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Sex Education: Out with the Old, In with the New

Talking about the Elephant in the Room

STORY BY CORA ROMERO

Let's talk about sex.

Yes, sex. The big elephant in the room that's slowly becoming more and more noticeable each day in the United States. Sex. More specifically, sex education. It's a topic many shy away from, something we avoid discussing in hopes that everyone will just figure it out eventually, right? Wrong.

According to the American Medical Association (AMA) Journal of Ethics, each and every day in the United States 10,000 teens contract an STD, 2,400 get pregnant, and 55 contract human immunodeficiency virus (HIV). The idea of brushing such staggering statistics under the rug seems impossible, and yet, it happens. The harsh truth is that only 13 states require sex education to be medically accurate, 19 require information about contraception be given, and only 9 are inclusive for all sexual orientations. Even more surprising than that is only half of the nation mandates that sexual education even be taught in schools. This poses the question - how are teens expected to make informed decisions about sex if the knowledge they are receiving is so severely lacking?

Throughout the United States, sex education is taught primarily in two ways: a) it is not taught at all or b) abstinence-only is the focal point of the course. Both of these approaches leave a lot of room for teenage interpretation of health literacy. If taught nothing at all, adolescents might look to the internet or other sources that supply incorrect information, leaving many at risk for contracting an STD or accidental pregnancy. An abstinence-only approach also has its fallbacks. Teaching a strong "no" stance about sex doesn't help those who will say "yes" to sex. The reality is that

44% of young adults will have sex by age 17, according to the Guttmacher Institute. This means that nearly half of our youth population is receiving sexual education that is now no longer applicable to them. Surely we can't expect young adults to practice safe sex if they lack the knowledge to make informed decisions about it.



PHOTO COURTESY OF COOPER BAKER

"Abstinence before marriage is super important and the only way to 100% eliminate STIs and unplanned pregnancy but, in the end, teens will have sex regardless. We should know this," shares junior, Dax del Rio, "Abstinence on its own doesn't work. Giving teens the tools to having safe

sex, like teaching about it in school and allowing safe places to talk about sex, is crucial to a teenager's wellbeing." As increased attention is being brought to this issue, re-defining the curriculum for sex ed is making an appearance on the ballot for Utah legislators. The push for a more comprehensive sexual education is on the rise. But what exactly is comprehensive sex education? According to the Sexuality Information and Education Council of the United States, comprehensive sex ed, "includes age-appropriate, medically accurate information on a broad set of topics related to sexuality including human development, relationships, decision-making, abstinence, contraception, and disease prevention."

In short, teaching abstinence-only sex ed is important, but on its own, it fails to meet the standards for a comprehensive education on a matter that could drastically affect someone's life. To combat the upward trend of teenage pregnancy, the spread of STIs among youth, and further decrease the prevalence of HIV and AIDS; the education policies currently in place regarding sex need to be reevaluated and reconstructed to give young adults the knowledge they need to make informed decisions.

We've entered an era where teaching abstinence-only sex education, or none at all, is not only naive, but dangerous. HIV and AIDS may not be as prevalent as they once were, but no one wants to be one of the 55 people who contract it daily. Teenagers deserve to be given the proper tools, knowledge, and resources to make healthy, safe choices.

The Prescription Opioid Abuse Epidemic In Utah

Staggering Statistics and Valuable Knowledge behind the Narcotic Crisis

STORY BY MILLIE BENKERT, CO-EDITOR

HERRIMAN- While driving along any highway in Utah, huge billboards plaster the roadside, all strewn with statistics about the drug crisis in Utah.

Some boards have catchy slogans, "Heroin. Pills. It all kills," while others reach more personally to the viewers: "Did you know? 90% of drug and alcohol abusers start in their teens." But these billboards only capture our attention for a few seconds, and our minds quickly stray from the messages these boards convey. Does anyone actually understand just how large

the drug epidemic in Utah has become?

According to Opidemic.org, Utah has the 7th highest drug overdose rate in the United States. A government funded group called the Violence and Injury Prevention program came out with a statement saying, "opioid overdose deaths are highest in Carbon, Emery, Duchesne, Juab, Weber, Salt Lake, and Tootle counties, where rates are above the state average of 20.3 deaths per 100,000 population. While the number 20.3 out of 100,000 may not appear to be high, it seems like everyone somehow

knows a person in Utah who has been affected by this drug and opioid specific crisis. Opioids have gained major attention in the news and media, as the epidemic stems all across the United States, but not everyone knows what these drugs even are. Opioids are highly addictive narcotic substances, commonly prescribed to treat pain. You read that correctly- most of the drugs that are causing this nation-wide epidemic are prescribed by doctors.

Continued on next page.

Big Time Expansion in Herriman

Olympia Hills Project stirs up controversy among residents

STORY BY KYLE GABRIELSEN, STAFF WRITER



PHOTO COURTESY OF DESERT NEWS

In 2018, land developers have teamed up to propose a newer, larger expansion just west of Herriman high school, and the residents of current Herriman aren't very thrilled. The development would add 30,000 new houses, apartments, and business offices. This meant new schools, parks, and commercial area. Sounds great, until you dig a bit deeper. It is evident that the Salt Lake Valley is short on homes, as we are vastly increasing in population. So Olympia Hills was the proposed solution. But, with a lack of sewage piping, water lines, and a multitude of necessities, Olympia Hills became more of a problem, then a solution. When speaking with Vice Principal of Herriman High, Stewart Hudnall, he voiced his concerns. "There are not enough resources for such a large development. There would be a lot of work to do before it would be suitable for a community." Along with the lack of prerequisites for the community, it wasn't well thought out as far as traffic goes. Adding such a plethora of people, and the commercial development, traffic rates would increase dramatically causing a lot of frustration.

Speaking with Herriman resident Kyle McKee, he

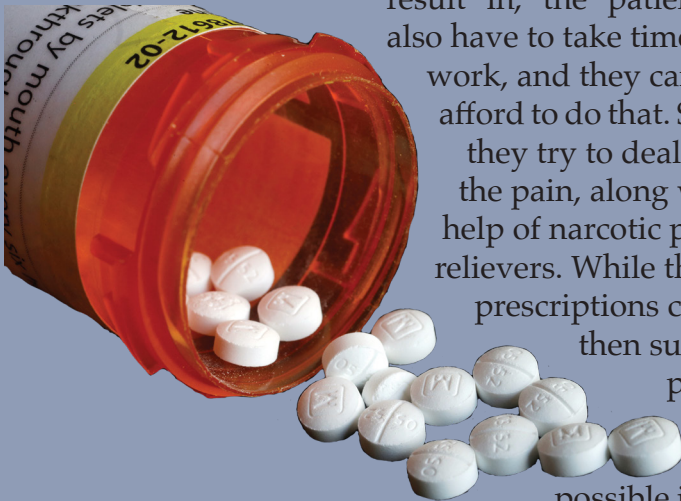
touched on the concern of overpopulation. "Adding so many houses, only adds so much more congestion. Instead of having farm land, and open areas, we would be forced into a high stress, high density roads, and commercial areas." Herriman, Riverton and South Jordan have all shared one main concern: cost, and who will pay it. They mention their feelings towards it in a non-supporting manner. With a large development like this it only causes stress and worries for the existing communities that will be affected. But in March of 2019 developers have worked with Jordan Valley Water Conservancy District to revise a more attainable proposal. With a large amount of the ideas unchanged, the developers have worked hard to get the utilities needed to provide a thriving, and sustainable community. With such revisions, this proposal is getting more positive attention from the cities, but it also has caused turmoil within the people. It is only a matter of time before the cities and the residents can decide how they feel towards Olympia Hills, and see if it can pass through to create a much larger, much higher density Herriman.

The Prescription Opioid Abuse Epidemic In Utah

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Opioids are addictive in nature because they change the chemistry of the brain, which leads to drug tolerance. Eventually, users will need a higher dose of the drug, in order to achieve the same effect.

According to the Center for Disease Control and Prevention (CDC), "more than 191 million opioid prescriptions were dispensed to American patients in 2017... Alabama, wrote almost three times as many of these prescriptions per person as those in the lowest prescribing state, Hawaii." One study, based on 2010 data, showed that inappropriate opioid prescribing rates are substantially higher among Medicaid patients than among privately insured patients. So if we have the knowledge about how dangerous and addictive these drugs are, why are they prescribed at all?



