microtrends. One trend that recently came up is the 80’s aesthetic, popularized by the show “Stranger Things”. But just

like superhero movies, this is starting to fade out as well, so what movie do you make for the most profit?

There is one movie that came out in 2017 that is somewhat of an outlier, “Jumanji: Welcome to the Jungle”. Here’s my theory, the 80’s nostalgia aesthetic is out, so the next would be the 90’s/2,000’s aesthetic. The original “Jumanji” had a sequel called “Zathura”, I would say reboot that. It fits the nostalgia aspect, and it fits the smaller trend of space as well. Not only do you reboot “Zathura”, put Josh Hutcherson in the role of the astronaut, people who know the original will go see it for the nostalgia and people who love him from Hunger Games will see it as well. But it’s still a risk, as with all big movies. So much money is pumped into these movies, it’s a giant gamble. The safest way to play is by analyzing the data and predicting the trends.

# Partying With Maroon 5

By: Mak Simpson, Staff Writer

Have you ever wondered what it would be like to party with your favorite band? I was lucky enough to get that opportunity. In fact, an entire arena got that opportunity. On September 7th, 2018, Maroon 5 played at the Vivint Smart Home Arena to a sold out crowd.

The concert started at 8:00 P.M. with Julia Michaels as an opening act. She was wearing a beautiful pink dress that sparkled under the bright stage lights. She had so much energy that got the crowd excited for the show to come.

The first song she performed was “Pink.” It was really fun to watch her dance around the stage while singing. Not many people know that Julia Michaels actually wrote some of the most popular songs on the radio today. She sang covers of a few of these hits, including, “Bad Liar” and “Good for You” by Selena Gomez. Giving us a special treat, she performed a song that she

has not released yet. She opened up to the audience that she wrote it about someone she used to love, and she even got teary eyed during the performance. Her last song, however, left everyone wanting more and screaming for her to get back on the stage.

When Maroon 5 started their show with the song “What Lovers Do,” I knew it was going to be a great concert. It seemed as if every single person in the audience was singing, dancing, and cheering. Front man Adam Levine made sure to do his best at giving everyone had a good time, running all around the V shaped stage.

The band played a perfect mix of new and old songs. Their setlist included songs from their first album that was released clear back in 2002. Songs like “Misery,” “Harder to Breathe,” and “Sunday Morning” showed how the band’s sound has changed since 2002.

It was really interesting to see the mix of people in the audience. Men and women of all ages were integrated into that arena. People of different backgrounds, ethnicities, and social class came to the concert to forget their problems for a night.

It seemed as though everybody forgot their differences and became friends. It didn’t matter how much money someone had in their bank account. Nobody cared what anyone looked like. We were all there to just have fun. For one night, everyone was equal. Everyone fit in, and nobody was treated badly. Live music in particular has a way of transporting people to a different place, if only for a few hours. Maroon 5 created a safe space for people to go. We all came together and lost ourselves in the music. All problems and social issues were forgotten for a few hours for the sole purpose of having a good time. They did that for us, and everyone that was in the arena that

night left knowing they can turn on the band’s music any time they need to get away.

I feel extremely lucky to have been able to experience such a wonderful performance of live music. The concert may have been expensive, but it was worth every single penny. They played 21 songs in total—a lot more than artists usually play at concerts. When I woke up the next morning, I didn’t have a voice. I had belted out all the lyrics so forcefully that my throat was sore for the next few days after. Nevertheless, I have zero regrets.



Photo Courtesy of xcelenergycenter.

BAT	FRIGHTENING	OCTOBER
BLACK CAT	GHOST	PUMPKIN
CANDY	GRAVE	SPOOKY
CANDY CORN	HALLOWEEN	THANKSGIVING
COBWEB	HOWL	THE TELEGRAPH
CORN MAZE	JACK O' LANTERN	TREAT
FALL	LEAVES	TRICK

P	U	M	P	K	I	N	D	M	R	Y	K	N	Y	U	U	C	T
T	T	D	X	B	A	D	R	B	D	K	Q	E	T	G	N	A	H
H	G	R	D	A	M	N	X	D	B	A	S	E	D	H	F	N	E
A	X	A	Z	T	X	F	A	L	L	V	G	R	J	F	T	D	T
N	F	R	I	G	H	T	E	N	I	N	G	I	A	D	H	Y	E
K	F	D	X	E	R	G	V	L	L	K	I	E	C	B	N	C	L
S	D	G	T	B	L	A	C	K	C	A	T	C	K	N	J	O	E
G	T	V	R	N	M	L	P	H	A	I	R	H	O	W	L	R	G
I	V	L	E	A	V	E	S	N	N	C	I	M	L	G	C	N	R
V	H	L	A	G	C	X	X	V	D	V	C	C	A	C	C	G	A
I	J	F	T	X	S	F	R	G	Y	T	K	B	N	C	C	I	P
N	C	H	A	L	L	O	W	E	E	N	B	O	T	P	A	O	H
G	X	Z	E	C	S	E	C	R	B	R	B	T	E	N	R	Y	G
F	B	B	M	C	O	B	W	E	B	T	F	G	R	A	V	E	J
O	P	D	R	S	P	O	O	K	Y	F	R	G	N	B	E	C	X
E	G	C	O	R	N	M	A	Z	E	C	N	O	Y	T	Y	T	Z
O	C	T	O	B	E	R	F	P	O	V	G	H	O	S	T	E	M

