



# The Warrior Weekly

Bethel Regional High School

Volume 6, Issue 6

Friday, October 7, 2022

Bethel, Alaska



## BRHS cross country dominates at regions

by Warrior Weekly Staff



The BRHS Cross Country girls Team at Regions, from left: Maya Komulainen, Constance Albert, Hannah Leinberger, Payton Boney, Rosemarie Dymont, Malinda Simon, Jordan Klejka, and Kyana Harpak. Photos courtesy of Coach Saltzman.

The BRHS high school cross country team placed 1st at the Big West Conference Meet (Regions), which was hosted by Nome-Beltz High School last weekend.

Many runners beat their PRs, and most placed within the top ten. Competing teams included Nome-Beltz, Kotzebue and Barrow. Rory Peters said, "I would say that our whole team was really locked in and focused before the race, and we knew who we had to beat, so we just stuck with them." Maya Komulainen said, "I think what led to our success was that we went into regions positively. We knew this was what we had spent the entire season training for, and we were ready for it."

Many cross country athletes praised their coach, Mr. Saltzman for his confidence in the team. Paul Dymont said, "We were not nervous at all and had a lot of motivation on winning. I know we all pushed ourselves the best we could." Sheldon Smith added, "I wasn't worried about the race and passing the runner in front of me."

This weekend, the Warriors are off to the 3A State Cross Country Meet at Bartlett Trails in Anchorage, AK. They have a lot of hopes for their performances. Rory Peters said, "I look forward to beating my PR, as well as having one last trip this year to hang out with the boys."

Maya Komulainen said, "I'm looking forward to hopefully beating last year's time. I'm also ready for a good way to end our season. Like many other runners on the team, Paul Dymont also wants to beat his personal record, but he also wants to have a great time with his fellow teammates. Good luck at state Warriors, we'll be rooting for you!"



The BRHS Cross Country boys Team at Regions, from left: Madden Cockcroft, Patricio Vasquez, Liam Phelan, Mason Beans-Polk, Ned Peters, Paul Dymont, Sheldon Smith, and Rory Peters.

## Quarter 1 ends

### October 13th

By Jeremy Thatcher

OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13★	14	15
16	17Q2	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

At Bethel Regional High School there is 1 more week to go until the end of this quarter!!

Students need to pass their classes with a D or higher in order to receive credit. Make sure that you turn in all of your assignments by next week because there is no school next Friday.

Ways that you can get your grades up are turn in work for classes, go to Saturday study hall tomorrow (if you are already on the list), and do extra credit for your classes. Isiah Stuart said, "I do as many missing assignments that I can and I work on them in study hall, also I do homework."

Zack W said, "I would help them by giving them my notes and to help them understand the homework."

# Getting to know our assistant principal

by Jahira Towner



Last week a new assistant principal Bill Jackson arrived, and students and staff were curious about the new addition to Bethel Regional High School. He comes from Waco, Texas, between Dallas and Austin.

The purpose of a new assistant principal is to help run things more smoothly. According to Mrs. Miner, “It’s too hard to run and manage a school alone. Therefore, Mr. Jackson helps Mrs. Miner out with many administrative duties around the school. For example, you might see Mr. Jackson scanning your ID or taking students’ names during lunch, which is what Mr. Lavalle did. Although there are other duties, he helps students emotionally, academically, and behaviorally.

Some fun facts about Mr. Jackson are that he loves sky diving and golf, and he was a principal back in Texas before moving to Bethel. His goal is to learn all the names of the students attending BRHS. Currently, he is calling me Janiyah, and I find it funny, but I understand. I’m also not good with names.

Furthermore, Mr. Jackson came here for adventure, and because he and his wife Carol have been talking about it for a while. According to Mr. Jackson, “Now that we are empty-nesters, it seemed like the right time to scout out Bethel and make the move.”

Carol is a physical therapist in Waco, Texas. They have a daughter and son, Callie and Nolan. So far, I think Mr. Jackson is kind and full of personality. According to Mr. Jackson, “So far, everybody is nice, making me feel welcomed and comfortable.” This makes me glad to hear, and I hope he enjoys his new journey at BRHS, and also his 35th anniversary in December. I wish him lots of luck, along with good times, and hopefully gets to accomplish his goals. Welcome, Mr. Jackson.