The rise of the prescribed opioid epidemic began in the 1990's, when professional and consumer groups pushed for the increased use of opioids for pain management, after pain was recognized as "the fifth vital sign" by the American Pain Society. Happening simultaneously with the change in the medical perspective of opioids, was the extensive marketing for OxyContin (oxycodone) by sales representatives. These representatives visited doctors all around the states, and impacted their opinions through "gifts, free patient samples, and invitations to all-expenses-paid symposia" (The Pharmaceutical Journal). In 16 years, global OxyContin sales paralleled those of other opioids, such as morphine

and codeine, and increased from \$48 million, to over \$2.4 billion. Coinciding with this rise in sales, the number of prescriptions written for opioids increased in almost every nation.

We see the opioid problem on a nationwide scale, but it also affects small town communities that you would never expect. According to an article written by Chris Conover, former Duke University research scholar, "In 1958, per capita health expenditures were \$134. By 2012, per capita health spending had climbed to \$8,953." Because the cost of health care has skyrocketed over the past several years, many people simply cannot afford it, subsequently putting themselves at a bigger health risk. For example a patient could see a doctor for severe back pain, and be recommended for surgery, and then physical therapy. Besides the thousands of dollars worth of medical bills this would result in, the patient would also have to take time off of work, and they cannot afford to do that. So instead they try to deal with the pain, along with the help of narcotic pain relievers. While these prescriptions cost less than surgery, physical therapy, and possible job loss, the patient will slowly become tolerant of the prescription, and subsequently need a higher dosage to deal with their pain. This is only one example of the path that narcotic drugs take, forcing people to be wrapped up in a vicious cycle of use.

In order to prevent this opioid drug crisis from spreading further throughout Utah, and the rest of the United States, citizens have to become educated and aware of the dangers these narcotics present. Prescription painkillers can help many people deal with pain that inhibits them from doing daily tasks, but there is a thin and unpredictable line between healthy, and abusive, use of these drugs.

Advice for the Graduating Class of 2019

STORY BY SETH KREITL

New beginnings mean new opportunities and this is true for all of Herriman’s graduating seniors. As we embark on our various adventures into life, whether it be off to college or into the working world, we can all use some sound advice to take with us. Besides the no brainers like stay away from drugs and don’t break the law, here are some tips that will hopefully benefit you in your post high school life.

Get out of your comfort zone and try something new. Although many of our lives will be changing drastically very soon, many of us will want to get into a set routine and do things the way we’ve always done them. Moving past high school is a great time to take inventory of our lives and find areas that need more confidence, experience, or improvement. Being in new situations is a perfect time to change habits, make new friends, or even confront our fears. Form your own opinions. Even though you will be starting out as a new student or a new employee, you still have a lot of school under your belt. You also know how to do your own research and come to your own informed conclusions. When we are new to a situation, it is easy to let people who are more experienced start making conclusions for us and telling us how to think. Don’t ever let anyone tell you what to think. Draw your own conclusions and form your own opinions based on your own research.

Senior Send Off

My thoughts looking back on high school

STORY BY CASEY STERGER

I think the first thing that comes to mind when I look back on high school is: I can’t decide if the last three years ended too soon. I’m sure a lot of you also couldn’t be more ready to leave, but for some reason I don’t want to. There is an old saying that goes, “you never know what you have until it’s gone”. I think I’m starting to realize I’ll miss high school. I’ll miss my friends and all of the dumb stuff we do. I’ll miss the teachers and students, but I think I could do without the tests. Although all of that has lots to do with the past, I think it also says a lot about the future. It goes to show we’ve grown these last few years, whether we knew it or not. We have a lot of growing to do still, but there is plenty of time for that. However, this is a send off after all, so I ought to focus on the past. Here it goes.

I’m proud to be a mustang, and I hope all of you that read this can be too. Whether you were QB of the football team or just coasting through, I hope you bring some good memories with you. I think high school is less about taking hard courses and passing the tests, and more about finding out who your are. I hope you did. I hope you found your place, and if you didn’t, no rush, you will. It wouldn’t be right to send the class of 2019 off without a cheers. Cheers, to all the people we’ve lost. Friends and family alike, we all miss them and god speed that we see them once again. To all those that represented our school in sports and in spirit. We thank you for all the good times we shared on and off the field. To those who came and those who have already

Avoid credit card debt at all costs. High school graduates start to get all sorts of credit card offers, and it is tempting to spend money that seems to come from nowhere, but every penny spent on a credit card will cost you fees in interest, so on top of what you buy, you will have to pay all sorts of extra fees. These can easily pile up and get out of control until you are a slave to a bank. Stay free and be wise with your money. This habit alone can mean the difference between a stressful life and a more peaceful one. It can be the difference between a miserable marriage and a happy one.

Be kind. Always err on the side of compassion. As you get out in the world, you will meet all kinds of people that are different from you with totally different backgrounds and beliefs. Give people a chance. Everyone has a purpose and dreams of their own. Never diminish the worth of someone because you do not share their values.

Never stop learning. We live in a world where we can turn our minds completely over to entertainment and distraction. It’s one thing to be a child and have other people tell you what’s going on in the world and what things mean, but growing up means finding out for yourself. You will never learn anything, unless you learn it for yourself. Never stop reading, researching, fact checking or just wanting to know and understand the world around you.

moved along. To every mustang, new and old, far and wide, cheers. Together we’ve built a lasting impression on each other that shall help us grow as we move forward through life. Cheers everybody, for all the great memories we’ve had these three short years and all of the great memories to come. I hope everyone one of us goes far and I’m grateful to have been a part of the Mustang community.

All in all, I think high school can get a bad wrap, but thanks to you guys it wasn’t so bad. I’ve made some friends that I’ll have ‘til the day I die and I’ve made some memories that will last equally as long. Sure there’s a lot of struggle mixed with a lot of good, too much stress and a ton hormones, but in the end, it was a pretty cool experience. It’s unlikely that you will ever again be in a place where you can meet so many people of your age and every once in a while learn a thing or two. Finally and honestly thanks for everything, guys and I wish everyone of you the best. Good luck and go Mustangs!

All seniors should be congratulated for coming this far. No matter how you finish this school year, senior year ends a long series of your education. Senior year marks the closing of a big chapter in our lives and the beginning of the whole world in front of us.

What Is Your Favorite High School Memory?

STORY BY LINDSAY REYES AND MAK SIMPSON



KARLEE CALTON:

“[It is] definitely not math- probably orchestra tour. I think [it is] the memories I’ve been able to form with people, and how I have changed them.”



ELI HANSEN:

“Cameron’s head- making fun of Cameron in spanish four.”



EMILY TARR:

“When I went to football games with friends and late night track meets.”



JAYCIE COTTAM:

“My favorite high school memory is probably just orchestra in general.”

Opportunity To Open Doors

How SheTech helps women enter STEM

STORY BY EMILY LAM

Again, has the time arrived for another round of SheTech—where girls from around the city join together to learn more about different job fields and generally get familiar with the wonderfully engaging world of innovation and education. This year, a few of my good friends and I attended; along with many other aspiring girls going for generally diverse reasons.

like the governor and one of the Founders of SheTech where they explained why it was important to include STEM in throughout your life and how the day’s activities were to be utilized and to have a good time.

There were two workshops that you would sign up for prior to Explore day to listen from

So creating a closed circuit electrical system or playing in VR was up for girls to do, for a fun experiencing a bunch of different groups.

Plus, all the amazing swag there was enough to have a full bag and potential for getting a few flyers. So everyone could interact with the activities to the fullest extent.

their passions. Showing the possibilities early in life will allow more time to learn and prepare to be key members of their company.

I encourage any high school student to attend conventions like SheTech, it’s exciting and you don’t have to be Einstein to feel included in a conversation shared with other individuals.



However, to familiarize you with this program SheTech is a strictly female-led industry aiming to get high-school girls to learn and to get involved with fields in Science, Technology, Engineering, and Mathematics (STEM). It has over 12,000 participants and growing as it’s spreading its reachers to even younger audiences in elementary. It offers activities, clubs, student boards, monthly tech events and the one that racks in most people, Explorer day.

Funded by a plethora of companies such as AT&T, Adobe, Ancestry, Dell, Vivint, etc. There were plenty of opportunities to get hands-on experience thanks to these companies.

The event started out with an opening with keynote speakers

other women from your field of interest. Classes could vary from becoming a hacker to painting in 3D all with hands-on experiences, each with a speaker who could answer any question thrown at them.

The speakers were informative and would even take the time to go into depth about their experiences and their knowledge about joining a feild that isn’t common for women to enter.

A third event called TechZone where girls have the time to look at openings in jobs and scouts looking to draw you into their program. Utah State’s biology courses, BYU Avations, and other smaller companies were there. Each had a booth where they would host activities or had events that were personalized to their feild.

