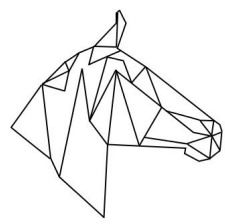


# The Telegraph

Voice of Herriman High



March 2019 Issue

## Be The Change

STORY BY: CORA ROMERO

With nearly 3,300 students here at Herriman High School, many of us have become accustomed to shoving our way through the crowded hallways hoping to get to class on time. Occasionally a “Hey, how are you?” is shouted to a kid across the hall, but rarely do any of us stop to hear the answer. In a school with an abundance of people, classes, clubs, and sports there should be a place for each and every one of us. And, yet, so many of us feel like we’re alone. In an effort to address this rising problem, Herriman has now introduced a program called “Be the Change”. On Thursday, January 17th, 150 students, teachers, and counselors from all aspects of Herriman came together for an entire day invested in breaking down barriers and creating new friendships. The goal? Get the message “You are not alone.” across to Herriman’s student body.

“It’s crazy to me that there are times where I will walk down a hall filled to the brim with people that I’ve gone to school with for three years and feel like I don’t know

anyone,” states senior, Caden Thatcher. In a sea of people, it’s easy to fall into the mindset you’re just another student lost amongst the crowd. However, this could not be farther from the truth.

“Be the change you wish  
to see in the world.”  
-Mahatma Gandhi

Determined to prove that each student has a place at Herriman, Cindy Watkins, school counselor and head of “Be The Change”, has worked for 5 years to implement the program. Knowing the struggles faced at Herriman within the last year, it’s more important than ever for the student body and faculty to come together in mutual support for one another.

“I hope you are able to take from this experience a better connection. A connection with your family, peers and the knowledge that we all have more in common than

different,” shares a former Be The Change participant, “The best part of Herriman High is the people. If you reach out or look around, they are eager to express sincere care and concern.”

For many of us, it’s not a simple task to let our guard down and allow people into our lives. Oftentimes, it’s easier to put up a wall and pretend to constantly be the best version of ourselves. The “Be The Change” program gives students the tools they need to break down that barrier. It encourages genuine, authentic connections and softens the hardest hearts. This program may seem like complete and utter fluff, but at the center of it lies the seed that will plant the much-needed change here at Herriman High. It will be the experience that shifts perspectives and prompts students to open their heart and mind to all the beautiful things the people, faculty, and school itself have to offer.

## What’s the Lowdown with the Shutdown?

How the affects have shocked the nation

STORY BY: EMILY LAM

The government shutdowns like the one we are having currently are not frequent, but they are not uncommon when the president wants action. This 33-day stalling has had a ripple effect on the country. However, many of us don’t actually know what’s going on or why it’s happening.

To explain what is going on there’s a little background needed:

In Congress, they pass bills that allow the federal departments (e.g. The National Park Service, Homeland Security, Treasury, and NASA) to spend funds to their individual needs, these bills are renewed after a period of time (lasting for a few weeks to years). And once they expire Congress can pass another funding bill for them so everything continues to keep working.

However, a government shutdown is the product of Congress discontinuing the bills for a time. Usually, this happens when there is a disagreement that is big enough to cause everything to stop. Shutdowns can continue for however long until the president or congress folds due to either pressure or the outweighing political cost.

The 2019 government shutdown is the outcome of Trump wanting to fund Border Security and the Democratic party declining the proposition. The escalation started when President Trump, as famously known for saying at his presidential announcement speech, “I would build a great wall, and nobody builds walls better than me, believe me, and I’ll build them very inexpensively. I will build a great, great wall on our southern border and I’ll have Mexico pay for that wall.”

Now in office, Trump’s fulfilling that by

withholding funding until someone says yes, requesting \$5.7 billion dollars. This along with other factors has impacted people around the country.

The departments that are closed have left many workers unpaid, with them being obligated to work without pay and to live off of their savings due to the Antideficiency Act, a law that addresses issues if the government were to run out of money.

So, how does that affect us all the way in Herriman High? Applying for federal financial aid (FAFSA) has gotten a lot harder, if you need to send in your family’s income tax transcript, you’ll have to get it from the Internal Revenue Service (The IRS) to which that department is shut down. With deadlines quickly approaching students do need that information so they can attend college.

Not only that, if your parents work for the government they’re at risk to work with no pay. Government vendors or contractors (an estimated 4.1 million people) could be left without being paid at all. Currently, government workers are paid bi-weekly, which means most workers have gone without their paychecks.

Our state does pay for most of its own affairs, but National Parks like Zion or Bryce Canyon, are unfunded. Not to mention reports rolling in about local devastations to the area due to understaffing, which is letting the environment suffer from it all.

For airports, many of their TSA workers have called in sick days or have quit avoiding working without pay, letting lines backed up for hours without the proper

amount of people needed to keep the place running.

If this continues, more departments become non-functional, the government is a clockwork of parts. According to CNN White House Reporter, Stephen Collinson, “if the government shutdown lasts much longer, President Donald Trump’s only way out may involve a choice between two pillars of his political viability -- his border wall and his purring economy.” But it’s unrealistic to think that things will go back to normal in a day, there will be weeks of catch up to do when everything returns, cleaning up, and rehiring to compensate the chaos. Something needs to happen, and it needs to happen soon.

EDIT: The shutdown concluded on January 25th when President Trump concluded the the government will reopen for a small time after 35 stressful days for everyone. Relief and more conflict arise with this as the IRS are an estimated 1 whole year behind on taxes, government workers will be compensated for their work, all the while the departments will open back up. However, the border security funding was not passed leaving many to wonder what will President Trump’s next move be in order to complete his promise?



## Do the Herriman High Mustangs Thrive?

STORY BY KAYLA MILLER, CO-EDITOR

It’s Thursday morning, the first one of the month, and your last chance to use MAP this week. Before you know it, Thrive presenters have come into your class to show you a powerpoint. Although this seems like a waste of time to some, another classmate finds the discussion helpful. It’s no question the students at Herriman High have mixed emotions when it comes to Thrive. A common opinion amongst students is that,Do although Thrive comes from a genuine place, it easily appears superficial. With programs designed to potentially aid the student body, significance lies in taking into account reactions of the targeted audience.