# BRHS wrestlers watch their weight and try to be in best shape

By J.O.

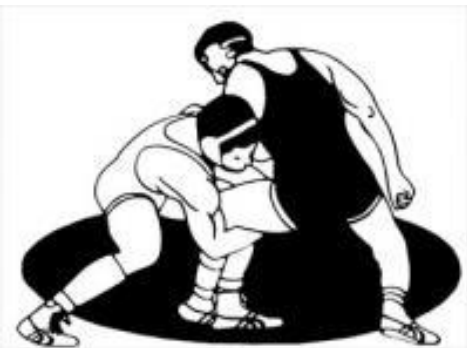
Attention BRHS wrestlers and interested students, it’s time to get in shape and watch your weight before the first tournament. It’s also good to watch what you weigh while you are at it.

In some cases of watching your weight, there are some people who try to be close to the weight class below them if they are only a couple pounds above it, and one of the lightest in the weight class they are in without losing any poundage. On top of that there are some wrestlers who lose weight while trying to get in shape for either the next tournament and for the season.

Zack Wassilie stated, “Watching my weight is important because it is better to stay in one weight class. Getting in shape is not necessarily hard because I am somewhat in shape because of last season of Track and Field.” He also added, “Being in shape and watching my weight makes me a successful wrestler because I need to have enough power and weight to somewhat overpower my opponents.”

Jason Chief said, “It is hard if you’re trying to stay at the weight you want to wrestle in, and staying in shape at the same time is quite hefty.”

This week we are doing a lot of conditioning that involves sprints and weighted running at the end. This is all before the Bethel Scramble next week October 14 and October 15, and just to get in shape for the tournament and bust up your mental strength. For some of the wrestlers, all this conditioning is helping them lose the mass they need to while getting into shape for this season.





# BRHS students sleeping in class

by Jada Jones



A simulation of students in Ms. Mutch’s class blatantly sleeping despite a looming writing deadline. Photo by Warrior Weekly Staff.

Some students are sleeping in classes. This started happening at the beginning of the school year.

There are many reasons students sleep during class, they could be struggling with things. Well, some students struggle with family problems, depression, panic attacks, stressing and relationship problems. Other reasons are:

- Have no friends in the current class
- Going through rough things at home or with friends
- No interest in learning what the teacher is teaching
- They don’t want to work
- They value other things more
- Didn’t get much sleep the night before

## Instead of sleeping in class you can:

- Catch up on work
- Ask your teachers if you’re missing work and/or how to pick up your grade if you’re failing.
- Do extra credit or extension assignments
- Check your grades in powerschool
- Read a book
- Participate in a learning activity
- Talk about the assignment with someone



# Reducing the numbers of tardies

By: Cleo Nicolai

Some BRHS students are tardy to class during passing periods, from lunch and in the morning. Some students are getting tardies because they are messing around during passing period, talking with their friends, being on their phones and not having enough time to use the restroom or fill up their water bottles. Here are some ideas from the BRHS teachers for reducing tardies.

Mr Reames said, “Rewards for the students that never get a tardy, so if they go a whole quarter without a tardy they can go to the movies, or have a pizza party.”

Mr Jung said, “I think the issue comes down to students understanding that they need to get to class on time. Three minutes is enough time for students to go to their classes. Students getting from one room to another room is more than physically possible. However, students are choosing to talk to friends in the hallway or being on phones which slows them down in getting them to where they need to be.”

Ms Speranza said, “I think they should probably take privileges away, like not being able to play sports, not attending sport events, or even attend things like prom, or the carnival. Yes, that’s scary for students, but it’s good motivation for students to get up early, come to school and go to class on time.”

Mr. Marcelino said, “I think the school should include more strict compliance on the students who are late everyday, like in the mornings or to class every time, so they don’t do it again or at least it will lower the number of students getting tardies.”

Mr Kent said, “Just encourage the students to be in the school on time. in order for the school to get a smaller number of tardies, they should impose consequences to those who keep being tardy, like consequences that will make them feel like they won’t need to be late all the time.”



