The Warrior Weekly

Bethel Regional High School

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Bethel, Alaska



by Amanda Isaac

Last week, our NYO team traveled to Anchorage for State. The events were set at the Alaska Airline Center. The team left Wednesday, April 20 and came back Sunday, April 24. Sadly, State was the last competition for the season!

Coach Bayayok said, "I think one of the best things about state was just being there in person seeing all the student athletes, Coaches, and the NYO Family."

The travelers that went to state was Peter Crow, Landon Smith, Cingliaq Trenton Roland, Dalyn Nelson, Kiley Twito, Jordan Kejka, Nate Nelson, Sydney Lincoln, Justine Erickson-Bradney, Dawnielle Patterson, Coach Bayayok, Coach Speranza and Athletic Director Mr. Lieb.

Senior Landon Smith said, "My highlight of state was probably watching the finals of all the other events and getting to see how far people get. It was a very fun trip. I participated in Wrist Carry and Seal Hop."

The meaning of the Seal Hop is an Inuit Hop. The ladies style of Seal Hop is to hold in a push-up position and continue hopping as they say "hop!". The men's style is where you're in a plank position and hop when the Coach says "hop". Seal Hop is used traditionally as a game of endurance and stamina, and for sneaking up on a seal, mimicking the mammal's movement on the ice.

Bethel Warriors take group photo after all of the events. Photo Credit: NYO Games Alaska





Our BRHS team won the Best Banner Award! Photo Courtesy of NYO Games Alaska

Coach Bayayok also said, "In the 2 Foot High Kick, I was standing by Jordan after she kicked 70". We both looked around and noticed no one else was kicking. "I think you got first!?!?" We both couldn't believe it until they did the awards. It was great to win the Best Banner Award. Each salmon represented the 10 games that students compete in an CITCI State NYO. Great job Warriors!"

The One-Foot High Kick represents the significance of a successful hunt and traditionally tests the strength and endurance of hunters, while showing appreciation for the animal giving itself.

Dalyn Nelson said, "Meeting new friends, hanging out at the hotel, go swimming with my teammates and going walking was my highlight. I had fun doing my events with my new friends at the UAA. My events were Kneel Jump, One Arm Reach, and the Alaskan High Kick."

A little bit of background information for the Kneel Jump was a game used to strengthen the leg muscles for jumping from ice to ice, and for lifting prey after a successful hunt.

Jordan Klejka said, "My biggest highlight at state was when I was kicking for 2 Foot, and I was talking to coach Tommy. I looked around and realized no one else was kicking the ball, this was when I realized I got first place. I can't explain how excited and proud I was in this moment. I also enjoyed spending a lot of time with my team and getting to know other teams."

The results from our strong Bethel Warriors are:

One-Foot High Kick:

Senior Division:

4th, Jordan Klejka **Two-Foot High Kick:**

Senior Division:

Champion, Jordan Klejka

Kneel Jump:

Senior Division:

3rd, Dalyn Nelson

Seal Hop:

Senior Division:

2nd, Landon Smith (three way tie)



Photo credits to: Haley Hanson. Pictured from left to right: Leah, Zahcory, Mason, Caleb, Haley, Allie

Last weekend, Kodiak, Alaska hosted the last AASG conference of the year. Six students from BRHS attended this event including: Caleb Kim, Haley Sundown, Allie Alexie, Mason Fitka, Zahcory Jacobs-McDonalds, and Leah Valadez.

AASG (Alaska Association of Student Governments) is an organization for students around the state to come together to solve state and school problems. A problem that was brought up in the conference was missing and murdered indigenous women.

BRHS Advisor, Haley Hanson said, "For me, the most memorable part of the conference was when Jaylene Philemenoff of Mt. Edgecumbe presented her resolution called: Bring Action and More Awareness to Missing and Murdered Indigenous Women and Girls in Alaska and Nationwide. She explained she had recently lost her mother to domestic violence, and was there standing in front of the whole conference speaking on this sensitive and incredibly important topic. It was so courageous, and that was very powerful. It still gives me chills to think about."

