

The Warrior Weekly

Bethel Regional High School

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Bethel, Alaska



Spring break coming up

by E. LaValle



This week is the last one before spring break. Spring break is March 6-10, so once you leave Friday you won't be back at school until March 13. Here are some things BRHS students and staff are doing during spring break, and how they feel about a week off of school.

Rory Peters said, "I feel good about spring break coming up. During the break, I'll work at my job (Uncommon Pizza), see my friends, and watch regions for ball."

Adilyn Jung said, "I am really happy that spring break is already coming up! This semester is going by so fast. During spring break I'll be practicing for cheer because regions/state is coming up. I'll also be preparing for the school dance coming up next weekend! I will absolutely enjoy a week off. Any break off from school is greatly appreciated."

Ethan Wheeler said, "I feel great about spring break because I can't wait for time off school. I am going to Hawaii and hanging out with family during the break. I won't miss school, I will enjoy the break."

Silas Lefferts said, "I am very excited for spring break. I will hopefully go snogo riding and go to and basketball practice. I am going to enjoy a week off school, any longer though I would miss it a little."

Mr. Wheeler said, "I'm excited about spring break! I will be headed to Hawaii with family. I will enjoy the break. I will miss the students, but I hope they are doing something relaxing and fun during the break."

I am excited for the break as well. I hope everyone enjoys their time off, and has a fun and safe spring break!

The importance of Yupik values

by Warrior Weekly Staff



Mrs. Jones and BRHS students, and below, with students and Mrs. Miner. Photos by Atan' Winkelman.

The BRHS Yuuyaraq PLS students, instructor Atan' Winkelman, and Principal Miner welcomed local elder, Ayaprun Jones, whom Ayaprun Elitnaurvik school is named after, to class to teach about traditional Yupik values earlier this week.

Mrs. Jones is a very knowledgeable and respected elder in our community, and she had a lot of wisdom to share. Examples are *Ikayurtaagutleq* - To be helpful, *Mulngaksaraq* - To be careful both physically and with what you say, *Ilaliuryaraq* - To be friendly, and *Qigcikiyaraq* - To be respectful. Mrs. Winkelman said, "We expect our students to hear the lessons and to become teachers of the lessons themselves."

Language Arts instructor, Sara Guinn, said, "Some important values that come to mind are having respect for elders, learning by listening and observing, working hard and not complaining, not talking badly about others, not being wasteful, and having a sense of humor."



State Speech Competition

by Justine Erickson-Bradney



LKSD Speech participants at state in Anchorage last weekend. Photos by Mrs. Miner.

On Friday February 24, 2023 six students from Akiuk, Kwig and Bethel traveled to the Alaska State Speech Competition. I was proud to be the only Bethel representative. Students composed their speeches before the district competition, which was originally supposed to be held in person on January 24th. Unfortunately, the District Speech Competition was postponed and held on February 1st over Zoom due to village sites being weathered out.

Students had to compose a 2–10-minute speech in the dramatic/humorous interpretation, informative/formally expository or original oration categories in English or Yupik. They then had to practice the speech multiple times to ensure that it was memorized. Practice is key because students cannot stare at their cards for the entire speech, they need to maintain a good amount of eye contact to show judges that they are not just reading off of their cards.

In the District Speech Competition students are allowed an infinite number of cards, but students must memorize the speech enough not to be staring at the cards for the entire speech. This is not the case if students place in the top two slots of the District Speech Competition and make it to State. They must memorize their entire speech because cards are not allowed at State.

The LKSD students that placed in the District Speech Competition were Claire Schneider of Akiuk, Kylene Berlin of Akiuk, Jamie Twitchell of Akiuk, Janel Lincoln-John of Kwig, Janice Andrew of Kwig and myself, Justine Erickson-Bradney of Bethel. Some of these girls would like to share their experiences at the state speech competition.