Word Search Created by Hanna Christiansen



## Spice Spice Baby

The Economics of Fall’s Favorite Drink  
By: Carter Piggott

As soon as the weather outside indicates fall, there is a flash flood of pumpkin spice products. From butter to candles, they fill the shelves. But the staple of these products is the pumpkin spice latte, which is sold at Starbucks. But my question is why, why is this latte the staple drink of fall. It’s just a product, but why is it so popular then?

The first thing to bring up is how popular these drinks really are. According to Fortune, 200 million pumpkin spice lattes have been sold in the decade since its first launch, which is a lot for a drink thats available for such a small amount of time. In 2017, according to bustle, the latte was only available from September 4 to post Thanksgiving. That’s roughly 79 days, just a little over 11 weeks. On the starbucks website, it is about 380 calories for 16 fl oz. If you were to buy one for every day it was available, it would be a total of 30,020 calories and about 8 gallons of pumpkin spice lattes. But, people usually don’t buy it every single day. Although they are still very popular nonetheless.

My Interviews were generally split on interest. In my personal opinion, they aren’t that great. I agree with one of my interviewee’s when they said, “I like the concept of it, but it’s too sweet.” On the other hand, another interviewee said they loved them, saying they buy between 10 to 15 each year. So it depends on the person, but why are there so many posts and mentions about it everywhere. How did they get so popular that they sold 200 million in just it’s first decade?

## Fall Festivals in Utah

By: Hanna Christiansen

Utah is known for its beautiful winter and fall months. These months are packed with fun activities for people of all ages. Festivals are perhaps the biggest attraction of the fall season in Utah. In Salt Lake County, there are many different types of festivals that you can go to. Here are some festivals that have been going on or that will be going on in the next few months.

The Salt Lake Greek Festival: Starts September 7th and goes through the 9th. While at the Greek Festival, you can enjoy the food, music, and dancing. This festival is held at the Greek Orthodox Church of the Greater Salt Lake Community. Admis-



Photo Courtesy of Starbucks

Here’s my theory, it’s because of its rarity. Starbucks sold the Unicorn Frappe in 2017, and it has been completely forgotten since. Why did this drink fade out but the Pumpkin Spice Latte stayed? It’s because the Unicorn Frappe wasn’t really perceived as being limited edition. Since it’s only available for 79 days, it makes it feel as if your missing out if you don’t get it. And not only does it create that feeling of limited availability, it also associates itself with the period it’s available to buy. So because it’s only available for Fall, it’s now associated with Fall. It makes itself a tradition in a way; you go pumpkin picking in fall and drink pumpkin flavored things. It cements itself as a tradition.

One of my interviewees confirmed this. When asked why they like the drink, they responded with, “Because it’s delicious and probably because you can only get it September-November. So it sounds even more appealing being limited edition.” The idea that it’s only available during fall, and it’s subsequent association with the season helps it to basically sell itself. It’s much easier to sell a tradition rather than a product after all.

sion is \$3 and the delicious food and desserts range anywhere from \$1 to \$9. I go here every year with my family because we love the food!

Festa Italiana: Runs from September 15th to the 16th. Festa Italiana is located at the Gateway in Salt Lake City. The admission to the festival is free. At this festival, there are many food vendors that sell real Italian food. There is also live music and entertainment that will make you feel like you are in the streets of Italy.

WitchFest: Goes from September 15th through October 31st. This is held at Gardner Village in

## All things Fall

Top Activities to Celebrate the Season  
By: Olivia Chilcote

HERRIMAN- Inevitably summer has drifted away, leaving us with cold, bitter months. Even though summer is gone, there are still plenty of things you can do. You can make it a date or do something with your group of friends. Here are some fun fall activities.



Photo Courtesy of Wikipedia

GO TO A CORN MAZE - Another affordable and fun activity is to head to one of the many corn mazes Utah has to offer. For example- Cornbelly’s, The Crazy Corn Maze, and make sure to bring a flashlight if you go after dark. To make this even more fun you could go through the haunted corn maze. It’s more exciting if you’re scared and being chased around, trying not to lose your friends, but wanting more than anything to run straight out.