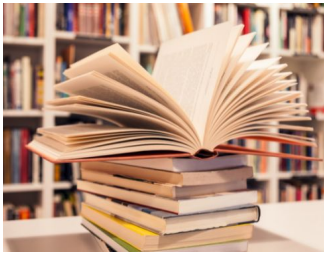
# Credit recovery is removed from LKSD

By S.F

This school year credit recovery is no longer available to students in LKSD. Ms. Bernard said, “The district added the “D” as a passing grade and they didn’t think they needed credit recovery anymore”

Students should have an easier time keeping up with their grades before the end of the quarter or semester. Ms. O’Boyle, one of three teachers who are helping students with tutoring, said, “I think everything changed when they brought the 60% passing grade back, and I don’t think credit recovery will come back to the district. Students can come to tutoring after school, work during lunch, or go to the Saturday school that is offered to students who asked Mrs. Miner.” With three teachers helping, students should have a higher success rate at passing classes and graduating from high school.

The principal, Mrs. Miner, said, “I don’t think the district will bring back credit recovery, the school board decided to bring back 60% passing grade. Students can go to after school tutoring from Monday to Thursday, and Make Up Saturday. I’d say students will have a higher chance of passing or graduating with the 60% passing grade.” There are many opportunities for students to catch their grade up to 60% or above. If they do not pass their classes they will have to retake the class to pass it.



## After school tutoring at BRHS

By Brandy Jones

On September 26, 2022 BRHS started tutoring for students who need the extra support.

On Monday and Wednesday Ms.O’Boyle is tutoring from 4-5:30pm in B-1, along with Mr. Reames, but his tutoring will be in the Library. On Tuesday, Wednesday, and Thursday Mr. Marcelino is tutoring from 4-5pm in C-11.

Tutoring is a good way to help students with their grades and assignments. Mrs. Miner said that BRHS receives title money from the state and they use it for tutoring. Mr. Reames is mostly tutoring for social studies and Mr. Marcelino is mainly for math, but if you need help with anything else they will help you, along with Ms. O’Boyle.

If you need to get caught up with work and your teacher can’t stay a little longer after school, you can go to tutoring and they will help you with the assignments you need to do.

# Yuraq Practice began last week at BRHS

by E.S and M.A.



Hello students, Yup’ik dancing started last week. We call it yuraq practice. This goes out to all the dancers of BRHS dancers, to practice, have fun, and get better at dancing the songs. We want our elders to know that we \ danced without having any mistakes.

We do need more boys joining and a couple more drummers since most of our boys either graduated or moved on. It is fun to teach other students and answering their questions about the moves and showing how it goes. Because that is when we know that they are learning.

## How is practice going so far?

David Nanalook stated, “It’s going good and fun because I’m finally drumming after a while”.

Madison Keene relied, “It’s going well.”

Shauna Nanalook said, “It’s going good, the thing is we should have more boys to yuraq with us.”

## How many songs did you guys do?

David, “6 to 8 songs, Tarvarnauramken-Blessing Song, Seal Hunting song, Bird Hunting, Lullaby, Seal Boy, Superman, Quyrutanga, and Ayuranga-Long Song.”

Madison, “7 to 8”

Shauna, “Probably 7 or 8 songs’

## How important is yuraq for you?

David, “Important to pass down the tradition to other.”

Madison, “ It’s important because it’s part of my culture.”

Shauna, “Yuraq is important because it passes generation and it’s fun to do.”



# Indigenous People's Day

By Anna Howard



BRHS Yuraq Group at the 2022 Camai Dance Festival in Bethel. Photo provided by KYUK.

This coming Monday, October 10th celebrates Indigenous People's Day, once known as Columbus Day. The holiday celebrates native resilience, strength and the contribution Indigenous People have had in the success of the United States. It celebrates diversity and beauty of Indigenous People as well.

The holiday was first proposed at a United Nations conference in 1977, which was held to acknowledge discrimination against native people. South Dakota was the first state to replace Columbus Day with Indigenous People's Day in 1989 and officially celebrated it in 1990. Since then many states have followed that example and replaced the former holiday as well. Last year President Biden issued a proclamation acknowledging the holiday and became the first U.S. president in history to officially recognize Indigenous People's Day. (npr.org)

Indigenous People's Day is a very significant day for many. For me, it's a day to celebrate and live my culture without any judgement or sorrow. It's a day to fully exist as an Indigenous person and be proud of who I am. There's a lot of pain and generational trauma that comes with being native but having a day to honor the beauty and life of Indigenous people and knowing that millions all over the world are doing it as well is so validating. The day is so freeing and ecstatic.



