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NEWS

September 22, 2017

Drug Usage

By: Ella Morris

On the third round of five during the UFC (Ultimate Fighting Championship), Jon Jones knocked out Daniel Cormier, the previous champion, winning the title. Not even a month after this fight, Jon Jones' belt was taken away. Why? He failed the drug test, because he was taking Steroids. Steroids are illegal/banned from the UFC. Jon Jones already had his first court session and the second one has not been scheduled.

Why do athletes and teenagers use drugs?

Occasionally professional or Olympic athletes use drugs in their daily lives. Different types of drugs can have different affects on your body. Some drugs that are frequently used to make performance better are:

- * Anabolic Steroids
- * Human Growth Hormone
- * Diuretics
- * Stimulants
- * Androstenedione
- * Erythropoietin
- * Creatine

(Treatment4Addiction.com)

Some athletes you may know that have used drugs are: Usain Bolt, Miguel Tejada, Ryan Braun, Tyler Hamilton, Alex Rodriguez and many more. Most athletes are kicked off the team, suspended, can't play for a certain amount of time, receive no pay, are put on probation, or are sent to jail/ prison when they are found to be using illegal substances.

A lot of athletes have broken records, won competitions, and played sports while doing drugs. They think they won't get caught and keep doing it. But is that really true?

Detective Anglesey, The WHMS officer gave his feed-



back about this and many other questions related to drugs.

Are there kids that are more likely to use drugs that others? Detective Anglesey said, "Athletes do drugs sometimes," but really it could be anyone trying to fit in. "One kid starts doing steroids and competes, then someone else starts doing it because they don't want to be left out. Before you know it no one wants to be left out so the whole team or group does it."

Using performance enhancing drugs like steroids, or any other type of drug can have horrible long term effects.

How often does the detective deal with drugs/ drug problems at school? Every few weeks he deals with some sort of drugs. He said "It could be something like somebody bringing weed to school, somebody

from the school is high, or giving edibles to somebody. It's not common, only among very few people."

It's not often that he deals with drugs on the school grounds, but sometimes kids come to school high or under the influence of drugs. In previous years he's found students using or under the influence of weed, different kinds of pills (MDMA, prescription abused pills) and a few years back Meth.

When asked how he's found drugs he said, "Usually a student will give us some sort of indication whether they used it."

After being asked what the punishments have been for students caught doing/in possession of drugs, he jokingly said, "I usually beat them up." In truth, The punishments are different on how bad the issue is that they're dealing with. "It's illegal to possess drugs, and it's even more illegal to distribute or sell them. Students could end up being sent to court, and getting 180 days suspension from school.

The kids who get that punishment may think it's going to be great. But then their friends move onto new friends and forget about them. It's the same with your girlfriend or boyfriend, they'll just move on, whole you don't.

When you do drugs at a young age (and sometime at any age) it damages your brain. Your brain is still developing and drugs have an effect on that. You don't know how your brain will react to them. What WHMS's detective has found is that if you do drugs at this age "It will make you stupid."

He said many of the same people who used drugs in seventh-ninth grade have dropped out of high school. "Drugs make you just not care about anything, all you care about is drugs."

He also mentioned that out of the roughly 1,200 kids at this school, only 30-40 kids do drugs.

Where do kids get drugs? They usually get it from their siblings or parents. "We have some kids who smoke weed with their parents." Where do they get money to buy drugs? "Same thing; they get it from their parents. They steal it, they sell something, they steal someone's phone." They do all of that just for drugs.

Most parents don't even know that their kids are doing drugs. They just don't know what going on in their life. Detective Anglesey said one time there was a kid in his office who smelled like weed. He called the parents and said, "Hey, so your kid was caught smoking weed." and the parents response was, "What? He would never do that!" The parents didn't know he was doing drugs.

Kids think that so many people at their age do drugs and they want to fit in and do it too. It's like Converse, or ripped jeans. They're popular clothing so everyone wants them. So they tell their parents, they just want to fit in.

A lot of kids think that most kids are doing drugs and want to fit in. But the reality is that kids are fitting in a lot more when they don't do drugs. So whatever the goal: Fitting in, having fun, or helping your game performance, student's should ask themselves: Is it really worth all the money, time and risk to do drugs?

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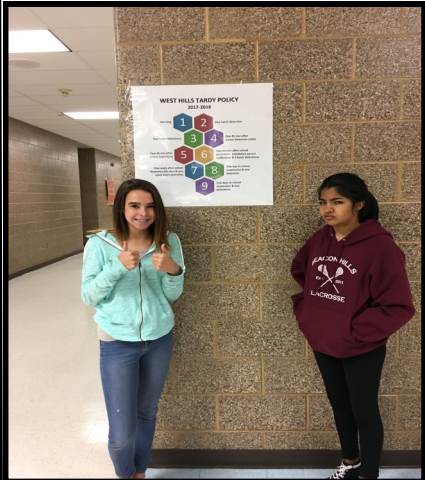
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What's Up With The New Tardy Policy?

By: Jakki J., Brayden W., Elsie w., and Cassidy K.



This year, there have been a lot of new changes at West Hills, one of the biggest is the new Tardy Policy. This policy is very strict compared to some of the ones the school has had in the past. This tardy policy came from Ms. Vandermeiden, one of the vice principals at West Hills. She

used it at Joel P. Jensen. The question is, will the policy work, or not?

Ms. Vandermeiden said that she started this policy at the school she previously worked at, Joel P. Jensen, because they had 47,000 tardies in one year

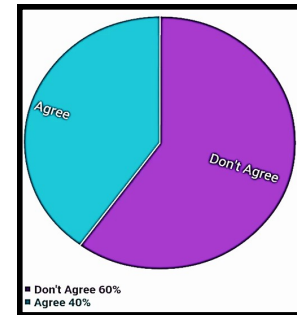
and she knew that they needed a change. They started this new policy and noticed that the students grades went up by 15%. She said that it also helped students show respect by showing up to class on time. When she was asked how it would affect the students in the halls, she said, "Because there will be less time to get to class, there will be a lot less time to mess around between classes, and that will stop the fights that happen between passing periods."

Here's what Breanna Stewart, an 8th grade student from Joel P. Jensen said, "Sometimes, you can't help being tardy, I was tardy once last year because I couldn't find my class." She also claims that there are quite a few more tardies at Joel P. Jensen than her old middle school, even while using the tardy policy. The policy at her old middle school was if you got 5 tardies, you would get in-school-detention. So not quite as strict as her current school, but the policy has made a difference to the total Joel P. Jensen tardies.

Last year, West Hills had 11,000 tardies. Based on how many there have been every day this year, there will be less than 5,000 estimated tardies at the end of the year.

Mr. Hughes says, "I really think that the tardy policy here is a good thing, and I know that kids don't like it, but it teaches you to be on time and that is a life skill that you will need as an adult."

After giving out a survey to 50 random students from all three grades, these were the results:



60% of the students do not agree with the tardy policy and think it's a bad idea. Here are some reasons of their reasons why:

Some say 'no' because "They are already stressed out about grades and feel they shouldn't have to worry so much about getting to class before the bell rings."

Some also say that they're

"At least going to school so they shouldn't have to be punished just for not getting to class on time." Other students think that "It's hard to always be on time because of the crowded hallways, confusing signs, and gathering all of your supplies for classes."

The majority of the surveyed students said that the tardy policy is not a good idea, but what do the other students say? Some said that "Students need to learn to be on time for their future jobs or for college." They also said that "It's a student's own fault if they are late." Others say that "You need to be there for all of class to learn everything you can."

As of September 5th, there were 213 total tardies for the year so far. Last year, on September 5th, there were a total of 219. So far it seems to be helping a little bit, but will it impact our school in the long run? We'll have to see.

The Plane Crash

By Arieana Santos

On August 24, 2017 around 2:20 pm, a 26 year old male pilot crashed a plane on 8600 south and 4000 west, West Jordan, Utah. 4000 west was closed in all directions until 10:00 pm. It's unsure why the plane came down

The plane struck a pole when it came down, which caused a small field fire. It took two blocks of power lines down. According to the Rocky Mountain Power Company, about 405 homes lost power. Most of the homes' power was restored within 3 hours, and all customers had power restored by 9 pm.

The pilot had a minor head injury, nothing life threatening. He was taken to Intermountain Medical Center to be treated. There were no other people on the plane with the pilot.

With the plane crashing close to the school,

there is a pretty likely chance that someone in the school had an issue with the plane crash. The power at their house could have gone out, parents getting home early or later than normal, or even grandparents could have been affected by it.

In an interview with a WHMS student's uncle, he said, "I was working at my job, Teraflex, when all of the sudden the lights went out. I was con-



fused and nervous about what could have happened. We couldn't keep working due to safety reasons. So instead of making the workers stay there, the boss sent us home early. When I found out it was a plane crash, I was worried about the pilot being hurt, or if anyone was on the plane with the pilot. When I found out the pilot was the only one on the plane and he had a minor head injury, I felt relief It helps to have a better understanding of what had happened."

They are still unsure why the plane crashed, and why the pilot landed where he did. Reed Scharman, a West Jordan deputy fire chief, said, "It's unsure why the plane came down where it did." He could have crashed due to malfunctions, or if he was worried about something going wrong with the plane, it's unsure. He did survive though. He could have done more damage than he did.

Teachers Who Transferred: Where Are They Now?

By: Jeremy Checketts, Breanna Giang, Emily Giang,
and Katelyn Lawson

Every year, approximately half a dozen teachers leave West Hills Middle School. Last year, however, West Hills had more than double the number of teachers and staff transfer schools or stop teaching for personal reasons.



