## The Warrior Weekly

Bethel Regional High School

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Bethel, Alaska

### BRHS Volleyball team competes in first home games of the season.

By Anna Howard



BRHS Varsity Volleyball team VS. Juneau Douglas. Photos provided by Warrior Weekly Staff.

Last weekend BRHS hosted the very first volleyball tournament of the season! The teams that attended were Juneau Douglas and Chevak. Unfortunately Hooper Bay couldn't make it due to the storm, but the weekend was still eventful and exciting.

The varsity team didn't win any of their games, but they still showed passion and resilience throughout the weekend and had a lot of close games! JV took home a win against JH.

Playing in front of the community is a thrilling and exhilarating experience. The team has been working hard since the beginning of August, and this is the first time the they got the chance to show what they're made of! Coach Wheeler said, "I liked the parents, family and friends getting to cheer and support the girls and see the hard work they put in." Senior Kendal Herron noted, "It was absolutely so great to be able to play in front of our home crowd. It was great to have so many people in the stands after last year of not being able to have more than two guests per person." Another Senior Kiley Twito said, "It's a little sad to play for one of my last home games, but it was really fun."



BRHS JV team talking with their coach during a timeout.

The team made improvements and found triumph over the weekend. Junior Monica Wasillie stated, "I succeeded in getting my serves over and in. On the first day my serves wouldn't go over, but the next day a majority of them went in." Sophomore Maya Ayagalria said she succeeded in her serves and hits. Everyone also found things to work on for future games. Maya added that she will work on her passing. Kiley Twito noted, "I had good serves but I will work on them to make them better." Coach Wheeler said, "The team will continue to work on passing and getting a good first pass."

Three of our Warriors made the All Tournament team during the weekend. This includes Junior Allie Alexie, Junior Isabel Lieb, and Junior Vjosa Pellumbi. Allie is an outside, Isabel is the team setter and Vjosa plays backrow/libero.



Allie Alexie, Isabel Lieb, and Vjosa Pellumbi stand with the All Tournament Team made up of BRHS, Juneau-Douglas, and Chevak players.

Kiley Twito mentioned, "My favorite moment from the weekend was getting a tip up and over the net." Maya Ayagalria mentioned her favorite part of the weekend was spiking. Monica Wassillie said, "When it was my first time playing middle and I blocked some hits and everyone got really excited."

This coming weekend the Varsity team is traveling to Kotzebue to compete against Barrow and Kotzebue. This will give the Warriors a chance to play against some schools within the region and to gain experience! After that they have two weeks off, then both JV and Varsity are off to Nome! Have fun and good luck!

## JH volleyball players conquer the court at Invitational Tournament

by Warrior Weekly Staff



Coach Feind and Assistant Coach Sebastian talk to the JH volleyball team during a time out. Photos by Warrior Weekly Staff.

The JH volleyball team played several blue and gold games and one JH vs. JV game last weekend at the Bethel Invitational Tournament in order to hone their skills and get some practice time in. Mr. Feind, a science teacher at BRHS, stepped up this year to coach the team, and they are off to a great start!

According to Coach Feind, the team has been focusing on the fundamentals of volleyball: finding the correct positions on the court, passing, serving, setting and hitting. Feind said, "I'm trying to help build their confidence so that these skills become consistent and almost second nature during a match." The JH teams showed great sportsmanship throughout the matches, and the crowd seemed to enjoy watching them play in the Warrior Dome. Coach Feind said, "The girls performed extraordinarily well! I don't know if it was the atmosphere of a real match or if they just wanted to surprise me, but so many of them exceeded by expectations."

The JH volleyball team has 19 players: Mariah Andrew, Amelia Bayer, Amelia Cochrane, Rosalyn Daniels, Madeline Evans, Val Evon, Brianna Fredericks, Ina Hensley, Gracie Hooper, Ashlynn Joe, Maiia Lavalle, Riley McIntyre, Kaylee Moses, Gabby Sanbei, Evelette Seton-Soper, Emma Stuart, Ezra Ulroan, Jayna Vanasse,

and Thea Vanasse.

The blue team rallies during a time out.