Photo Courtesy of CNN

WATCH A SCARY MOVIE - Halloween means watching scary movies like Monster House and The Nightmare Before Christmas. Okay, so those aren’t really scary, but they’re classics and can’t not be watched. Grab some friends, some popcorn, and a comfy couch. Whether its pre-decided or you just scroll through netflix, there’s at least one movie that can be agreed upon. There’s always The Ring, Scream, Ouija, The Shining, or A Quiet Place.



Photo Courtesy of Tripadvisor

FRIGHTMARES - Frightmares is a little pricier for us poor teenagers barely able to pay for gas, but it is 100% worth it. Lagoon is one of the rare, exciting places within the Salt Lake Valley, so why not take advantage of it? With Lagoon you can’t be bored unless you’re waiting in long lines with people who won’t talk to you. With the added Frightmares, there are so many exciting things to be doing, like going through haunted houses where your friend will come out of with a bloody nose because she freaked and ran into a wall. Don’t worry, there is a very high chance this won’t happen to you. You’ve got until October 30th to make this happen. Don’t miss out.



Photo Courtesy of Utah Haunted

West Jordan, Utah. There are Witch themed dinners that you can go to, along with scenic hayrides and themed shops.

Oktoberfest: Located at Snowbird Ski Resort. This festival begins in August and ends in October, happening only on Saturday and Sunday. Oktoberfest has been a Utah tradition since 1973. There are fun activities that anyone can do, along with tasty food and entertainment.

DECORATE PUMPKINS - Each fall brings a new patch of pumpkins to choose from. Some are old and mushy, some are bright orange and full, and there’s always those half green ones with warts. There are so many pumpkin patches to choose from. Take a drive down 118th by the District with a group of friends and you’ll find at least three different pumpkin patches. The whole fun of this is taking the drive and walking around until you find that one pumpkin that really catches your attention. Once you have all picked out your pumpkins you get to decorate them. From painting, to carving, to melting crayons, you can be as creative as you want.



Photo Courtesy of ABC News

GO TO A HAUNTED HOUSE - Talking about scary, haunted houses are the best part of fall and the Halloween season. The options of where to go are endless. Last year I went to the Nightmare on 13th. I got scared by everything, but I made it out alive. I was scared before we even got into to the actual haunted house. Other haunted houses to consider are Fear Factory, Castle of Chaos, and Night Stalkers Haunted Hotel, which all have good reviews. All of them offer an adequately scary- fun experience!



Photo Courtesy of Open Clipart

GO ON A CANYON DRIVE - Fall is the season of the dying leaves, a change from summer to fall that is so pretty. All the oranges and reds and fading greens of the leaves are beautiful. Take a simple, chill ride up through Butterfield or one of the many canyons that surround us and just enjoy it.

GO HIKING - If you already took the drive up the canyon, you may as well go hiking. It doesn’t have to be too hard, just do a simple mile or something easy and chill. Yellow Fork Canyon and Juniper Crest Trailhead are right here in our own backyard in Herriman!



Photo Courtesy of Now Playing Utah

GARDNER VILLAGE - Gardner Village is a classic if you live in Utah, right? It’s the real life pinterest Halloween board. It’s just fun to walk around and look at all the cute stores and decorations. You could also join in on the Witch Scavenger Hunt, which is super fun and cute. You could also turn this into one of the photo challenges. Gardner Village also has other events, such as Witches Night Out. This held October 12, 13, 26, and the 27, which has a parade around 8 and a dance to end the night starting at 10.

Jewish Arts Festival: This festival is held at the Jewish Community Center, located in Salt Lake City. There will be local vendors selling food, crafts, and much more. This festival is held from November 2nd to the 5th.

All information is from (<https://www.fun-tober.com/festivals/utah/>)

## Pumpkin Pancakes Recipe

### Ingredients:

- 1¼ cups all-purpose flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 cup milk (whole or 2%)
- ½ cup canned pumpkin
- 1 egg
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract

### Instructions:

- Preheat a griddle to medium heat.
- In a large bowl, whisk together the flour, brown sugar, baking powder, salt, cinnamon, nutmeg, ginger and cloves; set aside.
- In a medium bowl, whisk together the milk, pumpkin, egg, vegetable oil and vanilla extract. Pour the wet ingredients over the flour mixture and whisk gently until completely combined. Set aside for 5 minutes.
- Once the griddle comes to temperature, drizzle with vegetable oil and wipe off excess with a paper towel.
- Ladle ⅓-cup of the batter onto the griddle for each pancake. Cook for 2 to 3 minutes, or until the edges are set and the bubbles around the edges are open and set. Flip and cook on the second side for an additional 2 minutes, or until golden brown. Serve immediately. Leftover pancakes can be frozen for up to 1 month.



Recipe and Photo Courtesy of Brown Eyed Baker