MAP has always been a useful time for students to make up work and finish assignments. For high school students with busy schedules, MAP is a useful time they look forward to. Junior Kourtney Olsen explains, “Personally I feel like I thrive more when I can use MAP time to fix my grades.” Beyond studies, many see MAP time as a social opportunity to spend time with their friends. Some students find that the push for authentic connection conflicts with MAP time because it’s being used to view a presentation. Perhaps if Thrive presentations begin to carry a more genuine connotation, student participation will go up.

However, a potential solution could lie solely in the attitude of the students here at Herriman. Casey Pehrson, school psychologist here at Herriman says, “There is a lot of power in positivity... When you

kind of apply some of these concepts and principles in your life, every other area of your life improves... it’s kind of like building a foundation that everything else can thrive upon and build upon.”

Pehrson suggests, “My advice to people who hate it... don’t knock it ‘till you try it.” If you find yourself having a bad experience with this new program, try your best to apply the concepts to your life and remember that the program should be a reminder of how much the school cares for its students.

As far as student engagement goes, if Thrive presentations could turn into more of Thrive discussions, maybe students would be more involved. The moment an audience becomes disinterested in something mandatory, the appropriate reaction is to find out why and evolve the activity to be more fitting. A lot of students are looking for help, but also more freedom with how that help is delivered to them. “I think Thrive should be optional... I understand that it could be beneficial, but not to everybody,” says Herriman student, Hannah Tycksen.

Whether it’s a book they’re assigned to report on or an event they have no choice but to attend, teenagers are prone to despise anything they cannot choose to do. Although it may not highly improve the attitude students have towards the Thrive program, there’s a possibility more Mustangs would be open to the idea of it if they had the choice to be present. However, any help Herriman High students are given is highly appreciated and does not go unnoticed.

“I PERSONALLY APPRECIATE THE MESSAGES. HOWEVER, MANY STUDENTS APPEAR TO HAVE NEGATIVE ATTITUDES ABOUT IT. I DON’T THINK THAT WILL CHANGE.”

“THRIVE IS GREAT TO GIVE US A REMINDER THAT WE NEED TO BE GRATEFUL AND KIND TO OTHERS.”

## Paved Paradise to go Four-wheeling

How the government shutdown affects national parks

STORY BY CARTER PIGGOTT

As I’m writing this article, the government has been partially shut down for 27 days. Although there are multiple areas that the government shutdown is currently impacting, my focus is on how it has affected the national parks. Yosemite and yellowstone for example, have been closed for the partial shutdown. They are still open to visit, but there are no workers or employees to clean and care for the land. The results of this abandonment are devastating.

One of the most notable detriments are the trash cans. No one is there to take out the garbage, so currently it is overflowing out of the cans. Littering is a terrible thing to do, but at this point it’s the only way to get rid of your trash. On a worse note, National Geographic mentions how multiple pit

toilets have been overfilled, causing Joshua Tree national park campsites to close. It also mentions how the NPCA has found human feces on the actual roads and elsewhere.

The Joshua Tree park superintendent, David Smith, details how the park has been mistreated in an article from the national parks traveler. Chains and fenced off areas have been broken into so that off roading vehicles can enter. Joshua trees were actually cut down to make new roads. According to CNN, the notable trees have been considered to be put on the endangered species list which poses a hazardous threat towards their survival. However, one of the worst impacts the shutdown has affected is on small business.

A lot of the small businesses near the national parks have been struggling. Since the park is closed, no customers are coming. Many workers are worried about how they are going to pay their bills. In an article by Think Progress, a small business owner detailed how it has affected his income. This shutdown is affecting not only the workers, but the small businesses that politicians claim to support. The national parks are being irreparably damaged, garbage cans and human feces are flooding the roads and sidewalks while rare trees are being cut down by off roaders. Our national parks are taking serious damage because of the government shutdown. These parks need to be saved!



PHOTO CREDIT GRACE PIGGOTT

## Two Sides of the Flag

A conversation between people and self.

STORY BY: EMILY LAM

“That’s gay,” a phrase that’s commonly flung around the halls; sometimes as a joke, maybe even as an insult. No matter, let’s address the elephant in the room, in a world that is constantly progressing and reverting to tradition how is the rising topic of LGBTQ and straight communities affecting us, if at all, here at Herriman and what people have to say about it.

In today’s world you will probably know someone who is apart of the queer community, in 2016 a study from the US Centers of Disease Control (CDC) conducted a survey called The Youth Risk Behavior Survey and one of the questions they asked high school students is how they identify themselves. Turns out 1.3 million kids, or roughly 8% of all high school students in America, report being lesbian, gay, or bisexual.

Herriman obviously is no different, having clubs like the Gay-Straight Alliance (GSA) and a variety of students with opinions it’s important to try and understand their thought process to promote a conversation. Students from around the school were interviewed from both sides about what they thought about the situation and its entirety as followed:

What is your opinion of the environment towards LGBT here are Herriman?

The overall student body opinion aligned with one another as it was unanimously agreed on most topics. Andrew Stuart sums it up as, “extremely nice...and supportive, while others can be not so friendly.” While others such as Bella Nielsen, a student said,

“I think that it could be better cause there’s still a lot of jokes about them and using gay as an insult which I think isn’t okay.” When asked to explain she said, “I think because of the difference in sexuality. Obviously, being heterosexual is the norm, especially in Utah, and because some people don’t understand the different attraction they’re scared or just don’t like it and decide to disrespect it.” Which is a shared opinion that ignorance and lack of understanding



made up most of the conflicts.

Several others mentioned a lot had to do with religion and faith, as the prominent LDS church does recognize homosexuality but their thoughts are understandably unchanged. It is important to note when speaking to many of the interviewees when the mention of religion came up many spoke in hushed voices to avoid outside ears or wouldn’t touch the subject.

As clubs like the GSA are available and meetings are held after school on Thursdays, I interviewed one of the members about how they thought about the club,”...the same people hang out together, some are left out, but it is nice to hang out and know you have support from the other members.” But

again, everyone agreed that it was a good idea to have a grouped community to turn to especially when there aren’t many people to get help from.

Especially in school where everything is pretty set in the system, we don’t learn much outside of male-female relationships, up until 2016 there was a law in Utah called “no promo homo law” which prohibited positive promotions of LGBT which it was recently revoked.