George Taylor, former CTE and Workshop teacher at West Hills, left last year to work at Westcreek Middle School in Lehi, Utah. He is still teaching technology-oriented classes for CTE. When asked why he left, Mr. Taylor said it was be-

cause Westcreek offered a higher salary than the one he got at West Hills, and so he could work with two of his best friends that he went to BYU with. "I would love it if any of the students or teachers at West Hills would reach out to me," he says. "I especially want Mrs. Peters to know how much I appreciated her help and support in so many ways, and not just her, everyone!" He taught at West Hills for three years, and said that he wishes he could've stayed longer.

Crystal Ahre transferred to Sunset Ridge Middle School because of the budget cuts due to the 7th grade enrollment numbers. If she had stayed, she would've lost 30% of her salary. After doing some research, she decided Sunset Ridge was the best choice to transfer to. Ms. Ahre is still teaching art and ceramics, but her current classroom is now about four times bigger than the one she had last year she had here at West Hills. She does miss the students and teachers here at West Hills, but she is enjoying Sunset Middle School. "Change doesn't bother me at all," she says. "It's a human, artistic experience."

One of the former assistant principals, Rochelle Waite, transferred to South Hills because she was appointed to be the principal there. She said, "Although I didn't apply for the position, it has been a great opportunity as well as a fun and challenging

new adventure." She says she really misses West Hills, but the people she now works with are exceptionally kind and inviting, and she feels right at home at the new school. She is also excited for the opportunity to work with the wife of Mr. Johnson (one of the science teachers at West Hills), who is a Spanish teacher at South Hills Middle School.

Vincent Lundin describes why he chose to move from West Hills to Copper Hills, "I was looking for a change," he explained. "I've been teaching at West Hills for twelve years now, and really felt like it was time to change schools, and I also wanted to only focus on teaching Spanish, which is something I haven't been able to do until now." He is excited to be teaching just Spanish instead of mostly art. He also likes the way the High School is set up in contrast to West Hills.



How does the amount of teachers that leave every year affect the staff of West Hills Middle School? To Mrs. Garrick, the health teacher, it was upsetting to see the teachers leave. Mrs. Garrick was close on a personal level to some of them. Yet, to her, it was an exciting experience to be able to meet and work with all the new teachers that came in.

Stacy Evans, the current principal of the school, also had a view on the topic. "All of the teachers were great, they actually came to me before they submitted their resignation," she said when asked about the process of resigning. She also described how they find teachers to replace them. "First we advertise the positions that we have open, and that goes through our human resources department... Then we take a look at the applicants and choose the very best ones. We have an interview with them, and if we like what we see from the interview, we check their references. Then we get permission to hire them from the district." With that information it's visible to see how long a process can be to hire a suitable teacher for a school.

The teachers that transferred will be greatly missed by all of the previous students at West Hills, but everyone knows that they are enjoying their new schools, and that they will always be thinking of the school they used to teach at West Hills.

Opinions on "Be the Change"

By: Heber Adams and Michael Trujillo



West Hills Middle School has recently decided that the theme this school year should be *"Be the Change."* According to the reading teacher, Mrs. Hale, she thought that we needed a new focus. It was Gandhi who came up with the idea of: "Be the change you want to see in the world" first, but West Hills is using it now.

Mrs. Hale said, "I'm really happy about be the change and think that kids really like the idea." She brought up the idea because kids in the past few years have been really struggling and there have been at least 12 fights. Most students are reacting very positive about this new theme.

An 9th grader, Gavin Robinson, student body officer or SBO, said, "I like the idea and I feel like the school will be a better place. I also feel like my friends are liking and are making an impact. So far this year is better than last year." We asked if he wanted to "Be the Change and he said, "Yes, and I want the school to 'Be the Change' too."

Here is what another 8th grader, Ellie Earl, SBO said. She thinks that *Be the Change* is a good idea and that it will be a great way to help the school.

Brace Face: A Metal Mouth In Middle School

By: Mason Argueta, Ryan Sierra, Maxwell Nelson, & M.S.



Many students at West Hills struggle with having braces. Braces are a topic that affect almost everyone in some way or other. In a survey given to WHMS students, it was found that 58% of students had, have or will have braces at some point while in middle school. There are a lot of parents who want their kids to have perfect teeth, but having braces isn't an easy thing. There are a lot of restrictions, pains, and embarrassments connected with them.

In order to have braces you must have all of your baby teeth out before getting them on. In order to put them on, a dentist has to put a blue glue on your teeth. They then have to dry it with a light then they put a bracket on the tooth. Most of the time they put on the bottom and top at the same time. Most kids who need braces, usually need them for 2 years or less. With braces, you can change the color to your liking. You usually have to go to the orthodontist every month or so for tightening.

Some students think that it's good to have braces, and some hate them. Both sides have their reasons...

Those who are glad they have braces in middle school say, it's better to get it over with now so that you will look better later. Arianh Gilbert says about braces, "It's really worth it. All my

sisters had braces and they have perfect teeth, and I think it's worth the pain."

Another reason students give for why it's a good thing to have braces now is that it is more convenient and less awkward to have them now. Most of the time a parent's insurance would be able to pay for braces. Plus with so many other kids having them at the same time you don't look out of place or funny.

While there are several reasons for why braces are a good idea for middle schoolers there are many students who hate them and think that they're a terrible thing for a middle schooler to have.

One reason these students feel this way is they are painful. Delaney Sierra says about the pain of braces is a lot. They have to be tightened and they can cause canker sores on your tongue, and gums.

Another reason braces are disliked is that they are restricting. There are all sorts of rules that tell you to not eat or drink certain things. You have to keep them from breaking while you have them by not eating certain foods. Some of these restrictions are: Whole apples, gum, gummy candies, corn on the cob, carbonated drinks, and natural fruit juices.

One final reason some students dislike braces is that they can lead to teasing or bullying. You may get called "metal mouth" "Train Tracks" "Brace Face" and so on.

In the end braces in middle school are a common pain. Arianh Gilbert said about her braces "They are painful but they are really worth it". There's no denying that after you have braces, your teeth will look so great. Students will want to smile every day at that point! They

Just have to endure the frowns of braces now. Don't let people get you down. So if you don't have straight teeth and will soon be getting braces, you should know, it's going to be okay. You're not alone in this, and in the end, it will be worth it.



When asked about how she feels her friends are reacting she said "My friends think that *"Be the Change"* is a good idea and are trying to do it." She thought that *"Be the Change"* is better than what they had last year because, "Last year it didn't work." *We asked if she wanted to "Be the Change" and she said, "Yes"*.

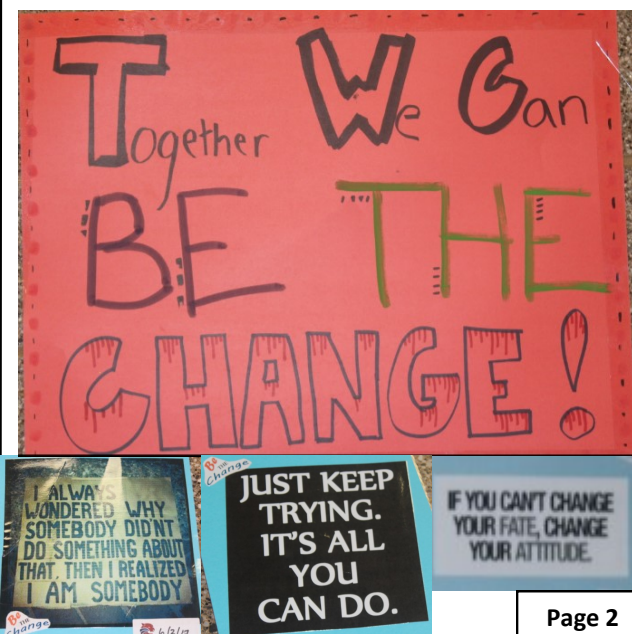
So the school is working on it the students are doing it, will you do it? will you *"Be the Change"*

If everybody tries to *"Be the Change"* our school will be a really good school and a great place for students to come and feel safe.

One 8th grader Juan Perez said he doesn't really like the new theme this year, but he does say that it is better than last year. He said he wants to *"Be the Change."* but he's unsure of how he feels about having it as a year long theme.

Josh Gardner a 7th grader feels, *"Be the Change"* is alright but he feels that people are acting like they normally would. Braedon Broyles from 7th grade agrees with him. He doesn't want to *"Be the Change"* because he feels "it's kind of weird."

So those are some opinions on *"Be the Change."* What's your opinion?



Get to Know Your New Teachers and Staff!

By: Daniel Gomez, Grace Jolley, Natalie Mailander, Sarah Martin, Kaily Dyatt

West Hills Middle School has welcomed multiple new teachers and staff members this year! Though the school was very sad to say goodbye to the staff last year, the school is looking forward to getting to know the new teachers and vice principals. This Newspaper will be featuring only some of the new staff and teachers; you'll get to know the others next newspaper! The West Hills journalism team went and met with some of the new teachers to get to know them. This year will be a great year!



Ms. Vandermeiden (Cynthia Vandermeiden) is the new assistant principal. She loves West Hills! She said, "At the last school I taught, I knew everyone's name and GPA." Now she is adjusting to the school and hopes to get to know everyone.

Mr. Olsen and Mrs. Waite (the old assistant principals) said "They are great students and West Hills is a great school." Ms. Vandy loves four-wheeling, hiking, and camping she used to teach language arts at a high school in California. She moved to Utah for a change in scenery and she loves the diversity of the students. She said, "Every day I'm so impressed with the students here at West Hills."