Feind said the team still needs more practice, but that their energy and positiveness have made this season a great one so far. Feind said, "Everytime I walk into the gym to start practice, they are already setting up the net, tossing balls around, and moving around the gym." Great job JH Warriors, and we'll see you on the court during the next home volleyball games!



The JH teams face off during a blue and gold game.

### **BRHS runners prepare for Track Season** By Jahira Towner

Due to the track season starting next year in March, our BRHS students have enough time to prepare themselves and get back on track. Some days the runners jog around the school or to the AC to get their reps in after school. They even get a quick exercise in the morning, and even their mentor gets active. According to Mrs.Bernard, Mr.Bernard spends time doing push-ups, jogging, etc. Each runner aims for exercises that align with their position on the track. Whether core exercises, arm workouts, thigh workouts, etc.

The team further focuses on gaining motivation or motivating others to keep their mind clear and feel determined on track. Maya Komulainen said, "They push us up to our limits. My coaches do whatever they can to help you reach your goals." The team enjoys support from one another, and they never stop supporting each other.

On the other hand, their custom-made jackets and regular uniforms are for the team on more personal purposes; runners are responsible for acquiring their shoes for the track. For the most part the team enjoys this extracurricular activity and being competitive and improving on their run times.

#### **BRHS** student council election results

By S.F.



Mr. Reames' history students stand by the polling stations, ready to hand ballots to student voters. Photo by Warrior Weekly Staff.

This Wednesday the students of BRHS elected their Student Council. The lines to the election booths were very long even if teachers brought classes separately down to vote.

Student council advisor Aidan Kuhne, along with history teacher Mr. Reames, organized the event. Students set up secure voting booths and ballot boxes in the lobby, then handed out ballots to each student. It was a long process, but necessary for a secure election process.

Mason Fitka was voted to be the president. He ran unopposed. Rory Peters won for vice president; he was opposed by Scott Kawagley and Kendal Heron. Bryce Langlie won the treasurer position; he ran against Isiah Stuart and Madison Keene. Morgan Wuya is secretary. Hank Karr was voted in for public relations. Zahcory Jacobs- Mcdonald won for advisory school board rep. For the social chair there are three students: Kenai Tsosie, Mehmet Alimi, and Adilyn Jung, who were opposed by Zackariah Wassilie and James Bright.



BRHS students stand in line to vote for their student council members on Wednesday. Photos by Fannie Chaliak.

Poll worker Sydney Lincoln, public relations rep Hank Karr, and student body president Mason Fitka observe the voting procedure.



#### **Excess tardies at BRHS**

By H. Tobeluk

This school year many BRHS students are coming to school late or going to class late. If students in BRHS reach 40 or more tardies in a day there will be no open gym in the mornings and lunch.

Mr. LaValle said, "We were averaging roughly between 50 to 60 per day, if you say the course of a week, we're looking at 250 to 300 tardies in a week. Being punctual is extremely important, and it's one of our jobs as a school to try to teach kids to be punctual, and punctual means to be on time. The new rule really cuts down the number of kids that are late to class and it gets kids to class on time so they can learn because that's why we're here."

Fannie Chaliak said, "I guess if we had breaks in the middle of classes in each block or period it would be better, so we wouldn't have to want to use the bathroom or fill up our water bottle during class."

BRHS is a big school, there are a lot of classrooms and a lot of students. Sometimes the bathrooms are full during passing periods and students don't have time before they start going to class, but if you want to have open gym in the mornings and during lunch it is important to get to class on time.



#### **Storm affects Bethel residents**

By Cleo Nicolai



Flooding and damage to fish camps. Photos by Sara Charlie.

Last weekend Bethel went through a storm along with some villages. It started off with just soft wind and rain, then after a couple hours passed, it got worse. I thought the wind wouldn't cause any damage, until I saw posts on social media and what some people told me about what happened around their area.

Sara Charlie said, "At my fish camp it got flooded and my smoke house sank into the mud and wrecked our fish rack. Most of our stuff was floating in the water."