Anna Howard at the 2012 Camai Dance Festival in Bethel. Photo provided by Anna Howard.

Here in Bethel we are having a community celebration. On October 10 at the Yupiit Piciryarait Cultural Center from 1pm-8pm there will be a ceremony commemorating Yupik culture and other various Indigenous People's around our region. The celebration will have a potluck, talks with elders, Native crafts, a march, Yuraq performances, and more. BRHS's Yuraq group will be attending and performing during the gathering. If you're free be sure to stop by and come celebrate the holiday.

Happy Indigenous People's Day to everyone who celebrates and to fellow Native People!

Sydney Lincoln at the 2022 Camai Dance festival. Photo provided by Warrior Weekly Staff.



## Drawing

By Joycelyn Keene



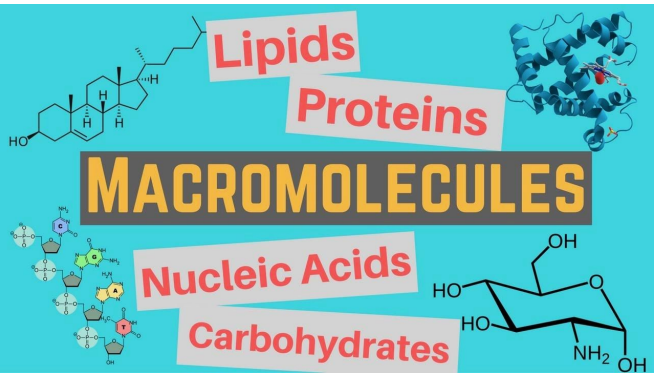
I have made a drawing of a person mushing near the mountains with some stars, moon and an aurora. It was a quick sketch, but I really liked how it looked like when I finished the sketch.

It was fun while sketching the scenery and details, and it was a little difficult to sketch the mushing dogs, but fun at the same time.

I drew this by just picturing it inside my head, and I added some trees, but not too many. I really had fun while drawing it. Why dog mushing is important is because it is used as transportation, and you can win lots of money for doing a dog race.

# Macromolecules with Mr. Mandras

By Brandy Jones



Last week in Mr. Mandras’ science class the students learned about macromolecules, which are carbohydrates, lipids, proteins, and nucleic acids.

It’s important for students because they are part of the curriculum and also to raise awareness about proper diet to live in a healthy lifestyle. Mr Mandras said, “I love teaching proteins because students can relate to them, especially about the topic which tackles the benefits of consuming diet food.”

Student Andrew Perry said, “I liked learning about the lipids, how the molecules and cells are formed, and the way they work.” “Finding facts about the carbohydrates and learning about them for the first time was interesting,” said sophomore Madden Cockroft.

Sam Atchak stated that his favorite thing about the nucleic acids was learning how they are formed.

The nucleic acids are the most important because they carry the genetic blueprint of a cell. They provide structural support and the ability to store genetic information.

Carbohydrates are hydrogen and oxygen atoms which provide your body with glucose, it is converted to energy and used for physical activity. A lipid is a compound that insolubles in water that provide energy for living organisms. Protein is a molecule that is made up of amino acids to build and repair your body muscles. Nucleic acids are found in all cells and some viruses, they have a very diverse set of functions.

# Algebra 2 in Mr. Kuhne’s

By Fannie Chaliak



BRHS math teacher Mr. Kuhne . Photo by Fannie Chaliak

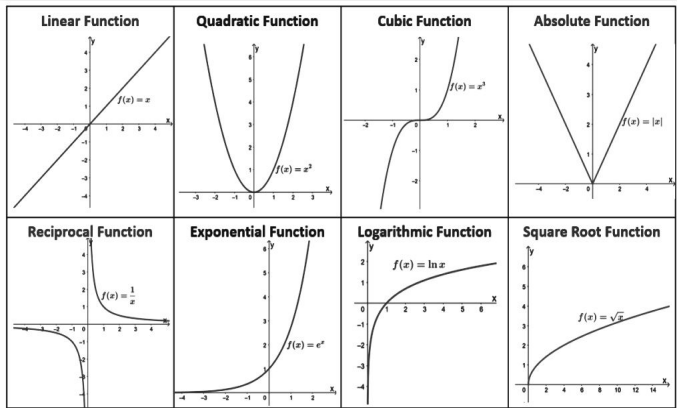
In Mr. Kuhne’s, Algebra class students are learning about transformations of common parent functions. It is sort of like geometry, but a bit more complicated. The more Mr. Kuhne teaches us about the parent functions, the easier it gets,, and you will understand how to do it.

