



The Warrior Weekly

Bethel Regional High School

Volume 6, Issue 22

Friday, March 17, 2023

Bethel, Alaska



BRHS cheer team places 1st at regions

by E. LaValle



Bethel Warrior cheerleaders with their 1st place award. Photo by Greg Lincoln.

Last weekend, the Bethel Warrior cheerleaders competed at regions here in Bethel. They competed against Nome, Barrow, and Kotzebue cheerleaders. They placed 1st and received the academic award, with an average GPA of 3.6. Their cheer dance helped a lot with their win.

Kiley Twito said, "I was ecstatic when we placed first. I did not think we would. I thought we would place second. The competition and cheering for our team was a lot of fun. The most memorable part was cheering with the whole regions cheer teams during our halftime. The funniest part was when Kaylie St. Vincent had her sign upside down during the cheer competition. Also Hank Karr waddling in the cheer routine."

Adilyn Jung said, "When we placed first I was shocked because last year we got second place. I was so relieved knowing that our hard work is paying off. Cheering for regions was definitely a lot more exciting, but also very nerve-racking because we were being judged. The most memorable part of this regions was definitely winning 1st place, and the dance with all the teams when JMD performed new songs."

Hank Karr said, "I was caught off guard when we got 1st. After they said Nome got second, I thought we placed 3rd until they called us out for 1st.

This weekend was the most fun I've had cheering. The most memorable part was playing basketball with the other cheer teams. The funniest story from regions was when Jordan and I found a wallet outside and returned it, and it turned out to be one of the cheer judge's wallet."



The Warrior cheerleaders in the stands during regions last weekend. Photo by Kerry Cobbledick.

Jisu Jang said, "I felt very good when we placed 1st. I already knew we would. I never expected less. Cheering was not that much fun at regions, I lost my voice, but we placed first so that doesn't matter. I got all tourney. The funniest part was when I did a jump on the sidelines and kicked a kid in the face on accident."

Bethel Warrior cheerleaders are headed to Anchorage on Monday, the 20th to compete at state. Wish them luck!



BRHS student basketball players and cheerleaders gather for the awards at regions.

Encouraging students to envision themselves working in the medical field

by Carlo Mandras



Above and right: Mr. Mandras and senior BRHS students tour YKHC. Photos courtesy of Mr. Mandras.

Our junior and senior high school students visited the YKHC on March 13 to learn about various careers in the healthcare industry. Students participating in the Medical Terminology and Human Biology program are committed to assisting younger students in identifying potential career paths for themselves. The students who attended the field trip are: Chenille Ashepak, Kathryn Black, Payton Boney, Kendal Herron, Adilyn Jung, Caitlyn Larau, Dylan Noes, Rory Peters, Caitlin Temple, Kiera Watson, and Adil Zulbeari.

Students were greeted warmly upon our arrival by Nancy Moffett, RN, the clinical nurse educator at YKHC. She was the one who led the tour and presented an overview of the various career paths available in the medical field. In addition, after attending the presentations, students conducted interviews with several of the hospital's department heads, and then they were given tours of various departments around the facility. Rory Peters said, "We learned all about how things are run at the hospital. We got to see the pharmacy which I thought was super interesting."

It was such a privilege to illuminate for the students the variety of professions available within the healthcare sector. It is never too soon to start looking for inspiration. According to Debra, the chief nurse at YKHC, "If you have a career plan in mind, you are more motivated through school, and you might avoid any roadblocks that other teenagers go into." It was remarkable to see how involved the students were and how much magic they saw in the workings of the healthcare system.

Recipe of the week: Egg Casserole

By Selena Echuck



The delicious concoction of eggs and sausage. Photo by Selena E. Recipe provided by Mrs. Samuels.

On Tuesday in basic foods students made a sausage and egg casserole. Why we made this casserole because we are learning different ways to cook and this would be a really fast good thing to cook when you are in a rush and you want to something.