Mia Daniel said, "The road behind the road I live was flooded and the people who live back there weren't able to leave or go back to their house. It also started flooding behind my house and the water was rising up pretty fast."

Maelynn Fredericks said, "I was anxious because it was getting really windy and things started to blow around."

Another student said, "I went to the river to check the boats and my boat was floating away, the anchor was there but it was floating because of high tide. Outside of my auntie's house was flooded and she couldn't go out, she'd have to use her truck to drive out. Under my house its flooded and the water makes my house look shifted."

The storm lasted roughly 24 hours and caused a mess in some of the people's yards.



#### Ratios with Mrs.Tan's Jr High Math class By Brandy Jones

Last week in Mrs. Tan's math class the students learned how to solve ratios because it's one of the basic lessons the students need to learn.

A ratio shows how many times one number contains another. For example, there are six students and two staff in the gym, then the ratio of students and staff is six to two.

Mrs. Tan said, "I like teaching math because it's fun and I enjoy working on numbers. The students were learning about ratios because they are one of the basic things they need to learn about."

Jaida Brielle said, "Math is the best class I have. I enjoyed learning about ratios."

Kelsen Madole said, "I have friends in the class and my favorite subject in school is math. Learning about ratios was fun."

Kelsey Green said, "I enjoy being in math class because it is a great class. Doing ratios was enjoyable."

Isabelle Kerr said, "I like math because its math. I did not like learning about ratios because they are hard."

Claire Lee said, "In math class I learn new things and get to know better. I liked doing the ratios because they are were cool to learn about."

Gracelynn Amik said, "Math is fun. I didn't enjoy learning about the ratios though because they were kind of hard."

Michael Chis said, "I enjoy math class because it is fun. I did not like doing the ratios because they were confusing."

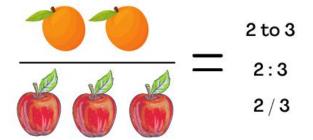
Ezra Ulroan said, "I personally do not like math because it is hard. I liked learning about ratios though because they were quite challenging."

Macey Langlie said, "I do not like math because everyone in the class is too loud. I sort of liked doing the ratios but not really because I am bad a those."

Robert Roehl said, "Math is boring. I didn't enjoy doing the ratios because they were hard."

Ronald Ferguson said, "I like math class but I don't because sometimes the work is hard, it's easy at times though. I didn't really enjoy the ratios because it is not fun like multiplication and division."

Learning about Ratios is fun, math is a great subject in school.



### **Intro to Business Sells Tacos on Fridays** By John B.

Intro to business student selling tacos to BRHS students and staff on Fridays for \$5. In the past the tacos were \$3, but since there was not much revenue the last time, they raised the price a little.

Mr. Villa said "Mrs. Miner told me that we could sell on fridays. We are currently making different kinds tacos. Instead of bacon there will be sausage, potato, egg and cheese. I love making tacos on Fridays."

When making breakfast tacos student have to wake up early to go to the D.0.

Breakfast tacos are good in the morning. People like them and they are a go to breakfast food. Other people like to eat them in the afternoon, but most people like to eat them in the morning.

Ms. O'Boyle said, "I like the tacos and I eat them every week, I think that sausage breakfast tacos sound good and if they sell bacon and sausage I would buy both of them. The price change sounds good, and the business class put their time in the tacos."

## The Experience of the Ready Academy By J Bright

The Ready Academy allows many village students to take career based education and other education sources that may not be available to them back home. Many of those career based education courses include STEM,(Science, Tech, Engineering, Math) Health, Media and Trades.

For your one semester in the Ready Academy you will live with the students of KLA in the Yuut Dormitories. Some of the Ready Academy Advisors are teachers here in BRHS. These teachers are Mr Rogelio Villa and Ms Jennifer Bacus. The head advisor is Joel Thomas who works at the District Office.

Conveniently you live next to the YK Fitness Center where you can go to work out and swim. If you are a KLA or Ready Academy student your name will be added to a list that is paid for by the school district so you may go without having to pay with your own money.

On some weekends one of the advisors comes in on Saturday with a planned activity. Some of the activities include baking desserts and other sweet treats. Brunch is also available at 11:30am for those who want it, but when another group comes in such as the construction group it starts at 10:30 with dinner at 5:30.