Adding more perspectives means more learning which sounds extreme as many would think of forcing everyone to sit and listen about sunshine and rainbows. However, simply acknowledging the possibility of someone in the crowd not being straight will help both sides understand that there is nothing different from one another.

When asked for solutions for the problem both sides agree beating down ignorance was a good way to start. Savannah Singleton mentioned, “-it doesn’t really need to be a topic in school. It’d be cool if we could learn about the uprising and the protests of trying to get our rights. Maybe that’ll fight our ignorance.”

With that said, understanding that we should respect one another, sexuality is just like any aspect of life. Whether you’re straight or queer we are all people, and maybe learning about one another will not only help our understanding but work for a more equal and supportive community that isn’t based on malicious judgment. Start a conversation and maybe you’ll learn more about yourself.

## Herriman High School Programs Thrive through Fair and Equitable Fund Distribution

Despite educational funding crisis nationwide, Herriman’s budget never wavers

STORY BY: BEN MOORE

Public education is one of the most under-funded industries in the United States. Teaching is not a profession in which one will make a lot of money, and is often a thankless job. Beyond the issue of teacher salaries, there are many UHSAA sanctioned activities that need to be funded, many of which Herriman High School students participate in. I decided to interview Principal Todd Quarnberg to see how the school receives most of its funding and how that funding is distributed.

Upon sitting down with Mr Q, I asked him how the school receives most of its funding. He replied that “The bulk of our funding comes from the State of Utah. Everybody thinks the federal government is doing a lot of funding for education and in truth, that is not true. There are some funds that come from the government, the federal government, like in ESSA funding.” He guessed that “10-12% of our funding comes

from the federal government, the rest is state.” He said that state property tax accounts for a large portion of funding for education in Utah.

Even with the money that comes from taxes, it would take a vast amount of funding for the school to support all extra curricular programs on its own. Some states have the lottery to help fund schools, but that is illegal in Utah. You can’t even

“Principal Quarnberg said that he doesn’t want to ‘burden our community’ with any more taxes.”

sell a raffle ticket without attaching something like a piece of candy along with it. Raising taxes is one option. However, there was a recent proposition in the last state election, which called for a tax on gas to fund schools. The proposition was resoundingly defeated. Principal Quarnberg

said that he doesn’t want to “burden our community” with any more taxes. He says that “it’s important that the way I distribute funds is fair and equitable. We need to satisfy the needs with what we’ve got.” Some at Herriman High would say the way funds are distributed is not fair and equitable. Furthermore, they would say the administration greatly favors sports when deciding how to cut the pieces of the pie. Mr Quarnberg would beg to differ. “My job is to make sure that the student body is not the have nots, that they feel like they’re being supported by this school,” states Q. “I always hear the accusation, “well he’s gonna fund sports, all he cares about it sports. If they could really look at the budget they would see that the majority of the money would be spent in performing arts.”

In contrast, athletics actually brings in more revenue than any other family of programs

in the whole school. Along with tickets from football games, Herriman high has signed a sole source agreement with BSN sports “that we will buy our apparel from them,” said Principal Quarnberg. “We are pulling in thousands of dollars in that contract. For everything we purchase for BSN, there’s a kickback, and that’s how we fund (other programs).”

In conclusion, education needs more funding. Where it should come from, no one knows. Even though raising taxes seems like a great idea to many, recent state initiatives have shown that the general population is not content with paying more taxes to fund their schools. However, through great planning and budgeting, like that at Herriman High, school programs can thrive. With more funding, these programs could take off, providing many more opportunities to students for generations to come.

# An Apple a Day Keeps the Doctor Away, Or is it JSD’s Budget?

STORY BY HANNA CHRISTIANSEN

Have you ever been hurt at school? Maybe you got a severe paper cut where you can feel your heartbeat, or more realistically, you tripped and got trampled by the number of students in the halls. You end up going to the office and are expecting some aspirin or some ice but instead, the same lady that marks you tardy every day takes you into a small, sterile room and gives you a bandaid. You were thinking that the office lady would lead you to the school nurse, but instead, you’re stuck sitting on an uncomfortable bed that’s lined with paper.

Jordan School District employs over five-thousand people and serves over 54,865 students, according to their website. Their website also gives out the names and numbers of the nurses in the district. From what I found, there are only thirteen school nurses. Ten of which, are spread between fifty-two different schools, while the other three nurses focus on students with special needs; these three nurses are spread between forty-one schools, including preschools, elementary, middle, high schools, and technical schools. On average, each school nurse attends to at least 5,486 students, which is higher than the recommended amount

of 5,000 students per nurse, by the Utah Department of Health.

As reported by KUTV, Utah ranks number 49 out of the 50 states due to the limited amount of school

an additional \$95,000 for a full-time nurse in one school. There are 1,055 public schools in Utah, with more on the way. Meaning, that the overall number would go up to about \$87,495,000 for one

there are have trained school faculty on how to take care of students with things like asthma, diabetes, allergic reactions, and seizures. This way if there is ever an emergency, someone in the school will know how to help a student in danger.

## So, what does this mean for Herriman High School?

It means that as a school, the faculty and students have to work together to create a place where students feel like someone will have their back if they ever have a medical emergency. Registered Nurse, Katie Porter, is the nurse who is assigned to six out of the fifty-two schools in the Jordan School District.

Porter stated that being a school nurse in Utah is a “very difficult” job. This is due to the fact that there are thousands of students for one nurse. Katie said she feels as if the nurses in the state “are spread very thin,” due to the amount of work they have on their plates. When asked how many times she visits each school she mentioned that she usually only visits Herriman High every two weeks due to the fact that young kids immune systems are weaker than teens.



PHOTO FROM JSD TWITTER

nurses, and a growing population. Hawaii was number 50, due to the fact that they do not have any school nurses in the state.

## So, why is the state of Utah so limited on school nurses?

According to the Utah Department of Health’s annual report on school nurses, it would cost

full-time nurse in every public school in Utah.

The Utah School Nurse Resource Manual states that “school nurses are in a critical position to address health disparities of students and families and provide equitable health services.” Due to the fact that Utah is facing a shortage of school nurses, the nurses that

# Opening the Door to Kindness

STORY BY CORA ROMERO

T-3 minutes until the bell to get out of class rings. All eyes are on the clock counting down the seconds. Nearly everyone is already packed up ready to bolt at the earliest opportunity. It’s that iconic High School Musical moment we’ve all seen and experienced ourselves every day. For most of us at Herriman, we understand the rush to get to the parking lot after school. It’s a constant race to see who can get from class to the parking lot the fastest in an effort to beat the end-of-day traffic. But for one truly outstanding Mustang, this is not the case.