Ingredients :

- ¾ pound pork sausage
- 4 slices white bread cut into ½ inch cubes
- 2 tbsp butter melted
- 4 large eggs
- 1 cup 2% milk
- ½ teaspoon salt
- ½ teaspoon mustard powder
- 4 slices cheddar cheese

Instructions :

- 1.Preheat oven to 350 degrees fahrenheit
2. In a large pan brown the sausage over medium heat. While cooking break sausage up into small pieces. Drain and set aside.
3. Cut slices of bread into ½ inch cubes, set aside.
4. Melt butter and spread around the bottom of an 8x8 baking dish, set aside
5. In a large bowl beat eggs, then add milk, salt, and mustard powder and mix together. Stir in bread cubes and sausage.
6. Pour egg, bread, and sausage mixture into the prepared baking pan. Place cheese slices evenly over the surface of the casserole.
7. Bake for approximately 40 minutes, or until a knife inserted in the center comes out clean and let cool for about 5-10 minutes then serve and enjoy.

Spring Fling

By: Cleo Nicolai



Over spring break the BRHS student council hosted a Spring Fling on March 11th. It was after the Varsity Basketball regions, the dance went from 8-11pm.

Ellie LaValle, "It was the most fun I've had in a long time. JMD's new songs were absolutely amazing. Could not have been better. I really enjoyed that the other teams regional teams were able to go. A few Nome and Barrow kids really carried the dance, and it would not have been as much fun without them."

Mrs. Miner, "It was great to see all the kids from different schools intermingling, the Bethel Warrior is my new favorite. I'm anxiously waiting for it to drop on apple music."

Mason B.P, "The Spring Fling was pretty fun because Mrs. Miner was spitting bars. JMD's performance was awesome and his songs are fire."

Rory Peters, "The dance was really fun, I didn't get to hear either of JMD's new songs because I was in the bathroom crying. I really enjoyed that the other teams got to go because Timmy was really cool."

Adilyn Jung, "The spring fling was surprisingly successful and so exciting. I'm so glad it happened. The JMD performance was awesome and everyone got hyped up. It was such a good idea to have the dance during regions when the teams were here. I think it helped bring our region closer."

Cailin Laroux, "The spring fling was surprisingly fun, I had a good time. I wasn't expecting a turkey surfing through the crowd. I loved JMD's new songs he performed at the dance, I was really hyped. I enjoyed and I'm glad other teams got to go and they lowkey carried the dance it also wouldn't have been possible to crowd surf JMD."

Hank Karr, "The dance was okay. OMG 10/10 JMD's songs were fire. I need to cool myself off with some chocolate chip ice cream." Everyone was having a great time and we will be looking forward to the next dance, which is the prom on May 13th!

Photos provided by E. LaValle.



Students and their spring break

By: Fannie Chaliak



The students had a week-long break, from March 3rd until March 13th. Districts and Regions all happened during the break; there were many people from different villages that came into town to support their teams. With the break we had a spring fling dance right after regions were over. It was really exciting and everyone was having a good time.

Now that we’re back in school, the students think about how much they enjoyed their time off of school, and had a lot to say about what they did during their break. Many of the students didn’t want the break to end, that is how good their breaks were. I spoke to some of the students, and here are what they’ve said:

Sydney Lincoln, “I had a really good spring break, I didn’t really do much. I wasn’t really off of school, I was basically on school property most of the time because I was watching districts and I was also busy with sports and Upward Bound. One thing that went well during my break is that the Islanders are going to state. I always was busy and I didn’t have time for myself, but overall I kept myself distracted.”

Iceis Harpak, “My break went by fast. On my time off of school, I was practicing for regions and playing in the tournament. One good thing that happened is that we’re going to state and we got second place when we played in the tournament.”

Zellia Avalos, “My break was pretty interesting because I went to your sister’s house, we got ready, then you and I went to the dance together. I got to meet new people from the visiting teams. One good thing I’d say is that I got to see my close friends, and the bad thing that happened during my break is that I stayed home most of my break.”