Mr. Draut (Michael Draut) the new choir, theater, and guitar teacher is very excited to be teach-



ing at West Hills Middle School. He said, "One of my favorite things about the school is how kind and heartwarming the staff is." He enjoys letting the students go out of their comfort zones and teaching them new things. He loves watching kids see who they want to be and where to go in life. Before coming to West Hills he taught Spanish and ESL at the Missionary Training Center. When he was a teenager he grew up in Las Vegas and loved school. He enjoyed mountain biking until he sadly got in an accident and wasn't able to bike anymore. He loves all four of his subjects and is very happy to be teaching at West Hills Middle School!

The new math teacher, **Mrs. Wilcock** (Marsha Wilcock) is here to make kids enjoy learning. She understands math isn't a favored subject but she wants to let the students enjoy learning it.



In her past she worked at a state lockdown facility for kids who were in trouble with the law. There were many differences between there and West Hills, for example she was required to have a security guard outside her door while teaching! She enjoys biking, spending time with her four kids, and hiking. She is excited to be a new teacher at West Hills Middle school!

The new science teacher **Ms. Jorgensen** (Sarah Jorgensen) is enjoying her time at West Hills. Although the third week of school was her first week, she was very pleased with the students. She said she was expecting a lot of chaos but was pleased with lots of support. She sadly got in an accident and broke her leg, which delayed her coming to school on time, but the students



are glad she's here. When she was a child her mom was a teacher. She never knew that this

would be her future career but she enjoys it. In school, she took a class learning about problems in the world. It made her want to help make a change in this world, so she went on to educating people.

The new art teacher, **Mr. Burt** (Samuel Burt) found that the staff here are always willing to help! He wasn't expecting the environment here at the school, and how if the faculty asked the students to do something they would really pull through to help make a change. He used to teach art at Elk Ridge Middle school. When he was in school he played football



and was on the swim team. Activities he enjoys out of school are swimming, hiking, he enjoys writing and of course he is always working on new art projects! The reason Mr. Burt became an art teacher was because he enjoys teaching people new things

There is also one new school counselor this year, **Mr. Koyle** (Layne Koyle). He used to work for a place called The Aggies Elevated Program. It is an organization that helps students at the college level education with learning disabilities. When he was in middle school he played the French horn and also did track and cross country for a while.



He also said that he was almost in the top ten of his class in high school (he was the 11th) he said that he had a 3.97 GPA.

West Hills is so excited to start this new school year with the amazing new teachers! The journalism team would like to thank all of the teachers for being apart of this paper and hope each and every one of you has an amazing school year! Although the journalism team didn't get to interview all the new teachers and staff, they would still like to wish them a happy school year, and are excited to get to know them next newspaper!

WEST HILL'S NEW KIDS ON THE BLOCK

By: Alan Pasalagua and Camden Johnson

The new kids, as they might feel, known as the seventh graders are the new generation for a middle school. Seventh grade is a time where kids can start fresh and be different. They come to school full of hopes, expectations and fears. Some of them shared their beginning of the year experiences.



This is what 12 year old student MCKENNA PERKINS says, "I don't feel out of place because everyone is nice here, as expected. And I don't get lost here, because I've got a great memory. And I wouldn't call this school strict because I see where they are coming from. And the lunch is great, there is multiple options to choose from, to me the school is perfect.

BOWEN PECK age 12 says "When I first started seventh grade I didn't expect much, just going to class and stuff. And I agree the school is strict in ways, like the dress code for example. But the lunch is great and I'm fine with the way the school is. I wouldn't change anything about it. I also feel welcomed and everyone is nice, even the teachers."

HAILEY PERKINS age 12 says "Middle school is great because everyone is nice and it's easy. I don't feel different except in the hallways because I'm short. When I started middle school I thought everyone



would be mean to me and push me around. I don't get lost in the school because it's easy to find classes and the lunchroom, which is the best. Everything is perfect and I wouldn't change anything in the school.

ALISON "ZOMARA" age 12 says "Middle school is pretty good. I feel different because I'm pretty short, cause you can tell there's a lot of tall people. I expected a fresh new start and that's what I got. I don't get lost, I'm pretty organized, and I do agree the school is strict be-

cause of the tardy policy, but I guess it's ok. I also really like the lunch here. I don't know if I want to have anything changed yet. And my message for the school is to continue to "*Be the Change*."

West Hills is happy is glad its 7th graders seem happy to be here. Most eighth and ninth graders students are also glad to have these new students joining the school; however they do wish these new students would stop doing a few things that can seem annoying.

What is it that 7th graders do that the older kids find "annoying?" Many say that some seventh graders or "sebies" talk too much or too loudly. They recommend toning it down a little. Don't try to act cool when it actually irritates many others rather than making them thinking you're are cool.

It's clear to see from the 7th graders interviewed, that they are happy to be here, and West Hills is lucky to have that optimism around. It looks like it's going to be a great year.



Stuck In School Stereotypes

By: Regan Caron

So, school stereotypes... These things have been around for a long time, but the question is why? Everyone gives each other and themselves labels to feel comfortable. Why do kids give each other labels?

A school counselor has made the statement, "Kids are probably confused and they give stereotypes to each other and themselves. "People decide to place others very quickly without even getting to know them, but sometimes kids have stereotyped themselves. Some people have been stereotyped



ever since they came here and they still have that name such as, the late kid, the artist, or even the jerk. Sometimes, people get so wrapped up in their stereotype that they can't show anything else of who they are so; they mold into the person that they are told to be.

Kids think that changing who they are is the only way out of the problem, but in reality they aren't escaping the stereotype, they're giving in to it. You can't be yourself unless you just show who you are. A school counselor says, "The typical stereotype might be nerd or geek." And the fact that that wasn't a compliment made things a little worse. These kids might come to be ashamed of their hard work and abilities.

Stereotyping can lead to horrible things such as bullying or just being called the quiet kid or the simple one etc. If you need help getting rid of your stereotype, or with being yourself, just ask a counselor.

Do West Hills Teachers Think Student's Behavior Has Gotten Worse?

By: L. Peterson, Elizabeth Hoffman, Anthony Rivetti, Bethanie. F



If trends can change, so can students. The reason behind this is the fact that a lot of factors can evolve with the years, and so can student interest. Students have differed over the years according to teachers who have been working in the school system for at least a decade.

Some West Hills teachers agreed to give interviews and have given their opinions on behavioral change. Most interviewed teachers can agree that students have changed.

Technology has become a huge problem according to almost all teachers. They have had to become more hands on and plan activities rather than talking and giving worksheets according to Mr. Johnson.

Principal Evan has been working in the school system for more than thirty years. When asked what she thought the major difference was, she said that the big problem was texting in class, many other teachers agreed.

Mr. Johnson has been teaching for 25 years; nine years here. One year, specifically, when he adopted his daughter, he had a wonderful class of students who were respectful and stayed on task. He considers this one of his favorite years.

He has seen a change in the way students behave, such as respect. He feels that students have lost a lot of showing respect for both teachers and peers.

Can the Internet be as Bad as Everyone Says?

By: Kayla Lyu, Zack Christensen

When you think of the internet what do you think of? Do you think of it as a place where you can share personal information? Or would you consider it a place of fun? People describe the internet in several different ways, "The internet is a vast collection of multiple networks grouped together." (Gary Lyu) It's where people can find information they are looking for. You are more educated due to what you do or use the internet for. But if people use it solely for fun, then they don't get the educational part of the internet and therefore don't learn anything. But no matter what you use the internet for there will always be dangers involved..

Have you noticed that while you're scrolling through a website all of the sudden an ad pops up? A lot of them are fake, they want to get your personal information. Those ads are also known as, "Click bait." "These are pop-up ads that display something that you might like and once you click it. The ad will inject a virus or malware on your computer and generate even more ads and leave your computer vulnerable to more sophisticated attacks. These fake ads look appealing but you will regret it if you click it." (Gary Lyu) When you click on those ads, yes they could be something you're into but that ad could actually be putting a virus in your electronic device. People buy things from those ads and they end up buying something and use their parents credit cards, or it's a "drawing" and they use their friends emails or phone numbers without their permission.

The internet doesn't only affect you but it affects stores too. People are advancing in technology every year, and recently online shopping

has been very popular. If you go online and search up something you want to buy the object is usually cheaper than it is in the store. Many stores have either lost a lot of money, lost customers, or even gone out of business. New upcoming stores aren't going to have a lot of customers because a website will have the same thing they have, but cheaper.

The freedom to choose whether or not you visit a good, wholesome and educational site or not. Is not always guaranteed on the internet. There is no doubt that there are prowlers on the internet looking for easy prey – those who randomly clicks on ads, those who visit suspicious sites, those who don't practice good internet safety. But if you learn how to



protect yourself, watch out for pitfalls and constantly educate yourself, the internet can be enjoyable." (Gary Lyu) Teens in the generation where all people want to do is be on the internet, whether it is on social media, shopping or just browsing. Even though they may seem harmless, they could lead to bad stuff. "It just depends on the person and how much they know. The people that know how to put the safety precautions on is usually safe, but the typical user and students don't know that, and how dangerous it could be and not understand what those safety precautions are." (Mrs. Rex)

Some could be on the web forever, but staring at the screen strains their eyes. So if you constantly are on your computer, phone or etc., it will dry out your eyes. Even though the web won't kill your brain it can be harmful to other parts of your body, while you sit in the same position for hours on end and you don't move your body, it's harmful to your back especially if you slouch. If you take a break and move around and then go back to the exact same position you were before it's still as equally bad.