Finally, the closing event where girls are given a prompt to solve a real-world problems using modern or futuristic methods. Where you would brainstorm with other girls at a table and pitch it to a few judges to compete for winning the top prize. It’s exciting to come up with a formatable idea that could actually be considered for a solution.

You can learn so much from people that had to already struggle with the difficulties of joining a male-dominated profession, however, it’s not just difficult. Allowing girls to discover a whole other side to a workforce and have more options in life will let them find

There are also colleges that had set up booths to trying to and attract and help students find how they can pursue a certain major in a field they’re interested in.

If you are interested in joining the SheTech you can sign up by searching up their website online, where they hold year-round programs with internships and activities. That can be a new and exciting opportunity.



Herriman High’s Breakfast Club

STORY BY KAYLA MILLER, ASSISTANT CO-EDITION

The criminal, the athlete, the basketcase, the princess and the brain. All characters in the famous film, The Breakfast Club, but haven’t you seen them in the halls? No matter what high school movie you watch, there’s always a common factor: Cliques. It’s as if they’re what makes high school, well... high school. Herriman High obtains such a wide variety of students with different interests, but do we know why the athlete is into sports or why the artist can’t seem to put down the paint?

The SBO: “...we are super united. But we are this way because we all have the same purpose in mind, which is the love of our school and watching out for each other,” says sophomore Student Body Officer, Joanne Anderson. The student government is stereo typically seen as a group of kids who are liked by all their peers and have a substantial social platform. However, Anderson also stated, “...I hope that people are able to look at student government not only as a whole, but as individuals, and as friends.”

THE SINGER

The student with a great voice and an energetic personality, conveying true emotion through their musical ability. This past year, students like senior, Cady Anderson had the opportunity to visit New York for the choir tour. “Having [represented] the best of Herriman High at our competition in New York, it was neat to carry the pride and the name of Herriman wherever we [went]...” Devoting much time to their voice, Herriman’s singers are those with both commitment and skill.

THE WRITER

That kid who never leaves the house without a notebook in his/her hand. The student who participates in the literary magazine, the yearbook, the poetry teams, or even, the newspaper. Senior, JP Maendl agrees we have many opportunities for writers here at Herriman. Most writers write the way they do because of the emotions and experiences that urge them to pick up a pencil in the first place. “I really love the kind of neat stuff you can do with words... you can do it for any reason and you can write in any way you want to,” Maendl says.

THE ATHLETE

Working together as a team, putting forth their best effort, and representing the school at competitions and meets, the athletes are no doubt some of our hardest workers. When talking about being a member of the cross country and track team, senior, Julius Dally explained, “I was able to make so many friends that felt like family to me because we’ve all been through the best and worst times together,” also mentioning the sense of belonging it supplied him.

Next time you watch the stereotyped groups on your favorite 80’s high school flick, think about who those people actually represent. And whether you’re the cheerleader, the writer, the athlete, or something in between, never lose sight of what you have to offer to your high school, but most importantly, to the world.

THE ARTIST:

Communicating their emotions through drawings, paintings, sculptures, and other visuals. the artists of Herriman High are great in number and in creativity. Although some are on their own path, others choose to participate in organizations like the art club, which is helped run by Kate Darton, the president of the club. Art is a chance to express your emotions visually. Sierra Kakunes, a sophomore here at Herriman, says, “Art is just a way to express individuality.” It is a different experience for everyone, yet such unity is found within the art community.

THE ACTOR

Responsible for much of Herriman’s talented entertainment, the theatre department represents lively excitement for drama. Often seen as the social butterflies of the school, they ensure everyone has a friend and aren’t afraid to be true to their personal character. Junior, Jonathan Francis says, “Being part of the theatre department I have seen myself and so many others grow as students.” Theatre is a great opportunity to get outside of your comfort zone, meet new people, and express your individuality on a stage of others who obtain a love for doing the same.

THE CHEERLEADER

No high school movie would be complete without a cheerleader, and neither would Herriman High.

Although the athletes of this realm are often shadowed with stereotypes, they carry the spirit of the school. Junior, Madi Rossetti is happy to have such a great team of people she can count on. She relays her gratitude in obtaining the opportunity to represent Herriman, as well as the responsibilities that come with the position. “I try hard to be a friend to everyone, and always have school spirit,” she explains.

Public Education Funding

The break-down on where education funding comes from and where it goes

STORY BY CORA ROMERO

Starting at a young age, American citizens begin their schooling. At 5, kindergarten begins and a regular schedule surrounding education continues until 18. 7 hours a day, 9 months out of the year for 13 years. Majority of our young lives is spent at school. But how is this possible? If public education is free throughout the U.S., how can we afford to pay teachers, build new schools, and fund sports/other programs in each school? The answer lies in federal and state funding.

According to the U.S. Census, in 2017 the Federal government spent \$69.4 billion dollars on education. States spent nearly 9 times more with a combined \$594 billion dollars. New York spent the most per year with a whopping \$20,000 per pupil while Utah, at the lowest, was just short of \$7,000 per pupil. The U.S. average per student was \$12,000.

In Utah, the funding allocated for education comes from property tax. The more property within a school district, the more money it gets to fund the schools

in the area. This means richer areas with higher property tax have nicer facilities, better teachers, and more money to dedicate to sports and programs.

You can see issues with this method start to arise in Alpine School District where most of their property is owned by a tax exempt organization. Due to the small amount of property tax, they have less money to pay teachers and keep up with the growing population demand, leading it to be one of the poorest school districts in Utah.

However, property tax is not the only way to fund education. Funding can also come from lottery tickets, income tax, sales tax, and donations. Lottery tickets can be an especially lucrative method. In Wyoming, \$16,442 is spent per student due to the all the lottery tickets sold each year. They are one of the biggest spenders on education in the United States with some of the highest paid teachers.

Although we’ve come a long way to improve our education system, there’s still more room for improvement. Working to pay teachers more and build newer schools to help keep up with our growing population is a good start.

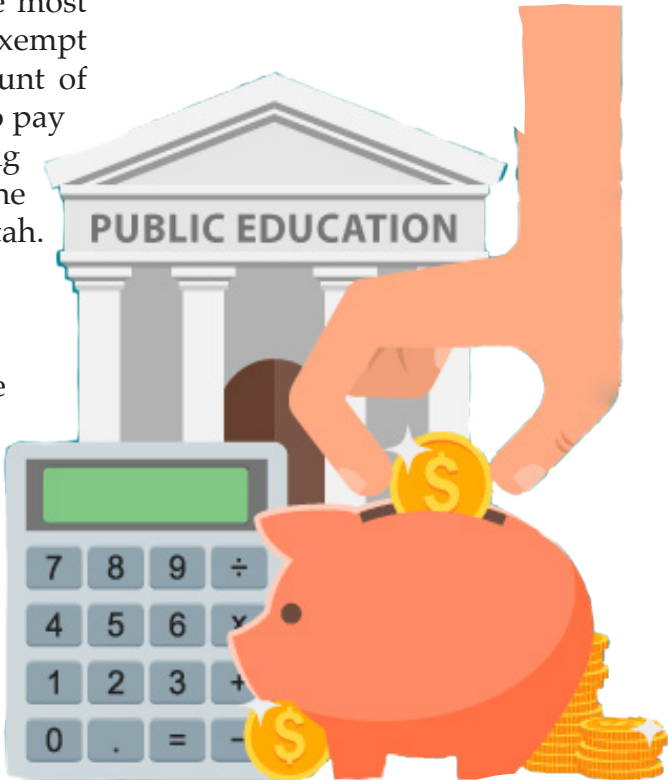


PHOTO COURTESY TO CLINTON PUBLIC

Blake Freeland: Multi-sport Herriman Athlete and Future BYU Cougar

Freeland reminisces about his high school career

STORY BY LINDSAY REYES, EDITOR-IN-CHIEF

Students cheers from the stands, stadium lights beat down against the green turf, and sweat beads behind a football helmet. This is just another night for Blake Freeland, senior and multi-sport athlete at Herriman High. Freeland has played football, basketball, and run track since his freshman year. Still, football remains his favorite, Freeland says, “I felt I had the most potential and I enjoyed working to get there with all of my close friends.” Over the years, Freeland has worked with a number of coaches, but the coach that has left the biggest impact on him is his dad, James Freeland. “[He] helped me better myself in all aspects.” Blake admires how his dad has pushed him throughout high school, acting as a lifelong coach.