BRHS is a part of Region 1 who won the spirit award! Region 1 consists of all of western and northern Alaska. Allie Alexie said, "The most memorable part was getting to do all the cheers and having awesome spirit which led to us winning the spirit award."

AASG president, Caleb Kim said, "Overall my experience was good, this was my last AASG and I've been involved with this organization since I was a freshman. I even had the chance to be President of AASG. My last experience was a memorable one and I'm glad I had the opportunity to attend. The most memorable part was definitely when I was giving my goodbye speech and swearing in all the new board members."

First time attender to AASG, sophomore Leah Valadez said, "I think the most memorable part for me was at the end of the conference when we all got to add something to the google doc. It was an inside joke for people who went and it was very funny to hear people talking about things we all experienced. I'm for sure going to be doing AASG for the rest of my highschool years and I want to thank Ms. Hanson and Mr. Feind for coming along and helping!"

Hanson added, "I love attending AASG. It's a conference full of students who are doing great things and meeting other students who are doing similarly awesome things in their own communities. I was so proud of our BRHS delegation leading Region 1 to victory in the Spirit Competition. They were right in there leading the cheers, painting faces, and bringing the region together. We may have brought back a decorated paper plate, but it meant so much more to everyone."

Next school year, Allie Alexie will be the Region 1 representative! Alexie said, "It was great getting to be apart of the first group back to AASG since Covid started. I got to experience what it is like there and how to run things for our region, especially since I will be the upcoming Region 1 rep."

For more information on AASG, visit www.aasg.org



ASAAG students in Kodiak, AK. Photo courtesy of Haley Hanson.

Track and Field Team Represents in Homer



The BRHS Track and Field Team! Photo provided by Cady Cedars.

This past weekend, the BRHS track and field team traveled to Homer for their first meet, the Bethel Homer Dual and the Homer Invitational.

On Friday the 22nd, the team drove down to the Homer high school field for the Homer Bethel Dual. The Warriors participated in 3 events; 100 meters, 200 meters, and long jump. Coach Calvetti said, "My highlight was Cadence Cedars costing me \$77 worth of ice cream for the whole team by jumping 25' 4", the Girls 4x100 earning us points and Sheldon Smith and Ned Peters running in the 5"30s. The team did phenomenal. They showed great improvements on getting back to their pre-pandemic form. The young freshmen see the work they will need to do to become competitive and I believe this group of athletes are willing to put that time and energy in."

On Saturday, the Warriors participated in the Homer invitational along with Anchorage Christian, Colony, Cook Inlet Academy, Glennallen, Grace Christian, Homer, Kenai Central, Nikiski, Ninilchik, Palmer, Seward, Soldotna, Tri-Valley, and Wasilla. The events were 100 meters, 200 meters, 400 meters, 800 meters, 1600 meters, 3200 meters, 4x100 relay, 4x400 relay, shot put, discus, triple jump, and long jump. Drini Pellumbi said, "The highlight of my trip was when Mr. Calvetti lost a bet and had to buy everyone ice cream. We ate outside a Fred Meyers in the middle of a 5 hour drive and were very tired but were laughing a lot. I participated in the 4x100 meter relay, 200 meter, 400 meter, and 2 mile events."

The BRHS varsity girls beat the school's record for the 4x100 and 4x400 at the Homer Invitational! The time for the 4x100 was 1:05:42a and the 4x400 time was 5:25:50a. Overall the Warriors did a great job for their first meet on an actual track course. The team is going to travel to Soldotna this weekend so wish them good luck!