You may be a healthy person but if you spend all your time behind a screen you're not as healthy as you think you are. Not only does excessive use of a device make you unhealthy, but it makes you lazy as well. Because of all the entertainment the internet has, people never want to leave it alone. Either somebody sits on the couch/computer or chair/bed for hours, Not only does that mess with your physical health but it also can mess up your social life. Since people have all these communicative apps for example Snapchat, Twitter, Email, etc. People don't leave their homes to communicate with friends and even family members. Instead of going to face to face to tell something to somebody they send them a text or even phone chat with them. Which could lead to lack of human interaction and you could become a socially awkward person.

The internet is very addicting. You click on one thing, then you see another, and another one, and the cycle doesn't end. It's because you see something you're interested in, so you keep searching for stuff. The internet is a great resource if you use it correctly.

Before clicking on something just think about the downside. If you click on the wrong thing, it can really affect your life. So please think before you do something.

Mr. Johnson has said "Society is a cause." contributing to change. Though he only found handfuls of students to have changed.

Ms. Sanders is a Geography teacher here at West Hills, who's been teaching in the school system for 20 years, 5 here, both middle and high school.

She told about how she doesn't find that clothes have really been affected by anything, "There's always styles that come and go." and that, "Generally, kids are less extreme right now than they have been." She concluded with saying that students have always been worried about appearance and have pushed clothing limits.

When asked about shifts in the rules and behavior, Ms. Sanders recounted that she was happy with some of the new rules, like the cell-phone rule, telling that the cell phone usage in class has gone down significantly, and that she likes the new tardy policy, finding it to help the class become more productive, though she does wonder what the students are saying about it to one another.

"I've never put people down, I have never done anything that is cruel- I've always sent very few people to the office. I've only sent, that in my whole career, like ten people to the office. I just usually handle things myself. I'm not usually- I don't usually have to do that, unless it's something super serious." Ms. Sanders said when asked about punishments, talking a little about a fight that occurred in her classroom last year, stating that she found "The discipline program we have here at West Hills is stricter and more structured than anywhere else I've ever worked, but I actually think that's good."

Some of the things she's found in the changes most recently, is the spike in anxiety brought up, sometimes as an excuse, even when not properly diagnosed, believed to be helped by the other change; Technology usage.

There's a safe barrier with tech, for people to think about their answer and revise it before letting it out, and for allowing bullies to affect people without being caught more, not to mention it contributed to the different pace students want their lessons at, conditioned to being stimulated constantly.

What do you think? Do you believe there have been changes in students since your parents went to school? How have YOU changed?

Who is to Blame for a Student's Failing Grades?

By: Jay

When a student fails a class, blame and excuses seem to get passed around without a second thought. But is there enough blame enough to share? Is a failing grade ever 'not' a student's fault? If that is the case, who is to Blame?

Based on what students say, it appears that at sometimes their parents can be held partly responsible for failing grades.

As most people know parents can be a key things in having students excel in their classes. Parents are life-long companions, and they are the ones who should be there for their children when they need them the most. They comfort when their children are down, they give directions and pointers when their pupils need help, they give their time for them... at least, good parents do.

But not all students have perfect home lives. Problems at home can affect students in school, and can be part of the reason they fail.

One anonymous ninth grade boy who has failing grades told how his home life affected his school work. His parents are not together anymore, He had this to say, "Look I'm in a pickle here. I really don't have control over what my parents and myself are going through, but I know that if I keep on missing school then I will probably get a bad career that I don't want. I feel like the biggest failure on earth." When problems at home take a kid out of school, or make it so a kid can't focus in class, it can be the fault of the parent if that student fails. It is worth mentioning, however, that many students who have bad home lives do overcome this and do great in school despite their problems.

Blame does not end here. Students do not only put the blame on their parents, but they sometimes put the blame on their teachers as well. Teachers! Who would have thought? Some students say that their teachers are giving them too much homework, and they also say that their time is affected by things to do at home.

Others say that a teacher grades unfairly, loses their papers, or simply doesn't teach. One seventh grade girl with who last year had failing grades

was asked if she ever blamed someone else for that failure. She said, "Yes all the time. Like I mean, I never met someone who doesn't, and plus nobody likes being to blame; it's just a drag. It's better to blame others for your problems, and I get away with it too. I tell my parents it's the teacher's fault and they believe me straight out the bat because I'm their daughter, and seventh grades don't count yet so I'm good."

While many students do try to pass on the blame, many more accept that their failing grade is their own fault. A WHMS ninth grade teacher said, "Look, these kids are in high school and in a middle school. I think they have it easy because most of us teachers are easy, but if you don't listen and don't do the work and don't study on a test then of course you're going to fail. You have to put the work in to get a good grade. I think I'm easy teacher and most class work is easy; you just have to try. I mean I will still give you points if you tried on the work I gave you. I want all my students to achieve their goals and, I want them to have the big careers."

An eighth grade teacher who is really strict with her students said, "My students should learn that they don't get to have it their way when they grow up." I think why hardly will They need to learn to get the job done. They can talk bad about me. I don't care, because they will have the failing grade, not me."

So Who's To Blame?

Based on what students say, there is blame for all. They do not always hold themselves responsible for their own failing grades. While it is true that a students failing grades can be caused by others actions, in the end, those grades really only affect that kid.



Sheltered Dogs: Give Them Adoption Or Give Them Death

By: Christian Rodriguez



On August 26, 2017, West Jordan held a Pet-a-Palooza at the Veridian Center behind the West Jordan library. This was the 2nd annual event put together by local adoption agencies to bring

attention to the pet adoption crisis in our city.

The idea behind this event is to spotlight dogs that are often dropped off at the shelter or pound after people have decided they no longer want the dog. This event helps save the lives of many dogs and other pets from homelessness and maybe even death. There are a lot of adoption agencies that come together to put this event on to try to get their dogs adopted. These agencies work on educating the public on dog ownership, pet responsibility and the pets needs. Some of the agencies that were there were The Human Society, Salt Lake County Animal Services, PAWS, Pet Smart, Canines with a Cause, ASPCA, and Rescue Me. These agen-

cies showed a lot of different dogs that people have dropped off or abandoned.

One of the event coordinators, Rebecca Stroud, commented and said, "The three most common types of dogs that are dropped off are: Chihuahuas, Labs and Pit Bulls". She was able to give some of the most common reasons that these dogs are left or abandoned.

The most common dog eligible for adoption is a Chihuahua. These dogs are small and because of their size people assume that they are low maintenance pets. Unfortunately the opposite is true. These dogs are non hypo-allergenic and very high maintenance. They are also very hyper dogs and not very kid friendly. Movie stars and some movies have given a false image of these dogs. The average Chihuahua is about a year old when they are sent to the shelter or other adoption agency.

The second most common dog is the Pit-bull. Families get these dogs and then never spend the time or money to train them, so these dogs tend to become somewhat vicious and unfriendly. These dogs are overbred and without training, these dogs don't have the social skills for families. Because these dogs lack social skills it becomes very hard for families to introduce these dogs to children, reducing the overall number of people able to take this dog in.

The third most common dog found to be eligible for adoption is the Lab. These dogs are often

given up to the shelter and agencies when they become older. The average age of adoption for a Lab is between 5 to 7 yrs. People give these dogs up because as they get older these dogs become inactive and have a lot of medical issues. Most people can not afford the cost of taking care of labs as they age.

This event allowed people to adopt these dogs and many others at a lower price than you would find in a pet store it also introduces people to the option of fostering a dog. If someone chooses to foster a dog, the agency pays for the food and medical needs for the dog while the dog lives in the person's home.

Events like these allow people to see and experience different breeds of dogs, which help them make a decision as to whether adoption is for right for that person. Adoption fairs allow these agencies to come together and introduce these dogs to the community and potential new owners. This event helps the community to save dogs and even prevent death.



Time Spent on Gaming

By: Skyler Farezoco

Gaming is one of the most popular pastimes for kids and some adults. But how many kids at WHMS are into gaming, and how much time do they spend doing it?

In a survey that was made to find out how much time on gaming each day an average teen plays on devices/computers and consoles it was found that "If a student doesn't care about anything other than gaming they may spend up to 9 -13 hours a day. But this is not the norm. So how many hours a day do

average kids in our school play video games.



Out of three classes 50% of kids play video games less than 1 hour a day, 28% play less than 2 hours a day, 10% play video games 3-4 a day, and 12% play video games more than 4 hours a day.

With numbers like these, many parents actually want their kids putting school first before anything else. But that is not the case for everyone, Some parents do not limit their kid's gaming.

Too much gaming can lead to serious problems. On 8/10/2012 a 15 year old boy collapsed after playing a game for 5 days straight. The parents said he has so dehydrated that he had to go to the hospital.

So how much of your life is spent gaming?

The Mighty Seating Chart

By: Fisher Spencer, Briggs Taylor and Gil Guzman



Many students dread the moment they sit down by a friend, then the teacher says, "Okay kids time for seating charts." Seating charts are used in middle school in pretty much every class.

Most students do not like seating charts because it stops them from sitting with kids they are friends with. 7th grader Stockton Taylor said, "I think seating charts are dumb. Seating charts just make class worse and not enjoyable, in middle school there are so many kids that you don't know so you are just hoping that you can sit by a friend in class."

Another reason students give when talking about how seating charts are unfair is the seating of the kids who talk a lot or cause trouble. These students seem to be put at the front, next to the really good students, or next to the teacher. Teachers also organize their students so that they are able to take roll easier.