As an athlete, Freeland has suffered through his fair share

of injuries. During the summer of his Freshman year, he broke his arm in a pickup basketball game. The following year, as a

sophomore, his foot broke in a spring basketball game. However, his most memorable injury was during his sophomore

football season, when he separated his shoulder and then started varsity the next week.

Juggling student life with athletic responsibilities can be hard, and Freeland admits that there were a lot of late nights and early mornings. Being an athlete means that his free time was spent at practice or games, and it was difficult to hang out with friends who weren’t already on his team. Despite that, Freeland says that “sports helped give me a schedule so I was able to do homework.”

Freeland received a scholarship from BYU, and has signed on to play for the university next fall. His advice to sophomore athletes is to enjoy the experience. “The time flies,” Freeland warns, “And you can’t take anything for granted.”



PHOTO COURTESY OF 24/7 SPORTS

‘Try’ And You May Succeed

Herriman Rugby Seeks National Title

STORY BY KYLE GABRIELSON



PHOTO COURTESY OF DESERET NEWS

There is no doubt that Herriman High Rugby is on a roll! With only one loss to a 7 time national champion team, and giving their best try on and off the field. Standing at number four nationally, and expected to climb the ladder, It is obvious that Herriman has something special

going on for them athletically. With some of their most recent scores being, Herriman 21 East High 15, Herriman 50 Snow Canyon 10, Herriman 60 Riverton 10, and defending national champions Danville 14 Herriman 22. There is only

one thing these men have their eyes on, The National Title. In an interview with fullback, Connor Hyde, He mentioned the key to their success was, “The coaching staff to be honest. You can have a team full of athletes and super good players, but they are not going to be anything if they don’t play smart. That’s why Herriman Rugby is so good. We aren’t the biggest team that’s for sure, but we play smart and do the little things right. And that makes the difference.”

It was astonishing how humble and respectful of his team he was. When asked what he loves most about the organization, he happily replied, “I love the brotherhood of Herriman Rugby. We are all super close and have each others backs no matter what.”

Speaking to Flanker, Braxton Burrows, he made sure to credit the impact this organization has made personally, in his life. He stated “It’s taught me discipline and how to work as a team. It has kept me out of trouble, and gave me great friends.” It is remarkable the influence this organization

has on their teammates.

To play, you must manage a 2.0 GPA, receive positive reviews from each teacher, and give

“Our key to success is our talented coaching staff.”

100 percent every day, every practice. In sum, it goes without saying that this organization isn’t only a physical task, but furthermore a program for success and work ethic to better every students future.

Herriman High’s Libby Parkinson

Everything you need to know about the multisport-athlete dominating

STORY BY MILLIE BENKERT

Born in Eagle, Idaho, Libby Parkinson is the youngest of 3 kids. Libby has lived in Utah since 5th grade, and besides the possibility of moving to a warm, pacific island, she wouldn’t want to live anywhere else. Since the age of 9, softball has been one of the most important parts of her life. “I am really invested in the sport and I have had so much fun playing it! I have made some great lifelong friends through softball and I wouldn’t want to live a life without it!” Continuing her softball career at SLCC, Libby has a full schedule for the next four years.

On April 23rd, Herriman unfortunately lost their game against Copper Hills, this being one of their first losses of the season. In this game however, Libby had two RBI’s (runs batted in), and two hits. Wearing jersey number 23, Libby’s stats for the Copper Hills game and all previous in season games, surpass the national average in every category. Libby has played softball since freshman year, but this spring she surprised her parents, friends, and coaches,

and decided to play a second in- season sport, track. “I was in Coach B’s weights class and he asked me if I

would try throwing the javelin, and it sounded kind of fun, so

I did, and just ended up loving it.” A few week-ends ago, Libby threw her personal record in the javelin, and a new state record at 129’3”.

In addition to coach McKissick, Coach Beirele began coaching the rookie of the track team. When asked about her preferred style of being coached, Libby responded with a specific answer; “I like when coaches give me straight answers,

or when they don’t beat around the bush or try to soften the blow. I respond to criticism and advice when they just tell me exactly what is wrong and exactly how to fix it.” This year, the Herriman Varsity Softball Team

has a wide variety, and a lot of player depth. “We are very young, but our older players also have a lot of experience being in high stress situations, so I think we have a good balance.” Despite picking up the sport at a late age, Libby has excelled in javelin. She credits her success to her coaches and to the sport being new to her. “For track, I’ve never done it before so I am learning something new and exciting every day.”

This year, the varsity softball team has a high chance of repeating last year’s victory of winning the State Championship. Libby is also gunning to place in State for javelin throwing. Libby acknowledges that her time spent at Herriman High over the past three years has been made better through the people she met along the way: “I’ve been really lucky to find people who care about me and support what I do. I couldn’t be more grateful for all the coaches and teammates who have made me who I am. I’m just happy.”

PHOTO COURTESY: THE SALT LAKE TRIBUNE



A Bright Future Ahead for the Jazz

A Glimpse of What the Future May Hold For the Jazz

STORY BY SETH KREITL

Although this season did not end the way many Jazz fans had hoped it would, there are still many things that should give Jazz fans optimism looking forward.

The most important one of those things being the development of their young star, Donovan Mitchell. Throughout the regular season, Donovan Mitchell went through somewhat of a sophomore slump and although his numbers were always good, he did have trouble scoring efficiently before the all-star break. Despite this, soon after the all-star break he began taking his play to new heights at the point guard position, averaging almost 28 points on good efficiency for several weeks. Although this eventually fizzled out, it does show the potential of this young superstar in the making.

As of right now, the Jazz overall have put together a pretty good team full of great defenders such as former defensive play of the year Rudy Gobert, good shooters like Joe Ingles and Kyle Korver, and young talent in Donovan Mitchell. Despite this there is still something missing and that is another all-star caliber player and that’s where this offseason comes into play.

This July the most stacked free

agency class in years will be up for the taking and if the Jazz can get their hands on someone like Kemba Walker or Klay Thompson or Jimmy Butler mixed with the development of Donovan Mitchell then they will definitely be a team to fear come next season.

Utah Jazz Roster

Point Guards: Ricky Rubio, Dante Exum, Raul Neto

Shooting Guards: Donovan Mitchell, Kyle Korver, Grayson Allen, Naz Mitrou-Long

Small Forwards: Jae Crowder

Power Forwards: Joe Ingles, Thabo Sefolosha, Royce O’Neale, Georges Niang, Tyler Cavanaugh

Centers: Rudy Gobert, Tony Bradley, Ekpe Udoh, Derrick Favors

Utah Jazz Stat Leaders 2018-19

Points Per Game: Donovan Mitchell 23.8 PPG, Rudy Gobert 15.9 PPG, Ricky Rubio 12.7 PPG

Assists Per Game: Ricky Rubio 6.1 APG, Joe Ingles 5.7 APG, Donovan Mitchell 4.2 APG

Rebounds Per Game: Rudy Gobert 12.9 RPG, Derrick Favors 7.4 RPG, Tony Bradleys 5.0 RPG

Steals Per Game: Donovan Mitchell 1.4 SPG, Ricky Ribio 1.3 SPG, Joe Ingles 1.2 SPG

Blocks Per Game: Rudy Gobert 2.3 BPG, Derrick Favors 1.4 BPG, Tony Bradley 0.7 BPG

Minutes Played Per Game:Donovan Mitchell 33.7 MPG, Rudy Gobert 31.8 MPG, Joe Ingles 31.3

3Point%: Thabo Sefolosha 44% Georges Niang 41%, Joe Ingles 39%

FG%: Ekpe Udoh 69%, Rudy Gobert 67%, Derrick Favors 58%

PHOTO COURTESY: DESERT NEWS



Reviving Hope: How to Get Through Fourth Quarter

STORY BY OLIVIA CHILCOTE, STAFF WRITER

It’s been a long year of over stressing, worrying about every little thing, feeling lost and hopeless. Third quarter has finally come to an end after an excruciating few months and the only thing left are finals and spring break. Fourth quarter seems to be the longest and this

“Don’t forget to believe in yourself. You’ve gotten this far, so one more quarter should be nothing.”

could easily be because there are barely any days off. We’re so close to the end that time seems to go slower. Here are some tips to get you through this final quarter of the school year!

First, keep yourself organized and ready for your finals. Make sure to record your homework due dates so you know you’re getting it done. Look at this new quarter as a fresh start. If you weren’t great at turning assignments in last quarter, try again. Make lists or keep a planner to stay on track.