All in all, the Ready Academy is a good program that gives you a chance to meet new people, be in a new school and learn things that you won't be able to learn back in the villages.

### BRHS high school welding class with Mr. Greason

By Jada Jones

BRHS welding students have been practicing welding skills in Mr. Greason's class. They began on running beads to get better with welding.

Gustoff Erickson said, "Right now we're working on 6013 coupons. I like welding because we have the power to do what we want."

George Lee said, "I think welding is fun because not very many people know to weld and it takes quite some time. We're learning how to weld with different gauges."

Ambrea Jackson said, "This week we are working on making three perfect welds on 6013, and I think it's fun. I would like to continue welding so that I can get better"

As these students continue to practice welding, they'll get better. In order for students to have high quality they need steady hands and good eye coordination for the welds to be lined up.



Yuraq E.S

Hello BRHS students, Yuraq is important because I want to pass my culture down to younger generations. Yuraq can relieve you from any stress or worries.

Our elders want us to keep passing it down generation to generation. They try to encourage us to go, but today's generation don't always listen. Yuraq is fun because you can get to travel anywhere like the Blackberry Festival. You can get to learn many songs and dance the song that you really love, and you can meet new people.

Each song has a meaning behind it. The blessing song (Tarvarnauramken-In A Time Of Crisis). I got to travel to Quinhagak and it was fun and met a lot of people. I also got to see family members both mom and dad side. I got to dance with them and learn new songs even from other travelers. I just love to make memories with them so that we can talk about it whenever.

This is my last year of school, and I hope we BRHS yuraqers get to travel in April. I will make my last year really fun especially for Cama-i.

#### Wrestling Coming Right Up!

By J.O.



The BRHS State Wrestling Team last spring, 2022. Photo courtesy of Coach Darren Lieb.

BRHS Warriors if you do not know, wrestling is the next sport for high school and junior high. It starts on September 26 of Wednesday next week.

The first practice for junior high will be in the cafeteria from 4:15 to 5:45 and for high school it will be in the gym from 4:15 to 6:15. All you need before that is to get your physical and to keep your grades up in order to travel and/or wrestle in a tournament. Like any other sport, wrestling is mostly hard work, effort, good mentality, and a good sport. This type of sport also helps you get into shape and can also help you gain confidence.

I asked both club and high school wrestling Coach Lieb a few questions, he said that this will be his 25th year coaching both club wrestling and high school wrestling. He stated, "Wrestling is a way of life out here. It teaches a lot about being resilient, how to be humble and how to be a good person on and off the mats."

#### "What motivates you to coach wrestling?"

Lieb replied, "Watching our kids learn and grow from the sport of wrestling really helps motivate me to keep coaching. That and we like to keep our tradition going in the right direction. Them Blue Trophies are nice to have." Coach Lieb also suggested, "If you are afraid of wrestling or giving it a chance, you have nothing to worry about. Our coaches and other adults that we have in our program have been doing this for a very long time. We have first year wrestlers become State Placers. Don't be that kid that says they wish they had joined wrestling sooner."

One of the first time wrestlers is a senior, Zack Wassalie. He is looking forward to "getting in shape for track in field." Zack also stated, "I am excited and it is my first time joining this year. Friends motivated me, and I believe it is going to be pretty fun."

### Table Tennis, also known as Ping Pong

By Zack Wassilie



Table tennis players play ping pong during lunch and sometimes before school starts. They play table tennis to improve their skills, learn new serves and spins. In order to start the game, the person serves, throws up the ball and hit it with his/her paddle.

I started playing table tennis back in 9th grade, because when I fractured my ankle the doctor said I had to stop playing basketball. I learned how to play ping pong. At first it was frustrating and hard to understand, then over time I got much better.

When I played with one of the best ping pong players in the state, he said "Not every hit is about spin, here and there it's just about hitting the ball back and forth with the opponent and that is the best thing, when you and your opponent are synced together and having a good volley."