Sometimes seating charts make you uncomfortable. Sometimes shy students who do not have a lot of friends do not like sitting by new kids and want to sit with friends. Kids know their own needs like needing to sit close to the board to see. It makes the class seem like a better and more enjoyable environment.

While many students dislike

seating charts, there are also many students and teachers who prefer them.

One reason why some students enjoy seating charts is it gives them the opportunity to make new friends, as well as meet new people. Seating charts can also be good when there are shy kids in class. It can help them make friends and have a better time in class.

There are other reasons why seating charts can be a good thing. They can help kids pay attention as well as help other students make friends. Mrs. Savage said, "I do believe that seating charts can help kids socialize". Seating charts help the teacher keep the class quiet. They can be used to separate kids based on their abilities and intelligence so that they are challenged by those they sit by. Students will stay on task more. It is easier for the teacher to take attendance and learn student's names.

One thing some teachers do in their class is change their seating charts frequently, so that students have a better chance of sitting next to their friend at some point in the year. 9th grader Hayden Yates said, "I like to be moved often to other places around the room," College and Career Awareness teacher Ms. Savage said, "I do believe in changing the seating chart rapidly."

All in all seating charts can be a good thing or a bad thing. Students will always have their own opinion and will always like or dislike seating charts at West Hills Middle School.



Do Cellphones Help in School?

By: Jordan Black, Lena Leach, Allissa Thompson



Do students think using their phones are a distraction or help in a classroom. Some current students at West Hills wonder, "Why can't I be on my phone during class?" While others wonder the opposite of "Why can't they stop being on their phones during class?"

By taking a survey of a random group of 100 students, phones have been voted a help in class by 70% of those students, 30% of the students disagree and think cellphones are a distraction from the students around them.

An 8th grade student, Skyler Dixon, at West Hills has gotten in trouble for being on their phone 5 times this year. one out of the five times was on the first day of school in art class. Skyler feels that, "Cellphones can be a help and distraction, but it depends on how you use phones." This is a debate that continues on up through high school. Alexia Thompson, a student from Copper Hills does not believe her phone is a distraction. Alexia says it plays a vital role in her education and she's glad when a teacher allows the students to use their phone as a learning tool. Alexia explained that the phone is equipped with many things that can enable education and a great way of learning. She states that, "Sometimes in my biology class, my teacher lets everyone get on their phones to take class tests."

The first time Alexia has ever gotten in trouble for being on her phone was this year. She wasn't paying attention and the teacher asked her to put it away. Alexia said that she hopes it won't happen again. Alexia looks for-

ward to the future, when hopefully the teachers will allow cellphones in class.

Though most students think that phones are a help, teachers and staff have a different point of view. The vice principal, Mr. Hughes, says that "Phones can be a help when used the correct way and for educational purposes; otherwise they can be a distraction." Mr. Hughes's opinion is that if students were allowed to be on their phones whenever they wanted for whatever they wanted, "Grades would go down, test scores would go down, people would graduate with a lot less skills, and their would be a lot more cyberbullying for example, it would be as if kids were allowed to have all of the candy they wanted whenever they wanted. candy may be great but enough is enough, plus to have all of the candy kids want whenever they want is not healthy and could make the kid sick." Mr. Hughes feels that cellphones are a good thing and they help you communicate better, and can be a big help if used the right way at the right time.

Mr. Hughes was asked what he thought about Copper Hills encouraging kids to use their cellphones for educational purposes like using them for quizzes or for using Kahoot. He stated that if it is used appropriately, it is good for kids to use their phones for quizzes and other school appropriate things.

8th Grader, Joey Coleman says this, "Phones open the world to more internet and to more information, to a calculator it helps you learn more and easier, quicker."

Students from Copper Hills also agree that phones are more of a help than a distraction. Josh Black, a Copper Hills Student says, "I would say to encourage it when teachers let you use your phones for help." Josh also says "I see students on their phone when they're not supposed to because they're bored and they don't really like school. You use it a lot in your elective classes and then not really in any of your core classes, but you use it for kahoots and then maybe if you just have some free time."

Students at West Hills also Copper Hills have many opinions about the use of cellphones during class though most students think that they are a help but some decided that they are a distraction, what do you think?

Do students really know their teachers?

By: Bailey Wardle, Jasmin Marquez, Montana King



Randomly chosen West Hills Middle School teachers have been interviewed about all their teaching experiences, what they love most about their job, why they teach, what they teach, and much more! Most students at West Hills do not know very much about their teachers, besides the fact that they teach, so here is some information about some of the WHMS

teachers for you to read up on.

To begin with, Mr. Larson, a seventh grade teacher. As a starter, Mr. Larson loves his job.

He has taught at many different middle schools and high schools. Over the last couple years of teaching he has learned to, "Not take anything that a student says too personally and to never let the students see you sweat."

"English has always been easy for me," Mr. Larson says, and that is why he teaches language arts.

Mr. Larson also has a life beyond school; he likes to write book reviews for the Deseret News.

Mrs. Hensel is one of the teachers that has been interviewed about her job. Most of the students know her as Ms. Stemle, but she just recently got married this summer. She is a ninth grade and eighth grade language arts teacher.

Mrs. Hensel loves telling her classes stories because she loves to see the reactions of her students, but she hates seeing reactions of students when she has to give out a test. "One of the worst things that has happened to me in class was when I lost my voice." She completely lost her voice and had to have a stu-

dent translate stuff for her to the class.

Mrs. Hensel chose to work at West Hills because it is the "Best hills!" Something she loves about her job are her students, and something she dislikes is waking up early. She loves all her students because all of them are different in their own ways. Besides teaching she can play the piano!

Lastly, a seventh and ninth grade science teacher, Ms. Howells. Ms. Howells is a science teacher. Even though she hates to teach the procedures at the beginning of the year, she loves to teach everything else! She believes in finding something good about every student and treating every student the same. She also explained how one of her former students came back and told her that she had become a science teacher because of her. After school she loves to work in her garden. She has eaten a squid before and she has floated on the dead sea. Also, she has two sons and Ms. Howells has never broken a bone!

In the end, West Hills Middle School students should get to know their teachers more. Maybe there is more than meets the eye!

Are Kids Messy or Are They Just Disrespectful?

By Colin Agla, Jacob Miller, and Cameron Mildon

West Hills students are great people, and the staff is also good. The custodians do amazing things for the school to keep it clean, as do the majority of all students, but some students are leaving messes next to the garbage, in the classrooms/hallways and in the cafeteria. Why are those few dirty students not stepping up to do their part? Are they just dirty, or just lazy and disrespectful?

Dan and the other school maintenance workers do an incredible job making sure the school is clean. The night janitors work after school to clean the bathrooms, get pencils out of the ceiling, pick up paper airplanes, and do general maintenance. The sweepers job is pretty self explanatory they sweep up paper, dirt basically any garbage in the school. West Hills is one of the cleanest schools in the state.

One student that cleans up after herself, but who would like to stay anonymous does not think West Hills

is a dirty school. Another student, who says that they are okay at cleaning but not all the time, says that they also think that the school is clean.

Yet some of the students here have been stampeding the halls lately, leaving trays all over the lunchroom and garbage on the hall floors. Dan's job isn't just to clean up messes in the hall or the cafeteria during lunch. He does other things too; such as acting as a hall monitor, or working on maintenance issues. He even spends time trapping gophers and mice. Not to mention, the poor guy only gets 20 minutes in between each lunch period, so it can be really difficult to keep up with his duties when students are extra messy.

The good news is, on a scale of 1-10, Dan rates current lunchroom messes, "At a 1 because students have done really well so far at cleaning up after themselves." He's even seen students clean up after others, which he really appreciates.

Similarly, Vice Principal has also personally witnessed students clean up over ten trays other than their own.

Since leaving a mess does not happen very often at WHMS, some students wonder what happens to those few who are messy? Do they get punished for

leaving messes? According to Mrs. Vandermeiden, no. Not unless they do it repeatedly, at which time they are required to stay after lunch and help clean up. Furthermore, students are not allowed to take food outside or in the halls because of the potential for huge messes.

So keep up the good work WHMS. Don't make messes and rob this school of the award for being one of the cleanest schools in the state. Clean up after yourself and others. Please don't make the job harder for Dan or the sweepers. West hills is already a good, clean school, but the students need to help the staff.



RECYCLING GONE WRONG AT WEST HILLS MIDDLE SCHOOL!!

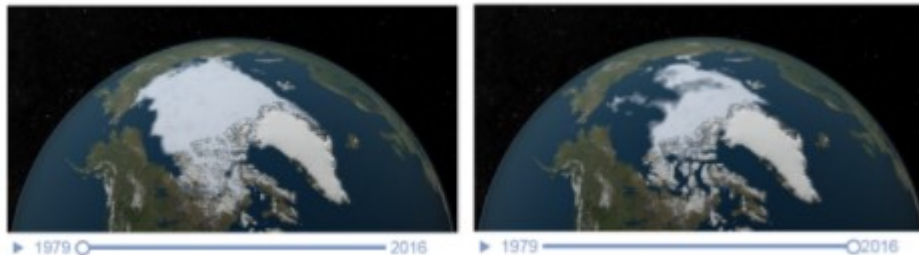
By: Peyton Lambourne

West Hills has a problem. Kids are recycling cans, gum/candy wrappers, and other things that are not supposed to be recycled here at the school. Many people do not know that paper is the only thing you can recycle at this school. So, what can you do to be the change? Are you doing your part? Are you recycling whenever you can/should?