Keep yourself motivated. Give yourself goals and things to look forward to. You can set goals like getting a 90% on your math final, or studying for an hour a day. While it’s important to stay motivated about school, don’t let that consume you. You can also

focus on more exciting things, such as making a summer bucket list.

Get out of the house. For most of us the past few weeks have been long and treacherous, trying to get our grades up as third quarter came to end. I felt busy all the time, but when I really looked back I had spent barely any time with friends. Now that there’s more free time available, it’s time to start getting out more and with winter changing to spring, there’s more to do outside.

Finally, the most important thing is to enjoy the last few

weeks. This is mostly for seniors. These are your last days walking the halls of Herriman High and the last few days with your closest friends. Don’t let these moments pass you by as you’re already moving on to your new plans. Live in the moment. Let these days at Herriman finish before you move on.

Don’t forget to believe in yourself. You’ve gotten this far, so one more quarter should be nothing.

PHOTO COURTESY OF VOX



Subliminal Advertising: Education’s Secret Cash Cow

Is it ethical for campuses to saturate students in ads?

STORY BY LINDSAY REYES, EDITOR-IN-CHIEF

Walking through the halls of Herriman High, students are exposed to more than they think. Posters on the wall shout about refreshing drinks and cheap crazy bread, while the vending machines humming near the cafeteria boast Pepsi products. The Gatorade logo hangs from the banners by the parking lot doors, doors that students pass through every single day. A simple glance is all it takes, and Gatorade’s classic orange “G” buries itself in the back of their minds, piled beneath files and papers, but buried nonetheless. The announcer at football games thanks the sponsor, and a million-and-two eyes dart towards the posters tied to the chain link fence, memorizing the logos, words, and colors without ever realizing it. Calculators, computers, tablets, and even milk cartons—all results of company advertising. For better or for worse, advertising and education walked down the aisle, and their happy marriage resulted in corporate marketing’s growing influence in schools.

Subliminal advertising has been used by companies for decades. Every single ad you see, catered to make the consumer think in a specific way. By manipulating trademark logos, slogans, and

jingles, advertisers have pried their way into the consumer’s brain. According to an infographic from Hubspot.com, the brain is exposed to an average of 3,000 ads daily. With an equally surprising average of 86 billion neurons firing in the brain, it takes simple math to realize that: the more we see the ad, the more often our brain will make neural connections. Once you’ve seen the same advertisement for Vanilla-Orange Coke over and over and over again, you’re more likely to buy it, no matter how gross it may be.

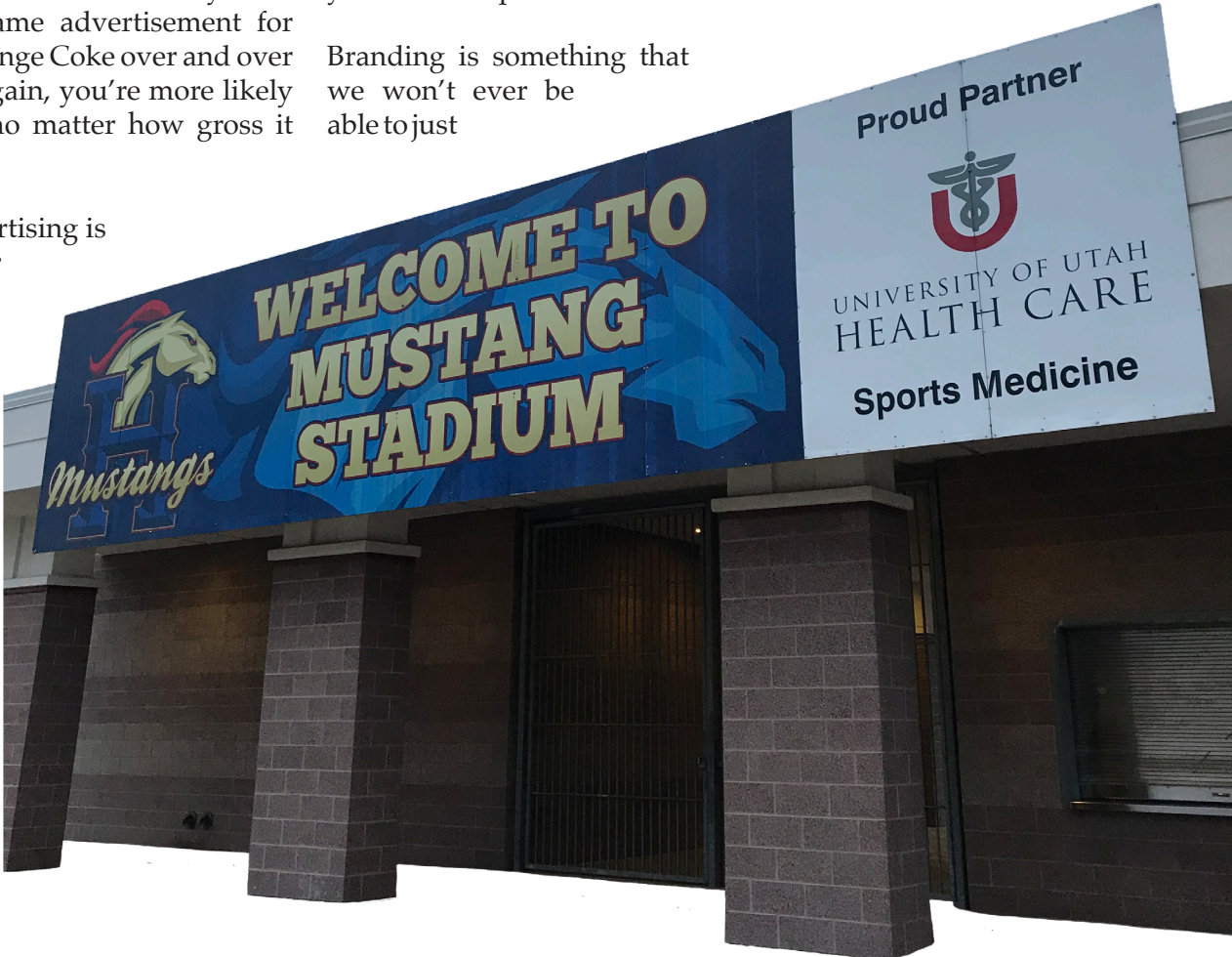
While advertising is just another reality of daily life, is it ethical to subject it to students? Companies partner with schools to help pad their limited budgets—a win-win situation. The company promotes

their brand, and the school can provide their students with the best technology. Taxpayers don’t have to carry the burden of keeping the school afloat, when the money is coming from a company’s funding instead.

However, advertising is advertising, no matter how much you dress it up.

Branding is something that we won’t ever be able to just

throw a blanket over and simply turn a blind eye. It’s only inevitable that schools would incorporate it into their curriculum. By steering advertisement away from young, malleable minds, and instead pouring it into sport, technology, and student sponsorship, subliminal advertising is skipped altogether.



School Dances: Are They Worth It?

STORY BY LINDSAY REYES

It’s (almost) every teenagers dream to have a prom night, to spend the night dancing away with a cute date, sweaty and panting, to forget just how much they spent on that date. For any high schooler looking to have a fun time at their school dance, money is a large part of the equation. Not surprisingly, money is something that’s hard to come by when you’re 16-years-old and can only hold a part-time job at the fast food restaurant down the street. With other school fees like athletic uniforms and textbooks, school dances have to take their place at the bottom of a long list. Students practice money management when they juggle paying for dances and saving for college, having to choose between buying that frozen lemonade at Chick-fil-A or buying a ticket to Homecoming.

When preparing for a dance like Winter Ball or Sadies, the money-spending doesn’t start with the suit or dress, it begins as a poster, decorated via Pinterest and left upon your date-to-be’s doorstep. Sure, the supplies to ask your date may only add up to \$6 or \$7, but it begins to snowball after three dances in a row. You can always just verbally ask your date, but then how are they supposed to brag about your ask on Instagram when it isn’t in poster form? Already, kids are forced to walk a shaky line between the status quo and saving money.

Once your date has said yes, then it’s time to start prepping. You need to find a group, plan a day date, order a boutonniere or corsage, find a suit or dress, and don’t forget the ticket! Girls stress about choosing the best jewelry, nail polish, makeup, and shoes, all without breaking the bank. Guys worry about which shoes match, which tie to buy, and how many products they should use for their hair; it can all add up to a hefty sum. Renting or buying a dress or tux can dip into the \$100’s, and that’s only the base price. If you have to tailor, you can pile on another \$20 to \$30. After you’ve blown all of that money, you take a deep breath and head to the main office, where the kind office secretary plucks that crisp \$25 from your hand and replaces it with a ticket instead.

