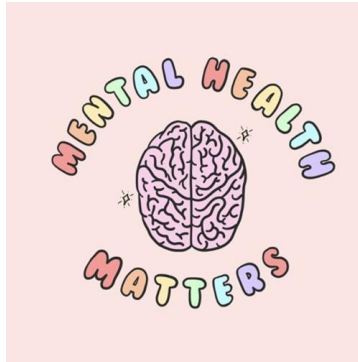




Mental Health Matters

By Selena Echuck



Not many people talk about mental health. For me personally people should talk about mental health; it is very important because when someone is going through a hard time or has lost a family member or friend, he or she might need to talk to someone, and explain how they're feeling. This might help them.

When you feel alone or need someone to talk to you can go to Mr. Wheeler or another adult you trust. You are not alone, you have family, friends, and teachers there for you that care about you.

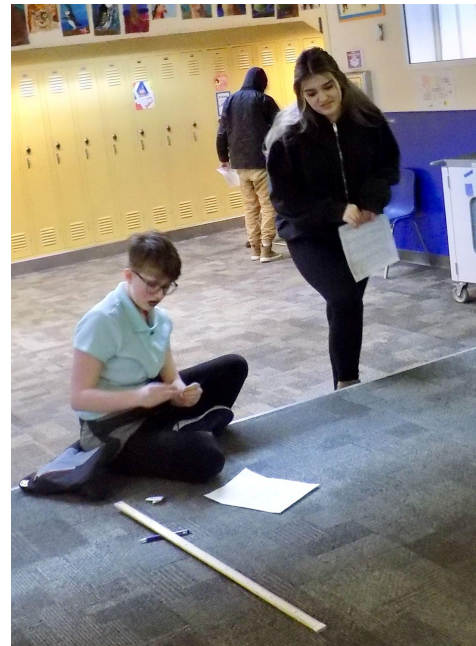
Mr. Wheeler said, "It is important to take care of your mental health because it affects your ability to function in a healthy way, during your day to day activities. Students who are struggling with their mental health often struggle with focusing during classes, they are easily distracted, or sleeping in class. Some students may also struggle with motivation to do their work or even come to school. I think having good mental health gives you the energy you need to deal with the problems you face on a daily basis."

For me personally when I feel alone or am going through something, I listen to music, write in my journal, or talk to someone that I trust. When I am stressed out, frustrated, sad or depressed, what helps me so much is I breath and count to ten, and then count to one. I also think of five things that make me happy, such as family or friends or just something that makes you happy.

Mr. Holkesvik said, "Mental health is important because it affects how we think, feel, and act. It has a lot to do with the decisions we make, how we perceive the world around us, and the ways in which we process thoughts in our minds. When mental health suffers it can negatively affect all other aspects of health and vise versa, so it is a vital part of maintaining a healthy balance in one's life." Mr. Holkesvik teaches mental/emotional health in his health classes at BRHS. Remember you are not alone, stay strong—you got this.

JH physical science students study force and energy by conducting experiments

by Mr. Smith



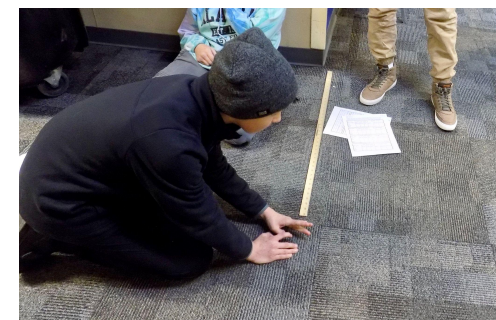
Rei Merrill and Eliza Saliu conduct their experiment, measuring the distances for each football "throw." Photos by Fannie Chaliak and Cleo Nicolai.

In 8th grade physical science we are studying force and energy. The students conducted two experiments with origami footballs. The first was without variables with the objective of hitting each football size with as consistent force as possible to determine which would go the farthest.

The second experiment had roughly the same parameters, but the students were able to throw variables such as "hold" of the football, angle of hold, and power of the flick with the finger.

Students were successful in learning that when the variables were modified the results also changed. Most found that with the proper angle, the proper direction, and the hardest kick the "football" could travel quite a long distance. The longest "kick" resulted in a distance of 808 cm or 8.08 meters (by Dillan Phillips). That's roughly 25 feet with just the flick of a finger.