Did you know only one thing can be thrown in our school recycling bins? It's paper. Paper is the only thing that can be put into the recycle bin in your class. Many kids think that other paper-like products can be thrown in. Cut up paper is fine, as well as ripped paper. As long as it is just pure paper, you are fine. Many students throw can-

dy wrappers, or bubble gum wrappers into the recycling bin thinking that they are paper. But this is wrong. This paper has a waxy film and is not recyclable and could cause problems for the environment.

What happens if someone puts something in the recycling bin, that cannot be recycled? Mr. Smith said, "If I saw it, I would take it out." This is a good habit for teachers around the school to get into. But it doesn't always happen this way. Some teachers end up throwing out the whole bin if there is something that can't be recycled in it. This is understandable because they don't know how much more there is in the bin.



How does recycling help our planet? One of the main things recycling can do for our planet, is that it can reduce pollution caused by waste. This is helpful to us because if there is too much pollution in the air, people can get sick, animals and their habitats will die, etc. So you can see why it is important.

The arctic sea ice has melted. Recycling can help this. The problem is that people aren't doing their part. For example, the ice caps look a lot different since 1979. This is due to climate change.

So what can you do? You can make sure you aren't recycling anything that can't be recycled. You can also help teachers out and tell them if you spot something in the recycling bin that cannot be there. Many kids don't know that paper is the only thing that you are allowed to recycle here at West Hills Middle School. If you have cans, or glass, you can either throw them away or just take them home and recycle them there.

Dear Abby...



No matter how small or big the problem, Abby is here to help!

Dear Abby,

I have a problem. It is that I can't think of a problem in my life. Please tell me what problem I can write about. Oh Abby, I am trying to think, but it is hard. Actually don't tell me. I figured it out. It's you! You never write back! P.S. I hate you!

Sincerely, Fidel

Dear Fidel,

I am sorry you hate writing to me, But I love writing to you, I really enjoy writing back to people; I think it is really fun, but it is okay if you don't like writing to me. A lot of my friends don't like writing either. The only thing that matters is finding what you love to do, and you do it. You will find what you love. Still your friend, Abby

Dear Abby,

My parents got a divorce and I feel sad about it, and so do my siblings. What do I do?

-Anonymous

Dear Anonymous,

I am so sorry that you have to deal with this, divorce is a difficult thing to go through and no one should ever have to experience that kind of a thing, even though, unfortunately a lot of kids do.

To feel better you can talk to your siblings or just simply write down your thoughts. I would also recommend talking to your friends.

Surround yourself by people who will support you, and support your siblings as well. The counselors would be a good person to add to your corner of support. Remember, you will make it through this. I hope things get better soon. Your Friend, Abby

Dear Abby

I'm an awkward, shy, and clumsy new student in the ninth grade. I live in a house with nine others, and I feel lonely often, even though I'm crowded. I feel like a burden and a failure most of the time. Everyone says they love me and love having me around, but I still feel terrible. I know I'm not going to have a million friends on the first day, but I still feel hopeless. How can I cope with my awkwardness? Please Help.

-Nervous New Girl

Dear Nervous New Girl,

I'm sorry that you're going through some awkwardness and it kind of sounds like you're going through a little depression, and I'm sorry that you feel like a burden and a failure. You shouldn't have to feel like this, because you're not.

To help you make it through these problems you should try doing some of the school's activities like knit hats during Leap or join the yearbook committee or join the PTSA student reps to make some friends.

Try to find something you're good at and not beat yourself up about where you fall short, because it sounds like you're beating yourself up over stuff

Maybe try to practice talking to people so your not so awkward around them.

Try talking to a teacher or to one of the counselor they will listen and be there for you.

Hope this helped!
Your Friend, Abby

West Hills Declassified

School Survival Guide

By: Abbi Ray, Maggie Clayton, and Mia Marquez

Hey Wildcats! Middle school is hard to get through. From hallways to homework you're problems are in numbers. So here are some tips and tricks to survive here at West Hills Middle school.

Lockers- Lockers might seem really scary at first. You may even have nightmares about opening it. Mrs. Walker, a



counselor at West Hills, has a daughter who was really scared of her locker when she entered seventh grade. She even had nightmares about it. To help with this fear she practiced before school started on her shed lock. By the first day of school she was so confident in her ability

to open her locker she even opened five other people's lockers for them. It will take time to get it down but, don't get frustrated. Practice makes perfect.

Hallways- We all know that navigating your way through the hallways can be super tough. Around every corner is a group of friends talking to each other standing right where you need to go. It is even harder being a seventh grader because you don't know where to go and the tall ninth graders make it almost impossible to see where you're going. A secret we have come to discover is, you can get anywhere from the 200 hall. That hallway can get you anywhere and once you know that you will be able to get to your class faster than you ever have before. Although the 200 hall is helpful, sometimes it is packed and you want to avoid it. Some

ways to avoid that hall you can go down the 100 hall right by the office and turn into the hall near your next class.

Friends- There are so many people in this school it is hard to find the group that you belong in. The groups vary from athletes to video gamers and every group in between. A good tip of advice is to play around with the different groups and be yourself. See where you belong and have fun! We have four counselors here at West Hills they can help students with any problems they have. Don't be afraid to ask questions and get help.

Homework - Let's just say it: nobody likes homework. A way to avoid homework is to do your work in class, especially LEAP. Use your time wisely. If the teacher is giving you time in class why wouldn't you want to take it? However even when you use your time in class, sometimes you still have homework to take home. If you are having a hard time with a subject, just ask your teacher. You could even ask someone in that class who gets the concept to help you if you are not comfortable with your teacher.

Teachers- Although there are no bad teachers here at West Hills, sometimes students don't get along the best with a certain teacher. Students may think a teacher is treating them unfairly or picking on them just for being them, however, it is rare that teachers will do this. They are there to help you succeed and would never want to watch you fail. But if you do feel like you are being treated unfairly you can talk to the counselors and get your teacher changed or talk to the principal if this teacher is treating you badly. A way to get teachers to like you is to be respectful. Do what you are supposed to when you are supposed to do it and all the teachers will love you. You don't even have to be amazing at what you are doing you just have to try your hardest

7th graders' questions and 9th graders advice- 7th graders have many questions as they are coming into their new school. Middle school is a lot more complicated than elementary. You have a locker, a bunch of different teachers, NO RECESS. So coming in takes some getting used to. One 7th grader, who preferred not to be named, said that she has problems with the hallways mostly. This 7th grader has dropped her pencil multiple times in the hallways and says "I never get them back." This is something we all struggle with, but a 9th grader Gracie Pendleton, who has

been here for three years might have some advice that could help you. Lucas Clement a ninth grader at west hills says "most teachers have extra pencils if you need them. But make sure you put your items in your binder so they won't fall out."

Leaving your homework in your locker is a real struggle as well. Just imagine sitting in class and your teacher says "Get out your assignment from yesterday." and it hits you like a truck. Oh no! You ask the teacher to go to your locker and get the assignment. Teachers get irritated when this happens. You are missing valuable class time. A 9th graders advice for this situation is: "Try your hardest to stay organized." Says Lucas Clement a ninth grader at West Hills.

Counselor Advice- Some advice Mrs. Walker, a counselor at West Hills, has is to "Have a growth mindset". This means to find the good in every situation. If you don't do to well on an assignment or test, think of something you can do to fix it, ask the teacher if you can retake it or if there is any extra credit you can do. Don't give up think of the bigger picture, have a "Growth Mindset." If you need any help at all, the counselors are here to help students at West Hills Middle School. It might seem scary to ask for help, you may even think it is embarrassing. The counselors will not share anything it is all confidential. They can help you with the small things too like getting through the hallways. Don't be afraid to ask.

That was some advice on how to survive middle school. Getting through middle school will not be easy and you may have a few rough days but, know that everyone at the school is here to help you learn and grow. Trust your teachers that they know what they are doing and know what the best thing



The Movie Rating System

By: Ella Morris

Everyone knows the ratings of movies, G, PG, PG-13, R, and Unrated. But perhaps it's time for some things about the movie rating system to change.

Many movies are interesting and appealing for teenagers, and yet are rated R. Some kids are not allowed to watch rated R movies. For example: **Logan**: A Marvel movie. The last two *Wolverine* movies and all the *X-Men* are PG-13. But then they made Logan rated R. So some teen fans are banned from seeing the newest movie.

A lot of rated R movies, could easily be changed, honestly *Logan* could've been PG-13 if they took out a few things, so that the rating would not be so high, since they are rated mostly through violence, sexual content and swearing. But directors and producing companies choose to add extra stuff that isn't needed to the movie just to get a higher rating.

Batman v. Superman, this is a PG-13 movie. But if you went to buy it you would find that it was rated R. Why? The director added more violence and a little bit more swearing than the PG-13 version. Why did they have to change it? It was perfectly fine before the rated R version. Some people could possibly want a more bloody version of it, but by changing the rating, the director cut off many teen viewers. He did it to up sales, but was it worth it?

Even younger movies are changing to get higher ratings than 'G'. *Zootopia* was a good movie, but they should've had a little bit more warning about a few words of swearing, especially a Disney movie. It's sad a childhood movie company has to make cartoons swear, just because other movies do.

Angry Birds, is rated PG. If you googled why, it would say "They use Posterior and Urinating jokes." Which for young children can be inappropriate as they can repeat it.

Also in the movie there is a bird who swears. There are many young children who go see that movie and learn things that aren't so great.

There's no necessary reason to put inappropriate jokes and swearing in a children's movie. They just do it to appeal to adults.