Standing at the door almost every day is senior, Jackson Maynard. Rain, snow, or shine, Jackson has made holding the door open for his fellow students a habit. While he’s not

the only person who has made a habit of doing this, going out of his way to offer high fives to those walking out and the contagious smile on his face are what make his efforts stand out.

“I like to hold the door open for people every day. I think it’s a nice thing to do,” says Maynard, “I get like 50 high fives every time.” Starting the first week of school, Jackson was outside holding the door. Six months later and he is still seen outside with a smile on his face while wishing people a great day.

“A lot of the time school leaves me with a crummy attitude. Jackson seriously changes my frown upside down. His simple act of kindness brightens the rest of my day,” express-

es senior Sienna Hathaway. “I don’t think he knows how much of an impact he’s making.”

Simply put, the small gestures Jackson makes every day for the

students at Herriman High has made an impact on many and inspires kindness from all of us. Take some time this week as you’re leaving school to thank Jackson for his kindness and continue to spread the love!



PHOTO BY CORA ROMERO

# Lady Mustangs Dominate the Court

Girls Varsity Basketball Secures First State Playoff Victory in Herriman History

STORY BY: MILLIE BENKERT, CO-EDITOR

When asked to describe this year’s Varsity team, point guard and sophomore Ainzlee Enger said that this group of girls is “a team that truly wants to win and will do anything to make it happen”. So far, the Varsity girls basketball team, with captains Jalyn VanDyke, Haley Stilson, and Payton Nelson, has done everything to make it happen—regardless of falling shorter in second round of playoffs. Placing third in region, the Lady Mustangs finished with a 13-8 overall record.

In December, the girls took four consecutive wins against Hillcrest, Skyline, Syracuse, and West, then came back in January to take three wins against Taylorsville, West Jordan and rival school, Riverton.

The 12 point win against Riverton, secured Herriman’s third place standing in the region.

On Monday February 11th, the first round of the state championship took place; Herriman winning against

Hunter with a score of 57-27. This was the first state playoff victory for girls basketball in Herriman history.

The varsity team went on to the next game in the playoffs, but unfortunately lost neutral against Fremont (Plain City, UT) on Wednesday, February 20th, by a score of 56-39. Thi game concluded their monumental season.

The Herriman girl’s season has been certainly impressive this year, and Enger credits this to the teamwork each player possesses. “Working together as a team is much better than working on your own, and this gives every player a role, no matter how big or small,” noted Enger. “This season has been a roller coaster ride with a lot of ups and downs.”

“....a team that truly wants to win and will do anything to make it happen”



# Boys Soccer Season Preview

STORY BY: SETH KREITL

With the soccer season right around the corner, we look back at the journey last season that took them all the way to the state championship and also at the new challenges they face this season as they hope to grasp the state championship that so narrowly escaped them last year. Although they have lost several good players to graduation, they also have several promising newcomers this year that could help push them over the edge to finally win a state championship.

Last year the Herriman boys soccer team went 19 straight games without a loss. They headed to the state championship fully expecting to continue their winning streak, although Coach Ryan Mitchell admitted that the competition ahead would be difficult. During the first half of last year’s state final, Herriman came out swinging and was the first team to get their names on the scoreboard. However, Pleasant Grove High School tied it up with a beautiful equalizing goal. It went down to the wire and in the end it came down to penalty kicks to decide the final outcome. Penalties are a painful way to lose, but with this stinging loss behind them, it is a sure bet that Herriman will want to give it everything they got to avoid leaving the game up to penalties this year.

many players have gone and many new players are coming, the culture of the team remains, a culture that is yearning to finally clasp a state championship that seems now closer than it has ever been. Although this season presents many challenges to come, it also presents a brand new season full of opportunities that will hopefully reveal a Herriman soccer team out to prove themselves and take state this year without anymore close calls.

With the challenges Herriman soccer faces this year, they will need the support of our school behind them. Come out to cheer on our boys soccer, hopefully all the way to the championship.

# Spring Sports

## Preview

STORY BY: HANNA CHRISTIANSEN

The ball is teed up, the legs are stretched, and Herriman High athletes are ready to get playing! This spring season we will have six different teams (eight including club sports) and there are many events that Herriman High students can go to!

**Boys Baseball:** The baseball team has been practicing all winter long and they are soon to be showing off the skills that they’ve picked up over these past few months. Their first home game will be on March 12th, at 3:30 PM, against the Corner Canyon Chargers.

**Girls Golf:** Herriman High’s very own girls golf team will be having their very first tournament of the season on March 18th, at 3:30 PM, at Nibley Golf Course.

**Track and Field:** The girls and boys are all warmed up and ready for their season to start. Official practice begins February 25th. The Mustangs will travel north to compete in the Davis Super Meet on March 19th beginning at 3:00 pm.

**Boys Tennis:** The boy’s tennis team will be having their first match on March 9th, at 3:00 pm at the home of the Jordan High, Beet Diggers.

**Girls Softball:** Softball tryouts were Feb 25th- March 1st. The team’s first game home game is March 12th, against the Fremont Silver Wolves.

**Boys Soccer:** The boy’s soccer team will be heading south to the home of Pioneer Pete, in Lehi. The game starts at 3:30 pm on March 5th, 2019.



# And They Called it Puppy love: Sweethearts Dance Recap

STORY BY OLIVIA CHILCOTE

After spending hours getting ready, making sure your hair was perfect, your dress or suit was on nicely, your headed to pictures. If you had your pictures taken outside, like most of us did, you sat there freezing, trying to get them done as fast as possible. Then you probably headed to dinner, followed by your arrival at the dance. On February 9th, Herriman High held our annual Sweethearts dance.

The cheerleaders really stepped it up with the decorations this time around. The entrance hall and gym looked stunning. The lights and other decorations were set up very well.

The music on the other hand was a different story. “It was pretty lame. The DJ needed to let me pick the songs because they were terrible,” said student, Baylie Sant. We were all trying to mosh but everyone time the song got to that point the DJ would switch to the next song.