Homer Bethel Dual Results from Friday:

Womens Results: 100 meters

3rd. Vjosa Pellumbi 4th. Elenor Whitney

5th. Adeline Perry

200 meters

3rd. Vjosa Pellumbi

4th. Elenor Whitney

Long Jump

2nd. Cadence Cedars

Mens Results:

100 meters

4th. Shawn McIntyre 5th. Alvino Vasquez

200 meters

2nd. Shawn McIntyre

4th. Anson Jimmie

5th. Drini Pellumbi

For more results go to athletic net.com.

Say NO to marijuana

by Sydney Lincoln

Is marijuana a problem at BRHS? This article will answer that question, and explain some of the harmful effects of the drug.

Marijuana is a bigger problem this school year than the years passed in BRHS. Behavioral interventionist Mr. LaValle said, "Marjiuana has been a bigger problem than the school years passed, mostly marijuana vape pens this school year."

Principal Mrs.Miner said, "Vaping is a bigger problem than marijuana; being under of the influence of marijuana is a problem. We solve this problem by working with families and reaching out to YK and work with them. Mr. LaValle said, "We try to involve the parents and the tell the student health risks of the side effects to the brain development. Kids don't smoke marjuana."

Marijuana risks your health, it can cause cancer in the brain and neck, and health issues with your heart, brain, bone, and if you are pregnant you are making the babies health problem in high risk (www.cdc.gov and www.verywellmind.com).

If you smoke marijuana you are risking your health for the future. It can lead up to an addiction, and affect your mental health.

Say NO to marijuana if you are being peer pressured. Make up an excuse, ask to do something else, and use humor! These were examples by health and science teacher Mrs.Lamb.



Junior High Math

Faith Snow



Students in Mrs. Hamilton's math class work together on their math problems. Photos by Faith Snow.

BRHS Junior High math students have been learning about numbers and the different ways to use them in equations.

Mr. Glasheen's Pre-Algebra students are learning how to factor trinomials, which is writing an expression as the product of two or more binomials. Students seem to enjoy the subject. Some say it is easy and fun, but it is also a bit challenging. They are doing a good job seeing as they just started the subject.

In Mrs. Hamilton's math class, students are learning about integers and the different degrees in fahrenheit in different locations. An integer is a whole number that can be positive, negative, or zero. Here are some examples, -5, 1, 0, 8, and 97.

Kaylee Moses said, "The subject is easy, we are learning the positive and negative integers. The challenging thing about it is when we use bigger numbers and putting them in the correct order. I am improving by practicing them."



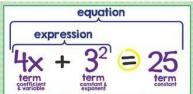
Introduction to Algebra with Ms. Anaver by Brandy Jones

Staned Gloss Project

Mrs. Anaver's math students take a quick break from their math problems to pose for a picture. Photo by Brandy Jones.

Ms. Anaver is a high school teacher, Ms. Anaver is teaching introduction to Algebra. This week her students learned how to write and evaluate expressions.

An expression is a combination of numbers, functions, and variables.



Ms. Anaver said, "I'm teaching my students how to evaluate expressions, they are also learning about exponents. The lesson on exponents is going to prepare my students for multiplying and dividing numbers and expressions in exponential form."

Here is what some students think of Introduction to Algebra class:

Liam Phelan said, "I enjoy Algebra because it is fun. One of the things I like doing in Mrs. Anavers class is going onto Aleks, after about 5-10 topics we have a little break. My favorite subject I learned this year was doing numeral expressions, it was challenging and fun."

Kimberly Odinzoff said, "I like this class because it is the last class of the day. The fun thing I learned was plotting dots on the x-axis and the y-axis.

Seth Buster said, "I enjoy Algebra, there are parts when Algebra is hard and parts when it's easy. My favorite subject was learning the slope intercept form."

Jasey Pace said, "I enjoy Algebra because I like math, it's fun. One of my favorite things we learned was the slope because we got to make posters."

Wade Kinegak said, "I enjoy Ms. Anavers Algebra class because I can spend more time with my friends. My favorite thing we learned was the slope because it was easy, my group did the wheelie slope of 0."

The students seem to really enjoy Ms. Anavers class, the class seems fun and productive.