I learned a lot of great tips from the best table tennis player in the state, teaching me how to play better and not to worry about doing a lot of spin and don't worry too much or you'll lose focus and give the opponent free points.

The best thing that I think is that improving from the last time you played table tennis. Getting better and better when you go back to playing.

Monica Wassilie said, "The reason I started playing was because my brother got me into playing table tennis. Ping pong is pretty fun because it gets pretty competitive." I learned that your bonds with people can get stronger and you can get tactical skills.

Hank Karr stated, "The reason I started playing because when I tried it once, I was pretty good at it. Table tennis is a lot of fun because it's awesome." The best thing is being able to receive hits that you'll be surprised that you hit it.

Nick Twito said, "I joined ping pong because my buddies joined it. Table tennis is fun because we get to see who is the better player." He likes to flex on the other opponents that I beat.

Rory Peters said, "Table tennis is fun. The best thing that comes out of playing ping pong is just playing in general."

### **HS Cross country travels to Seward**

By Fannie Chaliak



On September 16, the BRHS cross country team traveled to Seward. The majority of the team enjoyed the meet and improved so much since their last meet in Palmer.

Coach Mr. Saltzman said, "We had really good results, a lot of runners ran a personal record in a day. All four of our JV boys placed top ten, Rory Peters took first, and Pat took 2nd, they were pretty much running side by side the whole race. JV girls Ellie LaValle took 10th, and the Varsity boys, Ned Peters took 8th and in Varsity girls, Rose took 3rd, and Payton Boney took 10th. We earned a lot of rewards to bring home, so that's cool. The whole team was working hard, and that was fun to watch."

Rory Peters said, "It was good, I got 1st for the JV race and a couple people all PRed. I joined for the traveling but I started to actually enjoy running once I joined and it's fun to travel with the team and hang out with people. I definitely improved, I beat my time by nearly a minute. I just want to beat Nome at regions in two weeks."

Patricio Vasquez said, "I think it went pretty swell. I like running and being around other people. I improved on my breathing and having a better form. I want to get faster."

Ellie LaValle, "There weren't a lot of teams there. I like running because it's a good way to challenge myself and I'm friends with a lot of the people who are in cross country. I definitely improved on my race time, but I want to improve more on my running and form. The most exciting thing was watching Rose cutting 50 seconds off her last time."

Constance Albert, "It was fun! I like cross country because it gets you fit for other sports, and it's also really good for your health. I would like to improve more on my running and controlling my breathing."

Hannah Lienberger, "It was pretty good, had a nice weather. I like cross country because I like to meet new people and compete against them. I got a new PR, that is what I improved on. I want to improve on my running form. The most exciting thing was watching Bethel teams finish the race and placing."

Payton Boney said, "The meet was fun. I like pushing myself to be better than I was last week and try to beat my personal record. I did run faster because it was an easier course. I would like to improve more on my breathing. The most exciting thing that happened was finishing top ten and seeing everyone else finish."

Mason Beans-Polk said, "It was long, it was narrow, and there were a lot of rocks. I like running because my aunties and uncles ran, and they were really good at it. Each race my time got shorter and shorter, so that is what I've improved on. The most exciting thing that happened was when I was passing two people."

Paul Dyment said, "The meet went very well and I'm happy with how everyone did on their times. I like cross country because I get to run in the trees and woods and that is a different feeling. I was a couple seconds short from my last PR but I believe that I am improving. The most exciting thing that happened would be that my sister took third place in the varsity race."

Madden Cockcroft said, "It went pretty well, a bunch of people PRed, I know our fastest runner Ned, he had the fastest time. I like running because it gets me in shape. I definitely improved on my stamina, but I would like to improve on my belly breathing."

Gus Erickson said, "It was fun because the course was easy and the amount of people that were there. I would like to improve more on my time."

Aaron Mute also said, "The meet went pretty good. I like cross country because it helps me get in shape and it's just fun to run. I improved on my time and speed, but I would like to improve on my sprinting."

This weekend we're going to have a home meet on September 24th, and it will take place at the pit here in Bethel, so come show support for our runners.



Name: \_\_\_\_\_ Date: \_\_\_\_

# **Cross Country**

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