Kayson Koutchak flicks the origami football to see how far it travels.



JH world history students study cuneiform
by Mr. Miner



Fabien Matthias, Robert Walters, Devin Chaney, and Carver Hancock work on their cuneiform tablets. Photos by Peter Miner.

During the first semester, 7th grade World History classes spent time learning about ancient forms of writing. First we read and investigated cuneiform. Cuneiform is the earliest known written system and was used by ancient Mesopotamians. Scribes would use a wooden stylus to “punch” markings into clay. This early form of record keeping was often used by merchants to record purchases and transactions. The students simulated this by using art molding clay and a popsicle stick as a stylus.

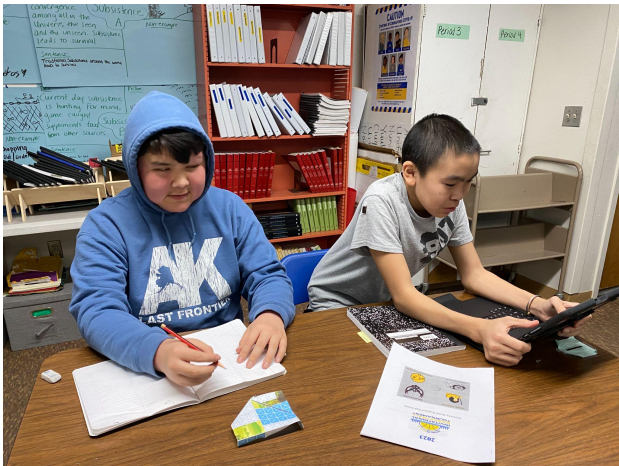
The students were given the task to write a message from the perspective of a Mesopotamian military general. The students had to write to King Hamurabi and request additional resources. The young scribes practiced with modern pencil and paper. Then they wrote their message using the stylus and clay. After writing their messages, their shoulder partners had the task of translating the message.



Lauren Hankins, Helen Martin, and Yurim Jeong create cuneiform tablets.

The second form of writing we investigated was hieroglyphics. This was used by ancient Egyptians. Egyptians also were the first to use paper, and it was made from the papyrus plant. Student had the opportunity to make artificial papyrus paper. We dipped strips of brown paper lunch bags into a glue mixture. These strips of paper were then laid together. After drying overnight, the students added an illustration and writing to their papyrus paper.

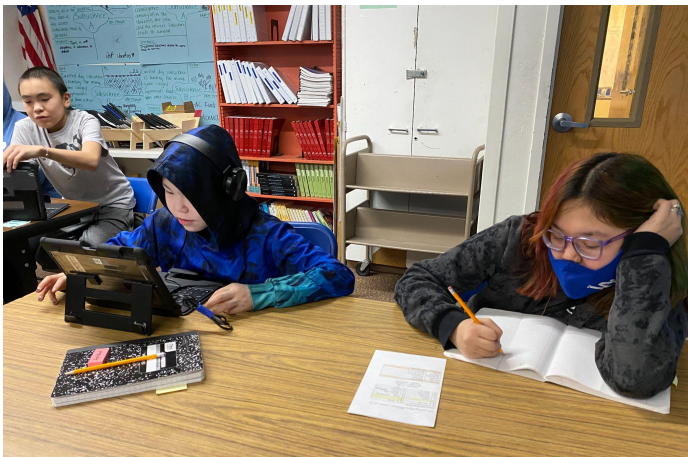
JH Yugtun students write Yupik words using ipads
Photos by Atan Winkelman



Nick Criinaq Jenkins and Dalen Tutqi Hoffman practice writing Yugtun.



Dillan Phillips and Josiah Tut Wiseman practice their Yugtun.



Dalen Hoffman, Heather Evon and Jasquelynn McCarr write in Yugtun.

BRHS varsity boys dominate at the Donlin Gold Tournament!

By: Fannie Chaliak



The Warrior varsity boys basketball team places first at the tournament last weekend. Photo by Fannie Chaliak.

On January 19th BRHS hosted the Donlin Gold Tournament, with challenging teams that came from Unalakleet, Eielson, and Nikiski. On all three days that they played against them, our BRHS varsity boys successfully won their games and placed 1st. All of the boys who played did so well!

The 2023 Donlin Gold Individual Awards:

Big Man/Post Boys Champion - Mathew Fredericks

Free Throw Boys Champion - Greg Turner

The 2023 Boys All-Tournament Team:

Madden Cockcroft, Mathew Fredericks, and MVP Greg Turner.