In another view, Kayla Miller, who also attended, said that “Sweethearts was one of the most fun dances I’ve been to. There was good music, decorations, and I think everyone had a great time with their date and group.”

We definitely received some mixed opinions on the DJ, but overall the dance was put together very well. Don’t be afraid to ask someone to a dance or go stag with your friends. Don’t miss out on the fun parts of high school!



## 3 Ways to Crawl Out of the Friend Zone

FOR THOSE WHO WANT TO BE MORE THAN FRIENDS

Dear Herriman High,

Hello, it’s me again, your friendly neighborhood Love Doctor, and today we’re going to talk about THE FRIENDZONE!!!! Yes, you heard right, today we’re going to talk about the friendzone, how it works, and how to escape it. Unfortunately, it’s not as easy as it seems.

First, before we go any further, let me explain what the friendzone is. The friendzone is exactly what it sounds like: a state of being friends with someone. It doesn’t sound too bad to be someone’s friend, and it isn’t, if you’re content with only staying friends. The thing is, when you plan on being more than friends with someone, then the friendzone is really, really bad. When you shoot your shot, one of the worst things that could happen is that you will be friendzoned. No matter how soft or hard they drop you into this dreaded place, it will hurt like you accidentally stapled your hand and can’t get it out for two weeks.

Second, the friendzone works like this: you full send it and it goes horribly wrong. What I mean by “it goes horribly wrong,” is that you go in for the kiss and get swerved, or you go for in the hand during the movie and find the dreaded “frozen fish” (This is where you go for the hand and find a hand that doesn’t want to be held, also, shout out CoJ). Those are only some of the nonverbal cues that you’re in the friendzone. However, verbal cues are even worse. An example of a verbal cue is when you get told straight to your face, or over text, that you are an amazing FRIEND and you’re much more

valued as a FRIEND rather than anything else. Translation: You’re a friend and NOTHING MORE! Not all friendzones are like this, some are more subtle, which can actually be worse, because 78% (rough estimation of guys can’t take a hint and will still believe that they have a chance with that beautiful babe, even though they literally have no chance whatsoever. So if you’re going to break some poor, lonely, soon-to-be-broken man’s heart just save time and straight up tell them (and bring them some Mountain Dew to drink their sorrows away).

Finally: How to escape the friendzone. Before you escape the friendzone, you will want to ask yourself if you really want to, because once you go in for the kill, then it might mean the death of your friendship as a whole. In order to escape the friendzone you have one of three ways: there’s the “classical conditioning” way (another shout out to CoJ), the “step back” way, and the “closer as a friend” way. Each strategy has its pros and cons, and you might find that one works better than the other. Let’s go through the basics of each one.

Option one: classical conditioning. This works best by associating yourself to something that your special someone loves. For example, if your crush likes the video game Fortnite, then by playing fortnite with them and buying them V-bucks, they will unconsciously connect their “Fortnite feelings” with how they feel about you. So, if they love Fortnite and you associate yourself to Fortnite, then after some time they will end of loving you.

Option two: step back. A major reason why you’re caught in the friendzone is that you value the friendship more than the other person values it, leading to the other person satisfied with how the relationship currently is. So take a step back and act less interested, but prepare yourself to accept the fact that this might not work. If it does, the friend will want to hang out more in order to salvage the relationship, and in time you can make them fall in love with you.

Option three: closer as a friend. This way is the most simple. As you get closer to your friend they will be more likely to like you in general. As you hang out more and more and more, then this strategy becomes a powerful one. Most people want to marry their best friend, so that’s why this strategy is effective. This will take patience, but out of all three ways this has proven to be the most successful.

Those are only three ways to escape the friendzone, but there are countless others: if you get creative. If any of you have any ideas on my next article, just tell email the newspaper staff. Who knows, maybe I’ll choose your idea for the next article.

Signing off,

The Real Love Doctor of Herriman High School

# Spring Date Ideas

FOR WHEN THE FLOWERS **A R E N ’ T** IN

STORY BY LINDSAY REYES

It’s the time of year when the roads are covered in black, slushy snow, and flowers are definitely not blooming. Allergies are right around the corner, waiting for you with a baseball bat in hand. While spring date ideas may usually include leisurely walks through gardens or perusing the local farmer’s market; here’s a more Utah-oriented list:

**1. Head to a mini-golf course.** Even when it’s the first date or the fourteenth, mini-golf is a classic. It’s fun to compete with each other, since nobody is really that good at mini-golf. You can go with a group or one-on-one. If it’s too cold outside, there are several indoor mini-golf courses that are still just as frustrating. At least if you’re indoors you can’t land your ball in the water.

**2. Walk around an art museum.** Not only will pictures taken here look good on your Instagram, but this is an easy, casual date for talking about anything. Make fun of the art,

make fun of the people, all from the comfort of a padded bench.

**3. Hunt for food trucks.** Bundle up and take a drive to Daybreak, or Riverton, or wherever the pack of trucks decided to migrate for the day. Sample overpriced food like chicken tikka and waffles loaded with strawberries.

**4. Break out the chalk.** Scrape away the ice or find the small circles of sidewalk not covered in snow and let your creativity run wild. Draw a meaningful design, quote, or meme. Hopefully, you’ll be able to find it again when the snow melts away in summer.

**5. Host a paint night.** Set up canvases, buy some paint, and channel your inner Bob Ross. Mistakes are just happy accidents, especially when your date is taking AP Art and you’ve never picked up a paintbrush in your life. But you’ll both get a laugh at the end of the night when you exchange paintings.



PHOTO COURTESY OF HONEST VERSION

**6. Waste your money at a Nickelcade.** Cheap and fun, the Nickelcade is a way to learn more about your date while beating them at arcade games. Search under your couch cushions, or simply pay for a bag of nickels. At the end, you can turn in your tickets for a souvenir—whether it’s a piece of candy or an inflatable alien.

Figuring out a date that doesn’t break the bank is hard when everything inexpensive is frozen over with ice. But sometimes spending a few extra dollars is worth it when you get to spend time with your crush.