What about movies that don't deserve the rating? ***Cabin In The Woods*** is also rated R. Yet there is no R rated swearing in it or sexual content. There's just lots of blood, like most Action and Horror movies. But quite a few PG-13 movies have blood and gore, like *The*

Walking Dead. If *Cabin In The Woods* could've dialed the blood down a little to be PG-13, they would've made more money because more children could see it. And while quite a few people here are allowed to watch R movies, many kids can't.

Not only are needless changes and add ins messing with the rating system, but so are changes in the system over time. How has the rating system changed throughout the years?

Poltergeist, a film made in 1982, is rated PG and did great in the box office. It is rated PG for swearing and violence. But the graphics sucked! It was made so long ago that compared to today, the graphics are not believable. Usually in PG movies now of days there only a few swear word here and there and it's mostly one common word. But back in the 80's there are all sorts of swear words. Most older movies swear like PG -13 ones do.

What else is also surprising is the old *Poltergeist* made more money in the box office than the 2015 version did. The "New *Poltergeist*" is rated PG-13. The original *Poltergeist* was at the beginning of a ratings controversy that ended up creating the PG-13 rating, as the intense film went out as a PG movie."

Poltergeist 2015, Remake rated PG-13. The remake of *Poltergeist* was rated PG-13 for language and horror/ effects. (Which the effects were so much better in because graphics got better and smarter. They've come a long way since the 1980s) But all the swear words that were in the old *Poltergeist* are exactly the same as the newer one. The movies just have different ratings.

Batman 1966, rated PG, compared to modern day *Batman* which is rated PG-13. But in the 1960s there were mostly just green screens for effects. About 40 years before that a car was invented.

Batman Returns, 1992, rated PG-13. If you look up why it's rated PG-13 the internet will say "The Scarecrow's voice sounds very menacing and may disturb young children. MPAA/USA - Rated PG-13 for intense action violence, disturbing images and some thematic elements."

So not even 30 years later the rating system was on its way, trying to be more aware of swearing, violence, and disturbing things.

Batman The Dark Knight. 2008, rated PG-13. Almost 10 years later they made another *Batman* which was successful in the box office making over \$1.005.00 Billion USD. This movie was rated PG-13 because The MPAA handed a PG-13 rating to The

Dark Knight Rises, for "Intense sequences of violence and action, some sensuality and language."

Batman vs Superman, 2016, rated PG-13 or R. *Batman vs Superman* is rated PG-13 for violence, swearing, and action. Also there's a rated R version that was talked about previously. It's hard to believe that DC comics made an rated R movie. How it has changed? First you had a PG *Batman*, then PG-13 *Batman* then *Batman vs Superman* which is either PG-13 or rated R.

While many movies add violence and swearing for artistic affect, many more do so for money. But is it possible that these R movies could make more money if they were PG-13? There would be more people watching the movies. Everyone would be able to watch them which means kids would be experiencing the movies they're were previously not allowed to watch. Movie companies, actors, and the movie theatres could be making more money if the rating system was thought about more.



Utah Defeats BYU!

By: Ethan Kautz, Cade Hamblin, Max!mus Whitfield

The Utah Utes beat the BYU Cougars on Saturday, September 9th in Provo, Utah. The rivalry is usually close in score and this year was no exception. The Utes edged out on the Cougars 19-13. BYU now 1-2 with the only win for the



Cougars being against Portland State, while Utah is 2-0 and has wins over BYU and North Dakota.

Tyler Huntley, The Utah Quarterback had a total 389 yards.

Utah claims a 60-34 lead all time against BYU.

Utah plays San Jose State next, while BYU plays Wisconsin.

In the Utah-BYU Game, BYU had the ball

towards the end of the game with the score 19-13 for Utah. BYU was forced to go for it on fourth down. The Cougars set up a passing play and were ready.

On fourth down the Utes tackled BYU quarterback, Tanner Mangum. Mangum was injured on the play and Utah won!

Utah Coach, Kyle Whittingham, said the Utah vs BYU game is always tough, however, he said the Utes didn't play to the best of their abilities against BYU or North Dakota.

Students at WHMS shared their opinions on the two teams and here are the results: In seventh grade, there were nine Utah fans and five BYU fans, while in C lunch, there were ten Utah Utes fans and four BYU fans.

The future expectations for BYU this season are bleak. The Utes future is uncertain, some think it's good, some think otherwise. Most predictions say Utah will lose to USC, Stanford, and Washington.

Will either team have a good season? We will find out.

Utah State is 1-1!

By: Ethan Kautz, Max!mus, and Cade Hamblin



The Utah State Aggies improved to 1-1 after a victory over Idaho State on week one. It was a blowout in favor of the Aggies after a loss to Wisconsin who beat them after Utah State was up 10-0.

Teacher Jill Howells said

the Aggies (her favorite team) will win about half of their games and will beat BYU 21-6. She also said she thinks their schedule strength is a 6 out of 10. She said their biggest threat will be BYU. And their easiest win will turn out to be their win over Idaho State.

Shayna Savage said BYU and Utah are both great and will be the best (but she hopes Utah

State will be). She thinks BYU will beat the Aggies. Their schedule strength is a 7 out of 10 according to her. And overall they will go 5 of 12 according to Ms. Savage. Will Utah State be in a bowl game. We will find out.



West Jordan High's Football Program

By: Marman



The JAGUARS season has had a good start. West Jordan started the season with a spectacular first game performance on September 18, 2017 at Westlake High School against Westlake, scoring 40-14. The Jaguars had a good performance. Dancon Omar set the tone straight from the get-go with a 66 yd touchdown. The team played excellently

and took the that win that they earned due to good sweat and effort.

As head coach of high school football program West Jordan, Coach Meifu, said, "We had a good performance from all 77 players and got a good sense of urgency this game." As a first game win for the start of the season and many college scouts have gone to their games this year as Jaguars have 3-1 season.

A lot of college scouts this year have stated that they want kids who have a good work ethic rather than natural talent who can't learn anything. College scouts also want a good athlete who will give good sportsmanship.

Many want a kid who has a good and positive effect on those around them but, also a

good academic athlete such as West Jordan's last year graduate Alden Tofa. Alden Tofa averaged a 3.9 GPA last year and was recruited by many colleges and chose to go to Brigham Young University also known as BYU.

Coaches have stated that "West Jordan's Program has gradually gotten better over the years since Coach Meifu has taken over". The following week they lost to Kearns High School Football. The score for the Football game between Kearns and West Jordan was 24-14. West Jordan had a good game but late injury notice on Jason Ruiz shot to the back. He had a dirty play and took a not so clean hit to the back and has been out for a week now.

West Jordan had a huge success in Idaho with a 10-3 win. "It was a long drive for all 77 kids on the roster and the coaches were having a huge cramped and tight spaces in the bus" said the coach. Jarvis Oliver also claimed the team had so much hype they got the bus driver to stop the bus and talk about yoga.

With as good of a football season as West Jordan is having, WHMS students should come and watch their game against the team from the other side of West Jordan city, Copper Hills High School *October 6, 2017*. The two high schools have always been rivals since the new high school Copper Hills came into the city claiming to be the real representative for West Jordan City.

Copper Hills Brings Home Their First Win!!

By: Kadius Fuimaono

First Win! Just two weeks ago 35 players at Copper Hills High school had an experience of a lifetime. They broke the Copper Hills losing streak, winning against Ben Lomond. Copper Hills was happy, other schools surprised. But was this win legit? The team played in OT (overtime) to take home their first win. In the end the score was 16-13(OT). But last year they lost to Herriman, they lost to Kearns, they lost West Jordan... Actually they lost every game. Now they had a win, but after winning this one game they they went back to losing once again.

After their losing streak (0-27 games) the football program had to do something. The school hired new coaches and recruited new players. One of them being coach Corey Dodds as head coach. Coach Dodds was a linebacker for the Utah Utes in 2005 when they won the fiesta bowl champs so you can say he has experience. The new head coach said, "This team has a lot potential, it has a lot of talent, all they needed was a head coach."

The players have also changed up. There's a new quarterback, straight out of Hawaii his name being Kana'ipono Kahala-giron. He played for Orem both 8th grade year and his Freshmen year. There are also new players for running back, and full back. The wide receivers are now standing at 6 foot 3 or taller. one of the senior wide receivers, whose name is Jamarius Earls has already received an offer from Utah State.

"The team has a lot of talent," said Coach Dodds. "They didn't have a reason why they shouldn't win; they have the talent; they have the work ethic." So if the potential was there

why was CHHS football team 0-27, before their recent win? (That means they had lost the last 27 games they had played.) Many fans believe that got into, and are still in, "That losing mode and losing mentality."

Going into the first game they were ready, after training in their new weight room and with their new equipment, and now dressed in their new jerseys and new helmets, they ran out onto their new Garrison football field ready for a new start. Kearns was their first game, One Kearns player, Xavier Afatasi, told what he was thinking before the game. "It's Copper Hills. They suck. We are going to smash them." Sure enough they did smash Copper Hills.

The team gave up, and started to look like the old Copper Hills. The lost to Kearns and that was disappointing, Copper Hills Football record was 0-1 for the season, and the starting Quarterback Kana'ipono Kahala-Giron was injured, and the backup Quarterback, Dallan Jensen, was injured as well.

The team had to pull in their freshman Quarterback Kadius Fuimaono, from West Hills Middle School for the next game against Ben Lomond. Most people didn't have much hope for the team. But come game time, Kadius surprised people. This freshman quarterback, only 14 years old, played varsity and led the team to their FIRST WIN!!!

The freshmen Quarterback made history. Just when people were doubting him he rose up to the challenge and worked hard. His



name is After interviewing Kadius he said, "It was an amazing experience as a freshman Quarterback." Finally Copper Hills came home with their first win in 2 years, breaking their losing streak.