Our impressive athletes had so much to say about their games, and so did Coach Jung. Here are their comments:

Coach Jung - "I thought the boys played really well. I was really happy with ball movement, I was extremely happy with our defense, and their energy. The boys deserved placing first; they put work into it and played really good. That buzzer beater was a heck of a shot, and I knew when Greg had that ball, he was going to make it in because he is a heck of a shooter."



Madden Cockcroft goes up for a shot against Nikiski. Photo by Warrior Weekly Staff.

Senior, Mathew Fredericks - "I feel pretty good about placing first, and we played well. I think playing against Nikiski was pretty challenging because they have bigger bodies than us, and we had to keep them out of the paint, and keep them off the rebounds. I saw that buzzer beater coming, I'm really glad he hit it."

Senior, Mason Fitka - "I feel great about placing first, it is really great to know that we can continue and play on a consistent basis. I thought it was good to be able to play and beat Nikiski because Nikiski was a team that we lost to twice last year. So it was great to play against them in the championship and to beat them. G-Reg for MVP!"

Junior, Ellis Johnson - "I knew we were going to win, we were going to get our revenge from last year. We had the momentum and energy, we tired them out and won. When Greg made that buzzer beater I was jumping and I was flexing. G-Reg for MVP!"

Sophomore, Madden Cockcroft - "Playing against Nikiski was challenging because they are really tall and we had to box out more, but I'm glad we placed first."

Sophomore, Gustoff Erickson - "I love that we placed first, I will try to help keep this going. The Nikiski guys were huge, and that made it difficult for us. While playing against Nikiski, I thought that this is our game, this is our court, and nobody will take it from us."

Out of all the home games we had this season, I think that the boys championship game got the whole crowd going wild. Great job boys for your tireless efforts and ambition. Go Warriors!

Annual BRHS Music Program Valentine's Day Fundraiser!

The BRHS Music Program is sponsoring its annual Valentine fundraiser during the next couple of weeks. Order forms will be available starting January 30th. Items included in the sale will include candy, small toy bears, balloons, and flowers, and we can deliver to the LKSD district office and its Bethel schools. Send some Valentines to your special friends!



BRHS varsity girls slaughter at the Donlin Gold Tournament

By E. LaValle



BRHS girls basketball team places first at the tournament last weekend. Photo by Coach Regina Lieb.

Last weekend, our varsity girls basketball team won all their games and placed first in the BRHS Warrior Dome at the Donlin Gold Tournament. Briella Herron and Allie Alexie earned the All-Tourney award, and Briella Herron was also the 3pt. Girls Champion!

These girls had a lot to say about their games. If you weren't there, you'll definitely wish you were. They had a few good close games. The visiting teams were Unalakleet, Nikisi, and Eielson.

Briella Herron said, "It felt pretty good, it was our tournament and we won. It was also a bit more rewarding because we were a lot smaller than the other teams, and had to work extra hard. My favorite game was the championship because it was close, and it was the true first place game because we were both 2-0."

Ciera Harpak said, "It felt great, we all tried our best on our home court. Unalakleet and the championship games were my favorite, because they were both close games."

Isabel Lieb said, "It felt amazing to get first at our own tournament. The championship game was my favorite because it was so exciting, and all of us girls had so much energy."

Our Bethel Lady Warriors are doing absolutely fantastic this season! They are hoping to see you at the games with Barrow this weekend. Let's go Warriors!!!!



All-Tourney player Briella Herron brings down the ball during a game against Unalakleet. Photo by Selena Echuck.

JV basketball boys travel to Hooper Bay

By: Cleo Nicolai

Last weekend on January 18th the JV basketball boys traveled to Hooper Bay. They were supposed to be there for 5 days, but I guess the weather told them to stay at Hooper Bay and enjoy it for one more night. The boys played Dillingham, Scammon Bay, Toksook and St. Mary's. They beat Dillingham and St. Mary's and lost to Toksook and Scammon.

Mr. Kuhne said, "My team did okay, one thing that the boys need to improve on is closing out against the shooters."

Kenneth Fox said, "The most exciting game we played was against Dillingham because our team won. I scored 8 points. What I enjoyed most on that trip is watching basketball games. Toksook was the most challenging to play against because they had good defense and offense."