Finally it’s the day of the date. Maybe you were lucky enough to agree on something cheap, like painting together or having a nerf war. But if you’re the unlucky majority, then prepare to spend \$30 or more on a day at the aquarium, or bowling or in an escape room. Then, add another \$20 when you head out for lunch, and tack on \$40 more for dinner. After a day spent having fun and crying internally, you get ready and go to the dance, where you mosh for an hour and a half before leaving early to beat the rush.

So, it all begs the question, was it worth it? After two hours of dancing, a day spent with friends, and a pair of very sore feet, is \$150 for only one date a fair price? For some: yes, and for others: no way. Either way, the memories made during your teenage years, the best and worst years of your life, are priceless. However, your date might not appreciate it if you only show up in a shirt and jeans.



PHOTO COURTESY: BEGREAT4KIDS.COM

Summer, Sun and Safety

STORY BY MAK SIMPSON

Summer is a stress free time for a lot of high school students. No school means more free time to spend in the sun or hanging out with friends, but summer can also be a dangerous time if the necessary precautions to protect against dehydration, Ultraviolet light exposure and depression are not taken.

Dehydration occurs when a person uses more fluid than they’re taking in. It can cause fatigue, unclear thinking/ confusion, kidney problems, and even seizures. It’s easy to become dehydrated during the summer since the heat causes people to sweat a lot more than usual. Healthline.com and Mayoclinic.org advise to drink water even before feeling thirsty. Feeling thirsty is actually a sign of dehydration, so it’s very important to drink water throughout the day. The color of one’s urine can help determine if they are drinking enough water. The clearer the urine is, the more hydrated the person is.

Ultraviolet light exposure can be extremely dangerous. Ultraviolet (UV) rays are high-frequency waves that come from the sun. The radiation from these rays get into the skin, and they can cause skin cancer, according to CancerCouncil.com. They also say that almost all skin cancers are caused by too much UV exposure. This is especially a concern in the summertime because people spend a lot more time in the sun. AmericanSkin.org says the UV rays are strongest between 10:00 in the morning and 4:00 in the evening. The rays can be just as strong on cloudy days, so it’s important to wear sunscreen of at least a 15 SPF during any outdoor activity. Osha.gov’s tips include wearing tightly woven clothes that cover most skin, wearing sunglasses that absorb UV rays and limiting sun exposure. When being outside for long periods of time is unavoidable, it is a good idea to find shade or keep an umbrella around in case of there being no shaded areas.

Summer depression is a very real thing. When people hear “Seasonal Affective Disorder (SAD),” they think of wintertime depression. While this may be true, SAD also associates with summer. WebMD.com says summer depression affects

between 4% and 6% of the United States population. This means about 164,250,030 Americans are affected by this each year. Causes of this include disrupted schedules, body image issues and the heat.

Having a disruption in everyday routines can be stressful. If someone goes from doing productive things every single day to not having a reason to leave the house- or even get out of bed- this dramatic shift can take a toll on their mental health. Body image issues come about when people feel they don’t fit societal expectations and therefore feel self conscious when they see people exposing more and more skin. Heat comes into play with depression when people try avoiding it. Sitting in an air conditioned home is a great way to stay out of the sun and prevent heat stroke, but it is not good for productivity. In order for people to feel like they have a purpose in life it is essential for them to accomplish things. Sitting at home and doing nothing prevents accomplishments from happening.

A good way to avoid these things is getting a day job. It’s a reason to get out of the house, stay out of the heat and provides routine and accomplishments, and it gives something to focus on rather than a negative body image. Another way to circumvent summer depression is signing up for a sport. Sports are a great way to exercise, which releases endorphins that contribute to positive moods, and being a part of a team makes people feel needed and valued.

Summer provides a great opportunity to try new things and go to new places. No matter what people say, it has no expectations. The way a high schooler spends their summer is up to them. As long as they are doing what makes them happy, there is no right or wrong way for them to spend their break. Stay safe, stay out of trouble, and have a great summer!

Give Me The Music

STORY BY CARTER PIGGOTT

With the internet giving access to millions of songs it gets hard to know what to listen to. That’s why it is usually more common to find artists that you like and file through their songs. Still though, there are millions of artists out there, so here are some recommendations for ones that I like that you should check out.

Talking Heads:

Talking Heads are a strange and somewhat surreal band. The group make pop music in a weird and psychedelic way. The songs start in a spastic beat that is built up into a glorious ending. David Byrnes singing is frantic and frayed, giving a nervous sense to the music. The strange music is a beautiful groove you can melt into. Albums I recommend are Fear of Music, Speaking in Tongues, their live album stop making sense, and my favorite by them: Remain in Light.

Father John Misty:

Father John Misty is a modern day gospel artist. He often writes about life and love. His singing is angelic, simply carrying the music. Most of his songs are a commentary about society, for example “Bored in the U.S.A”. Pure comedy is about how strange life is. He is a one man band choir. Albums I recommend are Fear fun and I love you, Honeybear

The Beatles:

The Beatles are one of the biggest bands in history. However I think most people only listen to their biggest hits. Although Hey Jude and Come together are incredible,

much of their work is equally magnificent. Each of their albums are an era for the band, their pop group era in the beginning, folk in rubber soul,

album is filled with overblown singing and guitars, singing saws, drums, everything. It is a dreamy masterpiece and one of my favorite albums of all time.

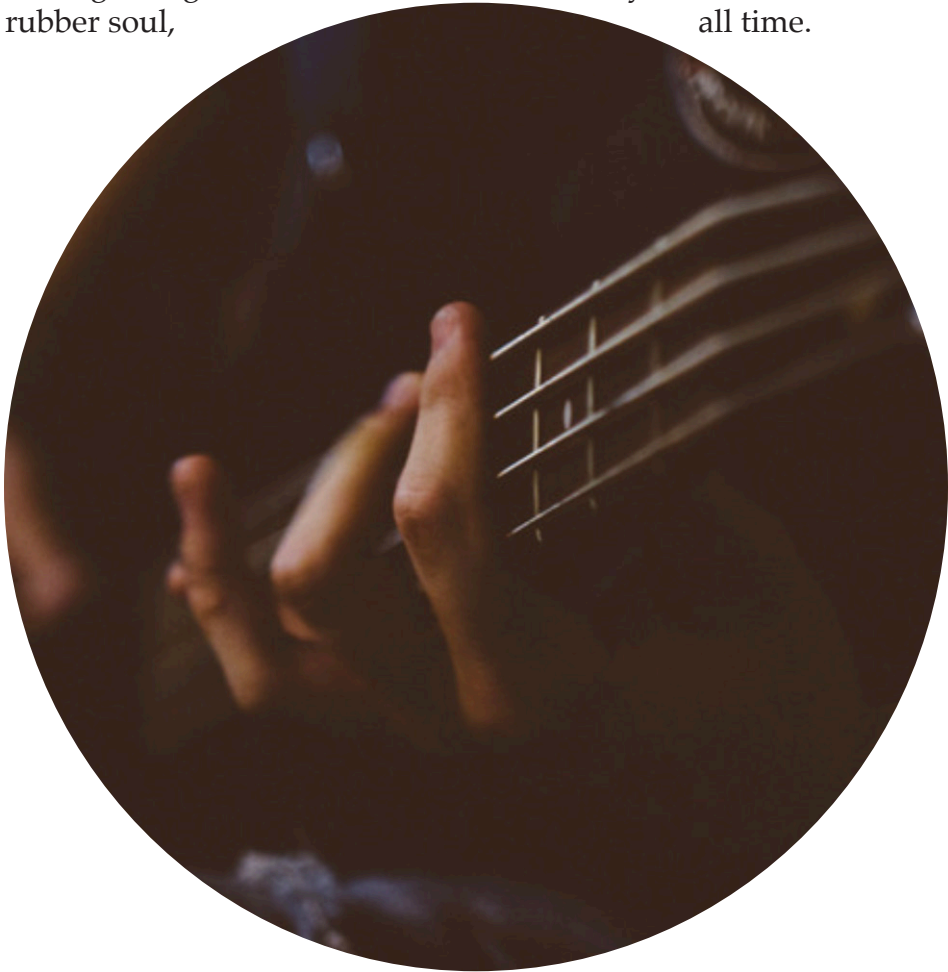


PHOTO COURTESY

KAMBOOMPICS

experimental in revolver and the white album, classic rock in abbey road and much more. I recommend all of their albums but my favorites are Abbey Road, The Magical Mystery Tour, and the White album.