Claire Schneider, from Akiuk, said, “I’ve always loved the humorous category more than any other because it is the most entertaining to perform and listen to. I couldn’t think of a subject for my speech for the longest time until I noticed the loophole in the rules that would allow me to write my own speech. Because I always enjoy telling my bear story, I decided that was what my speech would be about! At first I felt incredibly nervous giving my speech, but quickly I began to enjoy the adrenaline rush and how much fun it was to listen to everyone else giving their speeches! I especially loved seeing old friends and talking with them. I learned what it’s like to be at a state competition and how to give my speech in the face of overwhelming nerves. It was so much fun, and I want to go back next year and do even better than this time. I enjoyed writing my own speech and I think I’d do it again, although I’m not sure if it would be in the humorous category. They were all so funny, and I really enjoyed being able to listen to them. There were people there who I will honestly say gave much better speeches than I did, and I’m glad that they made it to the finals. My favorite was probably this guy who told a story involving a massive #2...”

Jamie Twitchell also of Akiuk said, “My speech topic was *In memory of Maria Active and Elena Twitchell*. I was very nervous and excited because it was my first time performing at state. I learned things like reading my speech without cards, even if it was difficult for me. I plan to join speech again next year. What I thought about the speeches that were given was that they were alright because there were many topics that we can talk about.”

The students who participated in the State Speech Competition learned a lot about how they can improve and do better next year. One major thing that most of the girls said was that it would be beneficial to memorize their speeches without cards before the District Speech Competition; that way they already have practice speaking without the cards, and it is not so daunting when it is time for the State Speech Competition. Great job at state!



What’s going on in art class?

by Cleo Nicolai



Art students Hilary Oscar and Nickisha Jenkins present their sculptures. Below: Briella Herron works on her art project. photos by Hailey Ivanoff.

This week In Mrs. Luthy’s 3D art class her students are working on landscape collages. Landscape collages are works of art that depict different views of natural land.

Hilary Oscar, “I like the class because my friends are in there and Mrs. Luthy is very helpful and flexible. My favorite project is probably the sculptures. I think my art skills have gotten better, I am able to draw more than I was able to.”

Briella Herron, “I like this class because we do fun things. My favorite project we’ve done was making our sculptures. I have learned a lot in this class and my skills are getting better.”

Nickisha Jenkins said, “One thing I like about this class is drawing. My favorite project was doing the ink painting. I’m getting better and better everyday.”



Recipe of the week

By Selena Echuck



In Mrs. Samuels Foods and Nutrition class we were making a chicken caesar salad with homemade croutons. Recipe courtesy of Mrs. Samuels.

Salad Ingredients:

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|--------------------|-----------------|
| One chicken breast | Romaine lettuce |
| Olive oil | Spinach |
| Salt | Parmesan cheese |
| Black pepper | Caesar dressing |
| Garlic powder | |

Crouton ingredients :

- Garlic bread
- Olive oil
- Italian seasoning
- Garlic powder
- Salt
- Black pepper

Instructions:

1. Preheat oven to 350 degrees.
2. Prepare a baking sheet with parchment paper and cut chicken breast in half so it is thin. Place chicken breast on a baking sheet and season on both sides with olive oil, salt, black pepper and garlic powder and place it in a preheated oven for 10 minutes. Flip chicken over and bake for additional 8 minutes. Remove it from oven and check internal temperature with a meat thermometer. If it has reached at least 165 degrees then let chicken rest for 5 minutes. Cut to bite size pieces.
3. Cut french bread to bite size pieces then place in a large bowl and evenly drizzle with olive oil, sprinkle with italian seasoning, garlic powder and salt and pepper. Toss gently until well combined. Line a baking sheet with parchment paper and evenly spread the bread. Place in oven and bake for 10 minutes. Flip them and cook for 5 to 8 minutes more, then remove and cool.
4. Put all your salad ingredients and croutons into a large bowl. Mix, serve and enjoy!



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Wednesday, March 22, 2023

Noon to 7 pm

at the

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Open to all ages!

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