Gunnar Fitka said, "Dillingham was the most exciting because I had a lot of blocks that came, and it was fun. Being stuck in Hooper Bay was fun, and playing basketball every day for like 8 hours. Scammon Bay was the most challenging to play against, they had a lot of good shooters."

George Lee said, "The most fun game we played was against Dillingham because we beat them and we all scored points. Toksook was the most challenging because they're short and fast."

Keegan Thompson said, "St. Mary's was exciting because they had one main shooter that we had to worry about. I enjoyed playing the games the most on my trip. Scammon Bay was probably the most challenging to play against because they had good shooters."

Mason Berlin said, "The most exciting game we played was maybe St Mary's because in that game I had the most points, the challenging team we played against would be Toksook because they're really good."

Warren Nicolai said, "St Mary's was a fun game because the score was pretty close. I would say Scammon Bay was the most challenging game because they're good and can shoot 3's."

Aaron Mute said, "The one game against St. Mary's was pretty close and we almost lost. While on that travel the most fun thing that happened was making memories."

This week both JV boys and girls traveled to St. Mary's. GO WARRIORS!!!



NA Lit Songs

Students in Native American Literature wrote poems about nature and subsistence activities after reading several traditional songs from various cultures. Read some examples below. Photos courtesy of each author.

Water

by Dylan Noes

Water flows
Comes and goes
Clear as glass
Down my toes
But it should be forever known
That it is needed every day
Water flows
Out the clouds
Through the trees
Into the ground
Water flows
Comes and goes
Has a use
But with great dispute
Goes to waste
Water flows
Comes and goes
Should be seen
That the flow is fierceful
As is the clouds
Water flows
Down the range
Yet so loud
So so quiet
Slowly but surely
Reaches the ground
Water flows
Comes and goes
Yet so windy
As if a hurricane had came
The water goes
Water flows
Comes and goes
Yet it finally
Finds a way
To reach the ground
To flourish the land
Water flows
Comes and goes



The Morning Sunrise Song

by Briella Herron

The sun is rising
It's coming up
The sun is rising
It's orange and pink
like the flowers on the river bank
It's quiet and calm
Like the river when it's clear and still out
The sun is rising
It's fairly chilly out
but my coffee is steaming hot
The sun is rising
Everyone is just waking up
It's going to be a
beautiful day
It's going to be a
wonderful day today
The sun is rising



Hunting Geese

by Zach Chase

When I was young
I always wanted to be a great hunter,
I grew up looking up to my parents
and elders, the very day, the very day.
We make a journey, to our blinds, walking to our area,
Calling like a goose, so they can fly by.
When we grow, we all grow, when we grow together
We will be one, so let's go unearthing geese eggs,
When we find the eggs, they will be whole.

SEAL HUNTING

by Dalyn Nelson

Three people went hunting
They packed their weapons, ammo,
and food for seal hunting.

One person went to get his friends
to go out to the sea.

They went out with the boat to the sea and looked for seals
They saw one seal and caught it with the weapon and went to get it with a harpoon.

Then they waited for a seal to pop up of the seal's head
They saw a seal popping up, then they went after it and caught it with a weapon .

They just needed one more seal to catch
They went to the ice and saw a walrus and they went after it and caught it.

They went back home and gave some food to the elders first and gave any of the store
bought stuff for them. Then they gave some food to other people and for themselves.

They caught spotted seal, ringed seal, and walrus.



The Frosty Tundra Smell

by Amanda Lozano

I wake up to the sunrise in the morning
Seeing fog as I look out my window
Opening my window I hear birds
I see frost on window, very cold
Very calm
Cold when I look out my window
Far away I see mist
The scent of the fresh tundra

I love the scent of the fresh frosted tundra
The mist is for away
It is very cold when I touch my window
Very calm
I see frost on my window
As I open my window I hear birds
Before opening I see fog
Very calm



SUNRISE SUNSET

by Selena Echuck

The sunrise in the summer
the colors in the sky are
blue, pink, yellow, orange, red
The sunrise
Caribou, moose, birds, fox, rabbits wake up
Walk down to the river you will see
the reflection of the sun rise
all of the colors are blue, pink, orange, red, yellow
At the end of the day the sun sets
In the sky you see
Pink, purple, blue, orange, yellow, red
Walk to the river you see the reflection
of all the colors
Caribou, moose, birds, fox, rabbits
are all asleep now.