## NEW FILMS ON THE BLOCK

FILM	SCORE (IMDB/ ROTTEN TOMATO)	RATING
HOW TO TRAIN YOUR DRAGON III	(7.9/10) / 90%	PG
ALITA: BATTLE ANGEL (7.6/10) PG-13	(7.6/10) / 60%	PG-13
ISN'T IT ROMANTIC (6.1) PG-13	(6.1) / 68%	PG-13
HAPPY DEATH DAY 2U (6.6/10) PG-13	(6.6/10) / 67%	PG-13
THE UPSIDE (6.4) PG-13	(6.4) / 40%	PG-13
GLASS (7/10) PG-13	(7/10) / 37%	PG-13

# The Best Ways to Listen to Music

STORY BY CARTER PIGGOTT

Music is a beautiful thing. It can convey a large array of emotions in 3 minutes, an incredible feat. But most often it is listened to in the background, which is fine. But there is a better way to fully appreciate it. I hope this doesn’t come off as pretentious, but anyway, here are some tips on the best ways to listen to music.

To start, put it in the front of your mind. Really listen and take a moment to think about it. Most often, music is put on in the background as a generic filler for the silence. This is absolutely fine. It is fun to just vaguely listen to something with no need to focus on it. But it is even better to fully meditate on the sounds. The lyrics and rhythm that you hear. It helps give depth to what you listen to, and then it makes it even better as background music because you get the context of it.

Speaking of context, listen to the entire album, front to back in order. This is the best way to get the full scope of understanding for your favorite songs in the album and establish a tone to it all. It is also more fulfilling in the end. Listening to one song is fine, but an entire album leaves you with the same feeling as finishing a book. It is a rewarding exercise and a great way to appreciate music.

The final tip is to explore. There is an endless amount of artists to find that you will love. You just have to go and find them. Go into music forms and search the artists that interest you. Look through the artists similar to this sections for your favorite bands. Exploration expands a limited source of music, and you are more likely to find new favorites by simply searching.



PHOTO BY CARTER

Concurrent Enrollment: Pros

By: Dylan Walters

Many people wonder if the idea of enrolling in concurrent enrollment classes is a good idea. Well I am here to tell you, if you know you are going to college, then concurrent enrollment is a must! It allows you to get college credit at an unbelievable price, compared to taking the same class at a university. I mean, if you take the right steps and push hard enough you could already have an associates degree by the time you graduate high school. So, here are some pros of taking concurrent enrollment courses:

Inexpensive college credit. Taking concurrent enrollment classes is much less expensive compared to taking the classes at a university, saving you thousands of dollars in the long run. Here at Herriman you can take college classes that charge only ten dollars a semester which would be twenty dollars for a whole year.

Helps high school students get prepared for college. The workload of concurrent enrollment classes is very similar to the workload of college classes at the universities. For those students who know they are attending college after their senior year, it is recommended that you take some type of concurrent enrollment class so you are prepared for college as opposed to being surprised your first day on campus or online to the workload.

Graduate college on time. Getting college credits in high school can give you a great head start on making sure you graduate college on time, if not early. Finish high school with an associates degree and have a great head start towards college that most students won't have.

Good future in your career. Taking concurrent enrollment classes

that are needed for your future can give you that headstart you want towards your career. You can use these classes to see if something you might be interested in is what you really want to do. It is less expensive and gives you room to search for your future career. If you want to get through college as fast as possible and start your career then concurrent enrollment classes are for you.

After going through all of the positives concurrent enrollment has to offer, how can you say no? Concurrent gives you a chance at a much cheaper education for the same credits you would get at a college, helps you prepare for when it is time for you to take on the college workload, gives you a chance to graduate early from college, and it offers a bright future in the career you want. So, talk to your parents, your counselors, your teachers, and make

Concurrent Enrollment: Cons

By: Abby Holder

Parents, teachers and many relatives push the conversation of taking advanced classes. Whether it's advanced placement, honors, or concurrent enrollment, these classes are made to challenge the mind. Concurrent enrollment is a college class that you take in high school. Potentially, if done right, you could have an Associates Degree by graduating from high school. You save quite a bit of money, unless you don't pass the classes; then you just wasted it and lost credits. Here are four cons to taking concurrent enrollment classes:

Passing is not easy. When signing up to take a concurrent enrollment class you have to keep in mind that it is a college course. It's not going to be like all your other classes. The assignment load will increase heavily, and it takes your stress to new levels too. You will have more tests with more questions on them. You will have a final test that if you don't pass it, you fail the whole course. Passing a concurrent enroll-

ment class is not going to be easy.

You could lose credits. While taking the concurrent enrollment class, you are substituting it for a high school credit that you may still need. If you don't pass the class you are now behind a high school credit. Not to mention the fact that you have now failed a college course. If you have too many concurrent enrollment classes that you fail this could prevent you from even graduating high school.

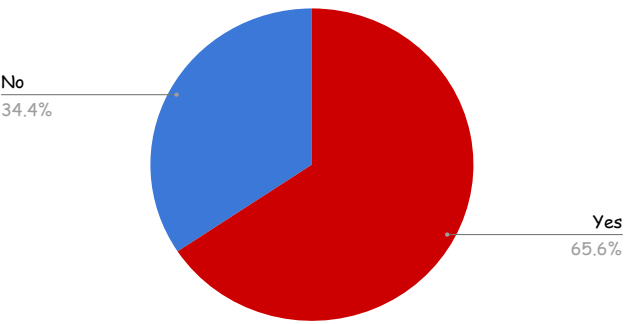
Your credits may not transfer. Not all schools accept credits that were not obtained by their college or university. If you are planning to go to college out of state, do not take concurrent enrollment classes. You are more likely to have trouble transferring your completed credits over to that school. There are tricky rules when it comes to transferring college credits so always check your potential college websites on that subject.

The grade goes on your college transcript.

When you graduate high school your grades from 9th grade to 12th grade goes on a transcript that is sent to your potential colleges. Colleges can see your grades and see if they want to accept you into their school. Colleges have transcripts too. When you take concurrent enrollment classes, the grades you get in those go onto your college transcript; they stay there forever. If you get a D or worse, that will be on your college transcript and may impact your acceptance into certain colleges.

Now you know the potential disasters that can come from taking concurrent enrollment classes. I hope these four things are kept in mind to those that are considering taking concurrent enrollment. There is nothing wrong with wanting to take a concurrent enrollment class; as you can see there are plenty of pros to taking them too. Just keep both sides in mind with making the final decision. Good luck!