During this lesson we mostly use graphs, multiplication, and division, which is interesting and fun. Algebra 2 is challenging, but also it will help you navigate business solutions, financial problems, and even everyday dilemmas in the future if you want to become a business person.

Mr. Kuhne added, “We can transform common parent functions to more accurately model data.” Student Emma Charlie said, “I like this lesson that we are learning, parent functions are easy because we use transformations.”

Student Patricio Vasquez said, “We’re learning how to graph them.” Mr. Kuhne added, “We will also become better at predicting information from functions by being able to identify the parent functions as well as the transformations.”

Here are examples of the parent functions.





# Sources of Strength, What is it?

by James B.

Sources of Strength is a project that helps students use peer social networks to change norms that may be unhealthy both mentally and physically. This program was created for any and all students from elementary to college. It was founded by Mark Lomurry in 1998. It is run by peer leaders and adult supervisors. Adult Supervisors train and assist peer leaders to spread hope and strength based messages that help teens and young adults in tough times.

The Sources of Strength’s main focuses are bullying, substance abuse and suicide prevention in teens and young adults. They do this by getting teens and young adults get into help seeking behaviors and supporting connections with peers and other adults. This project has established program footholds throughout most of the U.S and parts of Canada. This program is available to all middle and high school students that are interested in attending. If any students are interested in joining Sources of Strength, talk to Ms O’Boyle.

Information From “Sources of Strength” Website

<https://sourcesofstrength.org/>



# Upward Bound begins their recruitment mission for BRHS students

By Isiah Stuart and John Brink

What is Upward Bound? Well, it’s a federally funded program that teaches the importance of growth mindset, it allows students to be successful, and it prepares them for post secondary education. You can see Mr. Reames in the library for more details, you can ask anytime.

On Friday, September 23rd, a group of students gave a recruitment presentation to homeroom classes in the hopes of recruiting students for their program. Upward Bound is available in all 50 states. It can take students to tour different colleges and it’s paid for by the US government. That means it’s free travel for you.

You also get paid to be in the program, all you have to do is attend the meetings and you’re all set. Personally I’m in it, and I’ve already gotten paid \$350. You attend meetings, and it adds up to how much total dollars you get in the check, and when it’s all over you get paid the total at the end of the school year.

Jeremy Thatcher said, “I think Upward Bound is fun, we get to do cool things that I never imagined I’d be able to do, I think the people that make it so special.” The people do make it a whole lot better, because you get to work together on so many different things, like building raspberry pi computers, 3D printing, flying drones, laser cutters, grow towers, and many more that there’s too much to mention here!

I think it’s a really good idea for you to join, because it can make a good impact on you, and your future...



**It's that time to catch Blackfish**

E.S



Hello students, it's that time of the season to go blackfishing. It happens during fall time and springtime. People go blackfishing in the Kuskokwim River or the creek. It depends on how many people catch and how much they want to store in their freezer. Black fishing is fun because you can go outside have fun and enjoy the freetime from isolating.

Catching blackfish are really good and yummy. They are smaller than the lush fish. There are people who do get mixed up about manignaq (lush fish) and can'ggig (black fish.) It's fun to go because you can get out into nature and at least have some fresh air.

**Who taught you how to catch blackfish?**

Matthew Erik stated, "The ones that taught me are my uncle and apa."

**Where do you go black fishing?**

Matthew replied, "The creek near by grandparents house which is close but not too close and we don't need to go that far."

**How much do you enjoy black fishing?**

Matthew said, "I enjoy it because I can get closer to my apa, uncle and cousins. The males of the family that goes hunting for anything."

I would suggest you go or try them after cooking them because they are really good. You basically eat almost everything except the guts and bones but be careful because we eat them after cooking so it is still hot. The males can teach you how to make a trap and set it up. You have to make sure you check the traps everyday because there are people that set them up and don't check on them.