Neutral Milk Hotel:

Neutral Milk Hotel only made two albums, but their work is iconic in the indie music sphere. It is a dream like escape, with nonsensical lyrics. Their magnum opus is In the aeroplane in the sea. They are able to mix so many elements of different instruments. This

The Microphones/ Mount Eerie:

The Microphones is an indie folk band that created incredible albums. They experimentation with instruments is fantastic. Much of their work incorporates droning sounds and loud instruments. It feels very personal. Phil Elverum, the lead singer, moved on to make a solo band called Mount Eerie. His work here is more of a lullaby, or a country hymn. It’s slow and minimalistic. The language is poetic and reflects on nature. For the Microphones

I recommend the glow part 2 and mount eerie. For Mount Eerie I recommend dawn, lost wisdom, a crow looked at me, and no flashlight.

King Gizzard and the Lizard Wizard:

King gizzard and the lizard wizard are a psychedelic rock band. Their albums are fun to rock out to. What I love about their albums is how the songs flow together. They don’t stop but move through the chord changes from one song to another, making the albums feel more connected. They constantly challenge themselves, for example they released five albums in one year. I recommend I’m in your mind fuzz, flying microtonal banana, and nonagon infinity.

Ariel Pink:

Ariel Pink is a lo fi pop artist. His work is strange and feels like hazy surf music. It’s off the wall sometimes and other times simple and slow. It’s experimental, but wonderful. It’s perfect to study to and play softly in the background, and to listen and party to. For his haunted graffiti work he partnered with a band, but most times he works solo. I recommend pom pom, before today, and dedicated to bobby jameson.

These are just a couple of bands I recommend, please check them out along with the bands suggested by other newspaper staffers.

‘Graph Staff Favorites

Cora AJR Imagine Dragons Khalid Bob Marley The lumineers	Kayla Michael Jackson Alanis Morissette Maroon 5 Early 2000’s Katy Perry Early 2000’s P!NK
Lindsay Milky Chance Bastille The lumineers Jon Bellion One Republic	Emily James Blake Tom Misch Dodie Clark Half • Alive Jai Paul
Dylan Panic! At the disco Linkin park One republic Fall out boy Marshmello	Millie Kid Cudi Frank Ocean Elton John Trippie Red Rex Orange County



PHOTO COURTESY VISHNU R. NAIR, RUSLAN ZZAEBOK, MARKUS SPISKE

What is Herriman Doing This Summer?

STORY BY OLIVA CHILCOTE

The sun is shining, the snow has come and gone and the heat is finally rolling in. Herriman High, do you know what that means for you? Summer! After a long, difficult year you have successfully survived. Now you have time for sleeping in, spending time in the sun, and hopefully getting some relaxation.

The top four things people said they were most excited for this summer were going on a vacation, getting money/a job, socializing and being outside. Other activities that were mentioned included going to concerts, sleeping in, school ending, and some people were even still planning on teaching themselves something new.

Vacations. Who wouldn't want a chance to see somewhere new or to go get of their regular environment? Some of your fellow mustangs are taking some pretty cool trips this summer. From simple boating trips to flying all the way across the world from places like Fiji, Thailand, Guatemala, a New England cruise, and so many other cool places. Other students had more simple trips planned such as going to Lake Powell, camping, road trips, and going to the beach.

Earning money. As teenagers we need money for everything.

Trying to pay for a car, which is so much more work than you'd think, just trying to have fun and keep busy, to spending all your money on food. The best way to earn money is to get a job. All you have to do is submit an application and with today's technology you can do that simply from your phone wherever you are. If you can't get a job you can always babysit, hold a day camp a couple of weeks, clean garbage cans, or do little odd jobs for people. There are so many ways to earn mon-

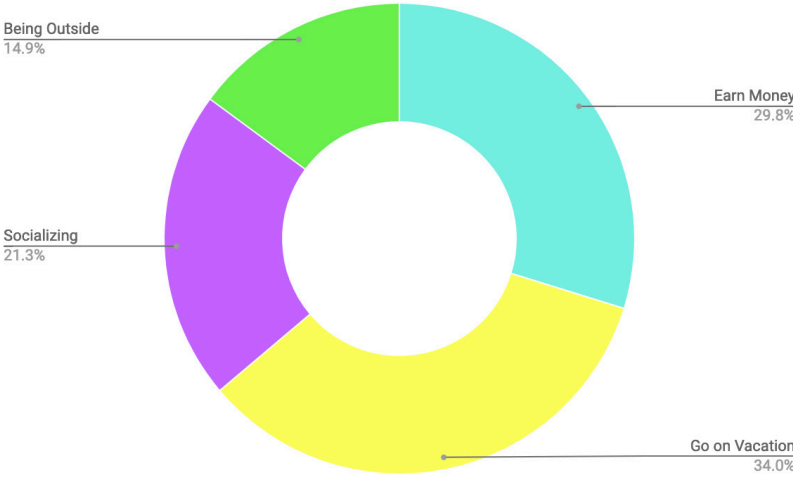
of the many snow cone shacks or anything that gets you out of the house and doing something with other people.

Being Outside. After months of the cold winter that seemed to come back every time it starts to warm up, we can enjoy the sun and fresh air. Being outside has proven health benefits. In an article by Kevin Loria, he discussed the health related problems with being locked inside everyday, including depression and anxiety. Being outside can help reduce that.

Other things the outdoors can help with include lowered blood pressure, better memory, improved focus, and increased creativity. You could map out hikes, go to the pool, try riding your bike that has probably been sitting in your garage since you got a car, or simply sitting in your yard.

ey, especially with all the extra time you'll have this summer.

Socializing. This came from people who wanted to spend time with their friends or family. Sometimes school can feel like your whole life. You spend 7 hours a day here and then you go home and probably spend time working on homework and studying plus the after school practices. Get out of your room and go do something. Try playing games, going on a hike with your friends, going to the pool or the lake, going to one



“AFTER MY BTOTHER’S GRADUATION, MY FAMILY TAKING A ROAD TRIP ACROSS THE COUNTRY,” SAYS SOPHMORE ANNE HYINK.

SENIOR KÉPU FIFTA STATES, “I’M DEFINITELY LOOKING FORWARD TO GOING TO SUU WITH OUR BOY’S FOOTBALL TEAM!”

“THE BEST PART OF SUMMER IS THE ADVENTURES WITH FRIENDS. I’D ALSO LOVE TO GO TO HAWAII,” HAYLEY ARNOLD EXPRESSES EXCITEDLY.



What I Wish I Knew About Dating

32 tips to boost your love life

Story by The Love Doctor

Welcome to the last of the glorious chronicle of articles written by the true Love Doctor of Herriman High School. Today I will list my own experiences in love, pieces of advice that I wished I had known about. Here are 45 tips to dating that I've learned throughout the years:

1 - First kisses are overrated.

2 - Don't say "YOLO" before your first kiss.

3 - Kisses aren't that hard, it just takes confidence.

4 - Don't call anyone a bad kisser.

5 - Don't wait to get someone's number.

6 - Being kind to all will make you a better and more attractive person.

7 - Love songs are sometimes very relatable.

8 - If you like someone, tell them.

9 - If you get rejected, have hope, better people will come.

10 - There will always be better people.

11 - If you end up in a relationship, make the most of it and have fun.

12 - Don't end things badly with someone, you'll regret it.

13 - Dates don't need to be more than five dollars.

14 - If you're going to friendzone someone, do it sooner than later.

15 - Don't lead others on, it can be very cruel.

16 - Pains of the heart can be worse than pains of the body.

17 - Just because you're in the friendzone now with someone doesn't mean

you will be in there in forever.

18 - Unexpected things will happen.

19 - Be yourself.

20 - People will sometimes fall for you when you most expect it and when you least expect it.

21 - Friendships make the best relationships.

22 - Don't act desperate.

23 - Sometimes the person you least expect will be the best one for you.

24 - Keep an open mind when searching for love.

25 - Humor will attract people you want.

26 - Magical things can happen at school dances.

27 - Acting thirsty is very unattractive to most.

28 - Flirt often.

29 - Flirt nicely, don't tease about subjects that

are too sensitive.

30 - Break up before you cheat.

31 - Being in love is like being on an emotional roller coaster.

32 - Do random acts of kindness to show your affection.

33 - Remember, this is high school and everyone is trying to figure themselves out.

That is what I've learned—first-hand—through my three year experience as the Love Doctor of Herriman High. Many things can happen in this wild, unpredictable world, so make the most of it the right way and have the most fun you can.