Concurrent Enrollment a benefit for high school



“ It saves students time and money”  
- Anonymous Herriman Student

“You kill two birds with one stone”  
-Anonymous Herriman Student

Evaluation tests harm more than help

The perils of SAGE testing

By: Lindsay Reyes

SAGE testing: two words that elicit a groan from students and teachers alike. Everyone remembers testing day, when half of the class would log onto computers and stare at them for a couple hours, while the other half who opted out would fall asleep. In 2017, there was an overall dip in SAGE scores all across the board. Every grade level showed a decline in scores in every subject. 2017 was also the year with the most opt-outs.

SAGE stands for Student Assessment of Growth and Excellence. It's a comprehensive, state law required assessment system that was developed and implemented in Utah. SAGE tests a student's knowledge in math, science, and English Language Arts. This test is meant to not only measure what a student has learned, but also how well the teacher taught it. Unfortunately, many students don't take it seriously.

However, SAGE has been replaced by something new. The Utah State Board of Education plans to dive into the 2018-19 school year with a new testing contract. The American Institutes for Research (AIR) has been replaced with a new testing vendor after their contract expired. Questar Assessment Inc., based in Minnesota, has taken the stage in a \$41.5 million, five-year contract. Grades three

through eight will buckle down with Questar's adaptive test, RISE, this year, while 9th and 10th graders look towards a different kind of assessment. A new contract with Pearson adopts the Utah Aspire test, an amalgamation between the ACT and standard freshmen and sophomore testing questions.

Although these required tests are meant to evaluate and rank students, the students themselves don't take the test seriously. How are they going to collect pure, untainted data when students fill in bubbles at random and fall asleep during the test? It's an evaluation of their best work, not their laziest. Students see SAGE as filler, an excuse to skip their lesson for the day. Sophomore, Hayley Arnold expresses an opinion shared by many students when she says, "SAGE testing is stupid and pointless. Every time I took it, I never tried. I just clicked answers." She asks, "It doesn't affect me, so what's the point?" However, Hunter Nordberg argues that SAGE testing "shows you know the material and it helps teachers."

Standardized testing has always been risky. To the education system, students are seen as test scores. Utah schools are using this standardized testing to define and compare students. However, no student

is the same, and no student will react the same to their testing environment. Especially when the SAGE test is seen as a student learning objective (SLO) instead of a final. This harms the teacher, making them look bad as scores continue to drop lower and lower. It also harms the students, planting and watering a seed of grudge towards testing. Teacher's cries to take the test seriously go unheard by students who only want to finish quickly so they can go talk to their friends. These habits can bleed into other standardized tests, and that creates a dangerous cycle.



# Social Media’s effects on you

How social media can harmfully affect your brain

STORY BY OLIVIA CHILCOTE

Social Media is used by a great majority of our population everyday. From Instagram, Facebook, Twitter, Snapchat, and Pinterest, there are so many sites keeping us connected with the world and giving us a glimpse into what’s going on past our little bubble. However, there are also many downsides to it. Social media can negatively affect your thoughts, emotions, and mental state.

Users become so focused on how many likes they are getting and comparing themselves to other users that they forget real life. Most of social media is fake and filtered. What you are being exposed to on someone's account is only a small part of what’s actually going on in that person’s life. The happiest looking people on Instagram and Facebook are usually the ones struggling the most. Social media also creates many fake friends for users. How many followers do you actually talk to, face to face, on a regular basis? My guess, not very many. We need to be talking to people face to face and getting that interaction.

Katie Hurley, a writer for PSYCOM wrote that “Human connection is a powerful tool and builds skills that last a lifetime.” Try stepping away from social media whether that's by limiting how much you look at it or trying to delete it for a little while. Try reaching out to more people in class, the lonely at lunch, or even your friends, who may need someone more than you know.



PHOTO COURTESY TO OLIVA CHILCOTE

# Video games: epidemic or harmless time killer?

STORY BY DYLAN COTTRELL

When winter arrives in Herriman, what better way to pass time then to bundle down, grab some snacks, and play some video games? Video games have been a favorite time killer of mine, like many other teens, but for their parents it has driven them insane more than ever before. Since christmas has just passed, teens have gotten new games and game systems to play on, which makes the parents who have to manage their screen time all that more stressful for them. So what makes parents so worried?

You’ve probably heard the saying “you’re rotting your brain” before, maybe it’s because your parents thought you are on your phone or tv too long, and they were probably just concerned about the amount of time you were spending on them. Sure it can be just a little irritating, but they can raise some very important points. After all they are your parents and you should at least hear them out. Therefore, to understand their point of views I decided to interview some of the teachers at Herriman High to hear what they had to say.

First, I interviewed a consumer health teacher, Mr. Beierle, who had a very strong opinion on this subject. He agreed with the statement video games are more harmful than helpful. He said video games are, “numbing our generation with violence,” and making us, “lose our grip of reality.” He also added that we live in a “restart era,” and video games show “no real consequences”. His point was that with video games being introduced into our generation it has poisoned us with ignorance and misunderstanding on how reality is and he compared video games to a pacifier. However, not all parents and teachers believe

video games are as bad as they seem. For example, I interviewed Mrs. Peterson, another teacher at Herriman with a 16 year old son had this to say. She had no problem with her son playing occasionally. Video games are “a good way to let out aggression,” and “good for playing with friends.” she also addressed it’s fine to play if you play not too long and too much.

Then what do the students of Herriman high have to say? I surveyed 75 students at Herriman High and asked them if video games as a whole were more harmful than helpful and the results were staggering. The statistics showed that 49% believed they were more helpful, while the other 51% thought they were more harmful. So why this split of opinions? Why do so many students still play video games even though they agree?

I interviewed some of the students surveyed personally who thought this way to get a better in-depth understanding and this was my synopsis. To start, they all interestingly responded in a similar fashion with a few responses, and a majority of them listed these reasons: They make you more lazy, encourage procrastination, decrease physical interactions, and aren’t a productive use of time. I’m sure a good amount of us can say they’ve stayed up a little too long playing a fun game or put off an assignment before. These can all be described as negative qualities. Since video games can show harmful qualities is it justified that video games more harmful?