George Lee, “My break went pretty well. I was mostly staying in, went to the gym, and had NYO practice. I got my snow machine parts which is a good thing but then my track is torn and that is one bad thing.”

Mason Beans-Polk, “I guess my break was pretty fun, both the basketball and the dance made it fun. I went four wheel riding, ptarmigan hunting and caught three ptarmigans, played game, and slept in while on my break.”

Bryan Nicholai, “My break went pretty well, it was fun because of the dance and also the basketball games made it fun. I was playing 2k at home and cleaning the house on my break. One good thing about my break is that I just found out that I was going to Anchorage.”

Hank Karr, “My break was so good, during my time off of school I was cheering during the regions and I went to the dance too. One good thing about my break is that my cheer team and I placed 1st at regions. Next weekend the cheer team is going to the State Competition.”

Faith Snow, “It was really good, I got to go to New York. I went to time square, the Statue of Liberty, Ellis Island, Central Park, Empire State Building, and flew across the country for a couple days and came back. It was definitely fun. I came back to Bethel and decided that I wanted to paint my room, I thought that our break was too short, and because of that I didn’t have the time to paint my room. One bad thing is that I only got to see my brother for a little bit, I didn’t have much time with him but I came back in time to spend time with my family.”

Monica Wassillie, “My spring break was good, I was basically hanging out with Katherine at the movies, and I was helping out with the regions. I think that hanging out with friends and sleeping in was a good thing.”

Jordyn Berlin, “It was actually pretty good, I got to go car riding, I got close with someone, I went to the movies, and I had my birthday over spring break. I wanted to go to Nunap and pick up some of my stuff, but I didn’t.”

Annual ANSEP Celebration

Photo and article by Justine Erickson Bradney



On February 3rd Bethel ANSEP students traveled to Anchorage to participate in the Annual ANSEP Celebration. All of the ANSEP alumni, sponsors, ANSEP Acceleration students, previous ANSEP students, students in all stages of the ANSEP program and many more people were invited to and participated in the celebration. This was the first annual celebration since the start of the pandemic in 2019 so the celebration lasted many hours.

The annual celebration included many cultural dance performances, recognition of sponsors, gift giving to sponsors and other important people who support the ANSEP program, catered food, speeches from ANSEP students in the Summer Bridge Program, the Middle School Academy, the Acceleration Program as well as students who have graduated from the program. There were also two guest speakers from NASA who were there to tell us about their career field and remind us to never give up because we can achieve anything we put our minds to.

Vjosa Pellumbi of Bethel said, “I thought the ANSEP “Dare Mighty Things” celebration was amazing. It was an incredible opportunity to see and even meet a few of the sponsors who help make ANSEP as successful as it is. We got to see beautiful singing and dancing performances from Alaskan Native tribal groups, and it was cool to see kids my age but also ANSEP alumni’s and the newer ANSEP kids.

My favorite part of the celebration was all of us meeting Dr. Moogega Cooper. She is an astronomer who works for the Jet Propulsion Laboratory’s Planetary Protection Group where she was the lead role of planetary protection for NASA’s 2020 Mars mission. The celebration was a blast and I had a great time.

Adeline Perry of Bethel agreed saying, “I thought the celebration was cool it let all the people with ANSEP meet together. My favorite part was probably all the different dance groups that performed from around the state. Overall, the whole thing was really fun and we got to hear a lot about how ANSEP started and about all the great things that have come from it.”

The celebration included many interesting components and had many moral values, so many in fact that there was enough information for each and every ANSEP student; no matter what stage of the program they were in; to be inspired and motivated to continue in the program and achieve their goals no matter how broad their goals may be. The performances were very entertaining and gave students a view into a few of the cultures around Alaska. No matter what topic was being talked about, there was always some valuable piece of information to gain and hold close. The celebration was very interesting and there was a lot for everyone to learn.