Signing off for last time... The Love Doctor of Herri-

He[ART] & Soul: Appreciation for Herriman High’s Artists

STORY BY KAYLA MILLER

Out of many clubs here at Herriman High, one deserving of the spotlight it doesn’t always receive is the art program. “... artists are the hardest workers I know. We are brave enough to surpass desk jobs for an adventure. We give our job over 100% every day and barely are appreciated for it...This world needs to realize the work and skill behind these arts so that youth will feel comfortable pursuing a career to contribute to the culture. It’s an honorable and needed profession in society,” says Kate Darton, Herriman’s Art Club President.

A lot of frustration exuding from the arts here at the high school originates in lack of appreciation. A mural the students painted in the counseling office about a year ago has recently been painted over. A valued art teacher at our school, Mrs.Fotu, explains that art should be obtained as “...an ongoing part

of our lives both present and future so that all can more fully realize the role art can play in bringing to fruition human-kind’s innate urge for creative expression and... become acquainted with and to appreciate some of the artistic efforts of all ages--through Art--a historical primary source--actual voices have been recorded, adhering to religion, culture, social strife, and expression; and finally all should acquire the desire, the tools, the techniques and skills necessary for expressing our own creative impulses, ideas or visions.”

The importance of art in edu-

cation systems lies in creative ability but also in varying aspects of their learning. Fotu expands on this idea when she states, “Our art programs at this school are very rich. Students learn skills that not only provide empowering tools to create, but empowering tools to navigate their learning.” At times it can be difficult to look outside of personal interests and value the work of others, but that’s all the more reason it is necessary. Darton also says, “The art club officers are trying to get the arts appreciated more throughout the school by having the school hang up

more student art and treating the artists like respected professionals...” Because art is a less traditional route of work, artists can easily be disregarded. However, their hard work, patience, and creative expression should not go unnoticed.

An important reason the arts need to obtain increasing appreciation is so young artists will feel more comfortable going after the occupation they really aspire to have. Expressing gratitude for art in high school will make it easier for youthful artists to become seasoned professionals along their lifetime. Mrs. Fotu suggests viewing the Ted Talk by Sir Ken Robinson where he communicates “how we can learn to excel in any facet of education and that will drive our lives to a much happier future.” Art continually makes our lives easier and more interesting; it must be celebrated.



ART COURTESY TO KATE DARTON

The Final Countdown & How to Prepare

STORY BY EMILY LAM

Nothing screams “I’m going to fail,” more than opening your test and realizing you don’t know the answers to any of the questions. And when you have spent time or money in these classes failure sounds as appetizing as your parents disapproval.

This guide is your how to be prepared for everything that comes at your way on that day and how you can succeed in getting that passing score.

Start Listening in Class

In a poll of 60 Herriman students, they were asked how students learned. 50.8% were visual, and 40% don’t study at all, rather learn everything the day they were taught. If you’re like this, then the best advice is to start paying attention. Focus down on things your teacher points out or goes into depth about; it might just be on the test.

Know What Works for You:

No two people are the same, so studying and learning will only work if you know what will help. You can make everything a lot better. Whether by trial and error or watching the board it makes all the difference to find your jam. I suggest going online and taking small quizzes to find out what kind of learner are you.

Working on Productivity.

Time is limited, never, never think that you can cram everything to just one day. Just like Rome, it wasn’t built in a day, so the key is to be able to be able to sit yourself down to ac-

tually get the most out of your studies. Start by finding a place where you can study. Workspaces are scientifically known to affect productivity, so finding a peaceful and motivating space is going to help. Now, it doesn’t have to be quiet as background noises tend to help those who like the noise. So libraries, cafes or group studies at a friends house are still on the table. If not, you can dedicate a place in your house to study. Just remember to get rid of the distractions and yes, that does include your phone.

Organize all of your material

Collect everything you have for that class, books, review sheets, notes, etc. After all, the things you learn throughout the course are most likely going to be on your test. And what you learned is what you know, one thing I strongly recommend is that you keep all of your work throughout the year somewhere, so that you can review everything. Seeing how you worked before can help that memory.

Find a Partner

This one isn’t required but it’s something that can help keep you accountable, ask them to remind you and to check on your progress. Also, utilize a friend or study group who are studying the same subject. Everyone has a different understanding, so when you don’t understand something it’s most likely that they

understand it and can help you or you both can work together to figure it out. Either way, two minds are better than one.

Ask for help

If you’re stressed and overwhelmed KNOW THAT YOU’RE NOT ALONE! As for support from the people around you, if you are staring at that review sheet and internalized screaming is happening, do remember that there are people who are there to help. TEACHERS, TEACHERS, TEACHERS: Ask teachers if you have questions because out of everyone the probably know the answers. Some teachers host after-school study groups that are specifically there to help you review. Mr. Escossio (Who teaches World Religions and World History) hosts after-school reviewing groups that are open to the public after school in the library.

R&R

Before any test, you should rest. For some reason tests are

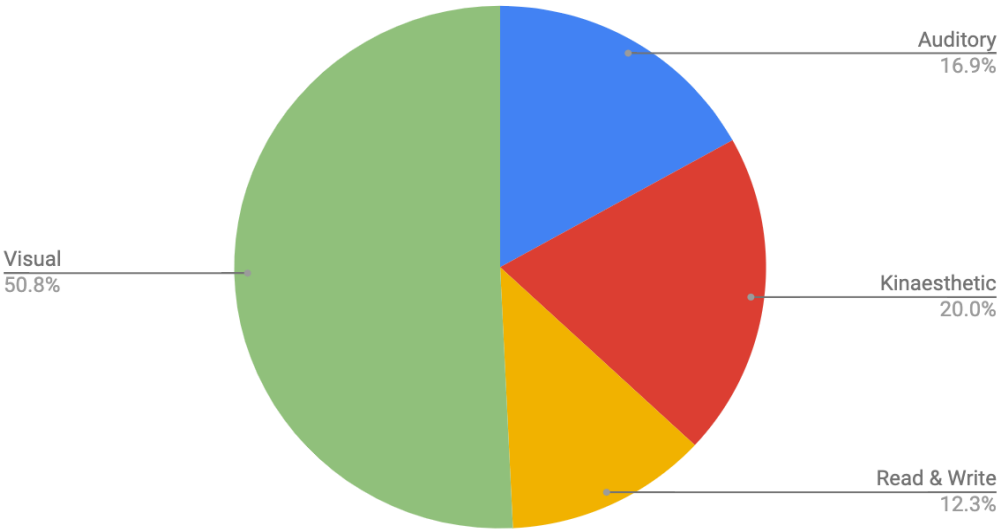
planned at ungodly times (usually in the morning) and that means you need to be ready to wake up and make it in time. So for a week in advance start sleeping earlier, and wake up at reasonable times. Remember to turn off your phone 15 minutes before bed. Blue light wires your brain to keep you up. Set alarms to wake up and use as many as you need. And for additional brownie points, have someone else (Preferably a friend who’s also taking a test) keep you accountable.

Know your limit

If none of this is working, don’t push yourself to keep going. Stressing yourself over all of it is not going to help you in the slightest. If you feel like all of this is too overwhelming, take a break. And don’t feel bad about it, as long as you feel like you’re making progress, it’s good work. And you still have time!

Your wellbeing comes first and studying is only for a couple of weeks, and you’re going to do great!

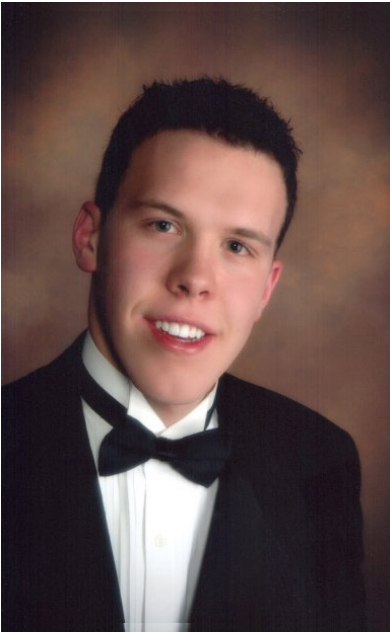
Learning Methods



We forget that our teachers were just like us at a time in life, and everyone can relect on how they might look back at their graduation. So this is the challenge for our last issue of the school year.

How well do you know your teachers and can you guess who they are from their highschool photos?

Answers are on the bottom!



Row 1 From Left to Right: Baisch, Bell, Eldrege, Foster
Row 2 From Left to Right: Hartman, Howden, Samples, Watkins
Row 3 From Left to Right: Price, Williams, Plummer, Pendleton
Row 4: Trapano