Not necessarily. Just because there are negative consequences about video games does not solely make video games bad. There are also

plenty good qualities about video games which can say outweigh the bad. For example, some students added that since they don’t have any classes with their friends, it makes it difficult to stay interactive with them, but with video games they can play with them no problem, especially during winter months. Additionally, it can help students take their minds off things stressing them out and cope with certain situations in their life. If you can manage your time correctly and find a good balance they can be a perfect way to pass the time. Afterall, video games are an activity that are supposed be enjoyed, and what is wrong with doing something you like, especially when you have nothing better to do?

So are video games more harmful than helpful? Well, to put it simply, they are. Video games are a product meant to be addicting and fun, and they draw you away from your responsibilities and don’t actually help you gain anything important. However, they aren’t truly bad because if managed correctly, they can be a great way to play with friends or have fun when you have nothing to do. Also, respect your parents opinions. Understand that they just want the best for you, and most importantly, do what you like. Live life the way you want but make sure you regulate yourself and take breaks.

**“We shouldn’t worry about the fictional fantasies of video games when we can worry about our own reality”**  
*-Emily Lam*



PHOTO COURTESY TO THE NATIONAL INSTITUTES OF HEALTH

# Wordsearch

GREEN SHAMROCK MINTY LEPRECHAUN CELEBRATE	MARCH HOLIDAY FOUR LEAF DAYLIGHT SAVINGS CLOCK	SNOW FLOWERS LUCK SPRING CLOVER
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Sudoku

	3		9	8			7	
			1		3	9		
		6		7	5			1
2			4		6	7		
	1	9						
	5		7			8	2	
		1	5	2				
3				9				4
		2	3		8		9	

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

# Crossword

## ACROSS

1. The animal driven out of Ireland
7. A beautiful spring flower
8. An outline of main story events
9. A type of beer
10. A chocolate candy with caramel in the middle
11. A romantic gesture
13. Plant used for cereal and livestock feed
14. 27 down's other title: Fat \_\_\_\_\_
17. Earbud type: air \_\_\_\_\_
19. A pirate's growl
20. Opposite of stop
22. A dry and barren land
23. A gesture of approval
24. Do or do not, there is no \_\_\_\_\_

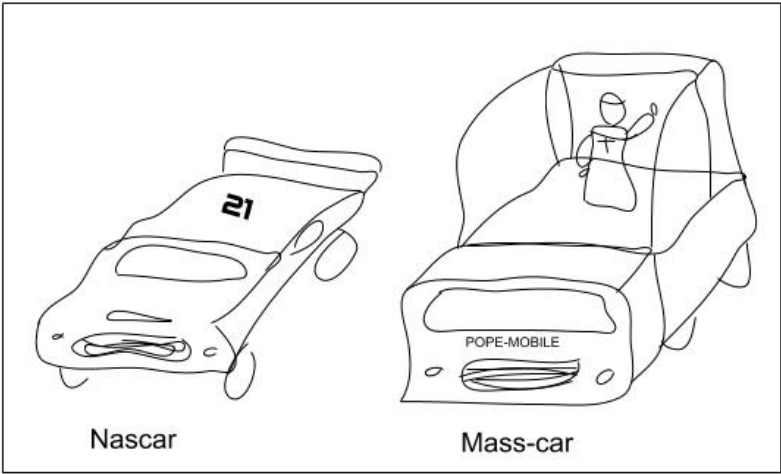
1	2	3	4	5	6		26	27	28
7							25		
8							24		
9							23		
			12				22		21
10					16			20	
			13	15			19		
			14				18		
11					17				

25. A transportation vehicle
26. A speaker for electric guitars
5. Acronym: An album that is longer than a single, but smaller than an LP
6. Acronym: A ship that uses steam
12. A shoe type, often for work or fashion
15. Periodic table symbol for gold
16. A forward movement
18. The ground's surface

## DOWN

1. Figure celebrated on Paddy's day
2. Invalid or zero
3. A succulent plant \_\_\_\_\_ Vera
4. An item set for a project

19. Opposite of subtract
21. Fish voiced by Ellen Degeneres in "Finding Nemo"
23. Acronym: Not available
26. Someone who performs theatrically
27. With 14 across: A holiday in March
28. To forcefully pull or extract



# Answer key

2	9	5	3	4	8	1	0	1
3	1	8	9	0	1	5	2	4
0	4	1	2	5	1	3	9	8
9	2	4	1	1	0	8	5	3
1	1	0	8	3	5	2	4	9
5	8	3	4	2	9	1	1	0
8	0	9	5	1	2	4	3	1
4	5	1	1	9	3	0	8	2
1	3	2	0	8	4	9	1	5

						q		
k	!	2	2			b	o	q
c			f	n	e	2	q	g
!			o	g	f		g	l
l	o	!	o		2			0
f			p			g	l	!
g	!	e				u	o	q
b	!	o	f				f	l
f	n	!	!	b	2		c	g
2	u	g	k	e	2		g	w

O	E	O	P	K	G	E	V	E	O	A	E	G	O	M	E	K	2
E	E	C	O	A	C				P	C	E	C	I	O	A	!	E
O	E	K	E	X	A	G			D	K	A	E	B	O	I	!	E
E	B	C	W	M	W	I	O	E	B	!	E	O	V	A	A	E	O
G	X	!	E	C	G	V	O	C	B	V	G	B	E	I	B	H	I
I	C	G	O	A	E	B	X	B	K	E	B	O	!	B	C	O	!
!	!	E	!	X	2	B	O	C	G	K	V	I	B	C	!	A	
A	H	G	V	O	C	2	X	A	E	A	C	C	V	C	C	O	V
!	A	2	H	V	W	B	O	C	K	C	I	W	G	O	C	I	2
C	!	A	B	I	W	G	B	H	V	!	V	!	A	K	2	B	!
2	D	C	!	B	O	V	B	O	I	V	E	C	!	I	!	O	H
K	E	D	X	E	I	O	A	G	G	K	I	E	I	B	I	C	O
I	G	E	B	E	C	H	V	!	!	!	!	!	D	H	H	!	!
2	I	O	M	E	E	!	H	K	W	A	B	B	W	E	!	E	G
V	C	E	C	B	I	G	C	B	V	B	E	D	H	E	B	A	
!	!	D	X	D	E	B	B	D	K	2	!	!	I	G	I	G	V
H	O	G	I	D	V	A	D	W	B	A	K	I	A	P	!	!	D