Kadius has become a bit famous and known as the Freshmen quarterback who broke the losing streak. Things were looking up. But after their first win they went back to the same old Copper Hills high. As of now Copper Hills has won 1 game and lost 5.

So was it just luck or was it hard work? You pick. After their first win they went back to losing. They lost to Cyprus 44- 28, and Ridgeline 47-13.

When the losing again, people started to discredit the Ben Lomond win. One student from Ben Lomond named Kaden Jones he said, "They only won because they paid the referee and they got lucky." Others say they only won because They are 3A team which is the lowest ranked region. "They are a team in Ogden so therefore they suck," said people of Copper Hills.

But one way or another, this is a new team, and new things are happening. Who knows what other surprises Coper Hills can pull off this year. Come see: Their next is against Riverton, on Friday September 22. Come support West Hills' favorite team.

Undiscovered Books

'Hi students, do you like to read? Do you have a hard time finding your next book obsession? Well if so you will like to read these

Pax

This book is about a boy and his fox and them going to an adventure through the forest to find the fox's parents.

By: Sara Pennypacker.

Backlash

This is a story about a student in high school who was told a lie on Facebook: That the boy she likes actually likes her. She was bullied through Facebook, until she thought about suicide but something happens to change that.

Read it and find out what,

By: Sarah Littman.

City Ember

This is a book of how the main character to invent a light bulb. He got his family killed by lightning, and he's trying to bring his family back from the dead but something went wrong and will need help from his mysterious friend.

By Jeanne Duprau

The Dreamer

The dreamer is a book about a boy who hears a strange voice in the forest. He decides to go follow the sound and finds a mysterious cave in the woods. When he goes in the cave he finds something really odd which leads him on an adventure.

By: Pam Muñoz Ryan

In a Perfect World...

By: Gabrielle Oertle



Far into the future, where humanity faces no problems, including death.... This is the subject of Neal Shusterman's book **Scythe**, published November 22, 2016. *With book reports just around the corner some students are struggling to find a new and interesting book to read. With a 97% approval rating this seems like a good choice.*

The storyline is rich and full of unexpected twists while keeping to the main plot ideas. In this future, mortality has been cured, and people called Scythes keep the population in check. It's a gruesome, thrilling, award winning book with a lot to offer.

The book is set in a world where there is no disease, no hunger, no inequality, and the scythes rein supreme. Not all Scythes respect their power, though, some abuse it.

The book follows two teens, Cirta and Rowan, who are chosen to be a Scythe's apprentice, a position that neither of them want. The two teens are under the same Scythe, Scythe Michael Faraday. They are taught the art of killing, without being emotional and keeping to statistics. Distanting yourself while keeping your sanity.

When asked if he is planning anymore books for the series, Neal Shusterman stated that, "There are three books planned. I know where the story is going. The exciting part is discovering how it will get there!" Now is a perfect time to invest in this series and have a very interesting book report for your teachers!

So, whether you love to read, or hate to read, **Scythe** is an amazing thriller that is sure to ensnare any reader who dares to pick it up!

"Once Upon a Time" The Beginning or the End?

By: Arieana Santos



Once Upon a Time's actors Ginnifer Goodwin (Snow White), Josh Dallas (Prince Charming), Jared Gilmore (Henry), Emilie de Ravin (Belle), Jennifer Morrison (Emma Swan), and Rebecca Mader (Zelena aka the Wicked Witch of the West) are leaving the show. With their contracts expiring they had the option to either leave the show or renew their contracts; the six actors, choose to leave the show rather than returning for the seventh season.

Actors, Lana Parrilla (Regina aka the Evil Queen), Robert Carlyle (Rumpelstiltskin), and Colin O'Donoghue (Captain Hook) have renewed their contracts to return to the seventh season of *Once Upon a Time*.

With so many actors leaving fans began to worry, how will they make the seventh season? Directors have said "There will be a big time jump in season seven to make up for the loss of the six actors." All though Jennifer Morrison is leaving the show, she has agreed to do one episode in the seventh season.

So now the question is why did the actors decide to leave? Jennifer Morrison said, "Obviously any decision like this is really tricky because I care tremendously about the show and about everyone involved in the show. I've loved being there, but six years is a very long time. I did six years on *House*, and then I did a year on *How I Met Your Mother*, and then I did six years on *Once Upon a Time*. I needed personally to move on to new things. It just was time. I needed to be not living away from home, so far from home. I feel like I'm at home in New York and Los Angeles, so I wanted to sleep in my own beds, and be by my family and friends,

and have a life again. It was just time personally and professionally to step away when my contract was done."

In another interview, asking how she felt about leaving, she said "I feel great. Listen, from Day 1 I've always said I love Eddy and Adam's writing and I love the stories they come up with, and I feel like they do such a wonderful job of taking these characters on really rich journeys. So I'm very pleased with the journey that they had taken Emma on through the whole six years, and I'm pleased with where they've taken her to at the end of the six."

When asked how the directors and cast felt she said, "Obviously, it's bitter-sweet on both sides. We all love each other. I love Adam and Eddy, and I love everyone on the show, so it's tough. But it's also a family. We've become a family. We've worked so closely with each other over the last six years that you really do become a family, and you know each other very, very well. Obviously, ABC and Eddy and Adam did want me to continue, but when I knew that the right thing for me was to move on, they were kind and supportive and lovely about it. There's no bad blood, we're all parting as friends, we all still care about each other very much. There's no drama here."

Here's what some fans of *Once Upon a Time* at West Hills think about the actors who are leaving and who are staying. Kaitlyn Santos said, "I was mad that Hook and Emma's love story will be gone, but I'm also very excited that Hook will still be there. I'm not sure how good the story will be now, but at least Hook is still here. I don't know if I will still watch the show, but I will try it."

Another student said "It's my favorite show, I love it. So when I heard about the actors leaving, I got very sad. My favorite show was losing over half of its actors, and I didn't like it." She said "I will give it a shot, and if it's not good, I will just stop watching it. I don't want to stop watching it, but you can't always get what you want so it will have to do."

Word Search

NAME: _____ DATE: _____

A R B G I H R E M M U S F W K Y B N O J T D S B G U S A Q K P X Z T R A X Z H S C L L B G H C N U L M A S D Q J P L N G R K R X E R C N T H O S I C T I V A A Q I E S W F U D L G S U M R W E I P L S K R R C T G Y Y V N R A E T X A N V R W T I K C F F I U C O V A T E I Z R E X U U D T B B M L E A N B Q F G Y E S Y I K O I A D T H V I I N B E A N N X S C I E G B T T U K I B K Z G M H N R I C E X A L M M B D A J E G G P E U M V H Z D M G N I R P S P	TEACHER STUDENT MATH SCIENCE ART JOURNALISM FALL SPRING SUMMER WINTER WRITING READING PE KEYBOARDING FRIENDS	LUNCH
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By Gracie Dorte 2023



Special Thanks to Dunkin' Donuts and Little Caesars
for Donating and Supporting West Hills' Journalism
Class!

Joke Time!

What do you call a patronizing criminal walking down stairs?

A condescending con descending

What was Beethoven's favorite fruit?

Ba-na-na-naaaaaaaa

Where did the general keep his armies?

In his sleeveies

What is Harry Potter's favorite method of getting down a hill?

Walking... JK, Rolling

What's the difference between a well dressed man on a unicycle and a poorly dressed man on a bike?

Attire

Why is Peter Pan always flying?

*Because he never lands.
I love this joke because it never gets old.*

Why didn't the Mexican archer fire his bow?

He didn't habanero

What do you call a walking nun?

A roamin' Catholic

"I got an odd-job man in. He was useless. Gave him a list of eight things to do and he only did numbers one, three, five and seven."

Have you ever tried to eat a clock?

It's very time consuming

I wasn't originally going to get a brain transplant, but then I changed my mind

Zodiac Signs

By: B

Aquarius Jan. 20- Feb. 18:

A downfall of work will soon hit. Prepare!

Pisces Feb. 19-Mar. 20:

You will be noticed for your good qualities.

Aries Mar. 21-Apr. 19:

You will experience many moments of happiness this month.

Taurus Apr. 20-May 20:

You will find faith and opportunity.

Gemini May 21-June 20:

You will find love or heartbreak.

Cancer June 21-July 22:

Expect the unexpected.

Leo July 23-Aug. 22:

Do not go looking for trouble.

Virgo Aug. 23- Sept. 22:

You will find good luck today.

Libra Sept 23- Oct. 22:

Beware of something you love disappearing.

Scorpio Oct. 23- Nov. 21:

Beware of lost loved ones.

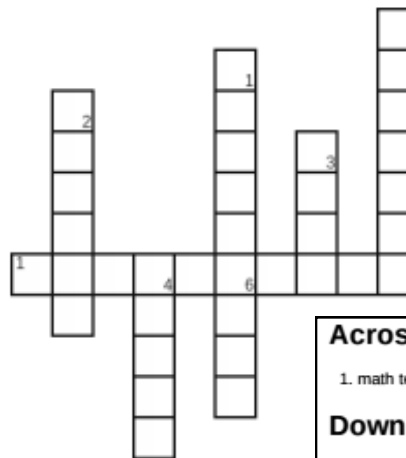
Sagittarius: Nov.22 - Dec.21

A good friend will give you some untrustworthy advice.



Entertainment

Teachers that Left WHMS



Across

1. math teacher

Down

1. CTE Teacher
2. art teacher
3. art teacher
4. dance teacher
5. math teacher
6. language arts teacher