**Seal Hunting**

By S.Active

**How important is seal hunting to you?**

Erinfaye said, "It is important because the girls get low iron, and it's good for us to rely on animals that have a lot of iron"

Jonathan said, "It is important because it's been my family's tradition on my Inupiak side."

**Where do you hunt seal?**

Erinfaye said, "In the ocean, one time I caught a seal outside of my hometown."

Jon said, "In the Bering Sea outside of Unalakleet."

**Which type of seal is best?**

Erinfaye said, "Amirkaq(maklasuk)-young bearded seal and Nayiq-ringed seal because they are better tasting even though all seals taste really good."

Jon said, "Either spotted seal,which is common and easy, or bearded,which is more seal meat and fun, but somewhat hard to look for."



Spotted Seal



Young Bearded Seal



**Respect Elders: *Treating Elders Kindly***

By Shauna Nanalook

Respecting Elders are really important because of their knowledge, and what they do to help teach other people. Young people can show respect by listening when the Elders speak about the old days. We also need the Elders to provide us with leadership. Without their leadership and wisdom, the old ways of the Inupai (real or genuine person) would be lost. Respecting your Elders means helping or learning.

We respect our Elders because they deserve it. They worked hard for their Elders, so we work for them. This traditions of helping has to be passed along through generations. What elders thought we will always remember what they did.

David Nanalook said, “The Elders taught us to respect so we can have better lives. Help them with what they’re struggling with.”

Tamera Evon said, “They taught me to listen, help out, and never talk back to others. Help them out, and never to disrespect them.”

Ms. Atan Winkleman said, “My Elder was my Uppi and he was the one who taught me the word “qaneryaraayaqunak.” It means not to speak too soon, that I first have to listen to things, keep instructions, and just keep quiet, to just listen. When it’s time I know to speak. He taught me how to be a good listener and to speak later on. To respect an Elder you’re told to give them a drink, usually tea, and always wait for them to say what they want. When they are speaking you don’t want to interrupt them, your main job is to just listen.

Ms. Guinn said, “My Grandma always helped other people when she could , and she taught me to be a good person by helping my community. We show respect for our Elders by being a good listener, asking them to tell stories, not interrupting them, speaking loudly and clearly, asking good questions, anticipating what they might want and getting it for them, also asking if they need help. Don’t let them carry anything, give them rides if they need one. Provide them with food, always use respectful language, and always thank them with a gift.”



**NASA - Artemis 1 Mission**

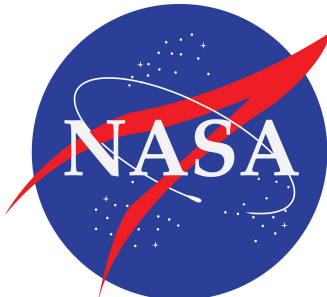
By Scott Kawagley

The National Aeronautics and Space Administration (NASA) is a independent agency of the United States government that is responsible for space missions, the International Space Station, various programs and missions that are in NASA. Their headquarters are located in Washington D.C, as they have many locations for a lot of missions, such at Cape Canaveral, or the Kennedy Space Center.

Artemis I is a plan or mission that is bringing back an era of space exploration such as going back to the moon since the 60’s and 70’s which is 60 years ago! NASA has plans to launch the SLS or Space Launch System in November which is next month. Initially planned to launch in September but scrapped due to reasons such as fuel line error, weather conditions.

(<https://spacecenter.org>)

Artemis is the name to the twin sister of Apollo thus NASA naming the mission of the twin sister of Apollo, Artemis. Artemis is a continuation of the moon exploration since the Apollo era and that it is amazing for NASA to bring back the moon exploration alive. How and Why it's important? Space exploration allows us to travel further than before and to help understand the solar system and to explore other planets. How? Its to test and see if we are able to live and stay on other planets and to protect earth and more. (<https://spacecenter.org>)





# Happenings Around BRHS!



Mr. Miner's geography students trading ancient Mesopotamian goods.



Ms. Speranza's JH language arts students working together on a reading & writing assignment.



Ms. Chmielarczyk's junior high science class studying fossils.



Mr. Smith's junior high science class studying density.

Survival Skills students in Mr. Holkesvik's class built blackfish traps. Here, they are getting ready to set them.

