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 Editorials are the opinion of the writer and that of the newspaper staff. The Honker stands as a high school newspaper for both information and entertainment. Our motto is simple: "To report, to jest, to educate."

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If You Really Knew Me

As children enter school, they invent their own unique personality. Some children develop into quiet, shy students while others become bullies or preps. Regardless of the personality type, there are many students that will say and do things that will harm others. Different cliques have different names given to themselves, like the Jocks, Goths, Emos, Nerds, and Outsiders. These titles given to student groups have been around for decades. The only thing that has changed over

the years is the style of clothes they wear and levels of aggressiveness. A TV show called *If You Really Knew Me* goes to different schools to challenge students in an emotional expressive way that allows different cliques, groups, or individual students to share something that has affected them deeply. It makes them recognize their own wrong doing on and that of other individuals. The show's challenge teaches people to accept others as who they are. I believe that this

should be done at every school around the country making teenagers communicate with each other on a more positive level. This will allow the offenders to recognize those who they would normally ignore or harass. Once students actually learn about each other, they could possibly make new friends along the way. It is these types of friends that will probably stay with them for the rest of their life as long as they give other people a chance. There are too many

teenagers thinking that they are worthless, ugly, or different; thinking that they are not special enough to feel that they belong. All of us should be treated the same. Life is too short to spend it on wasting time making fun of someone or trying to be someone they are not. If only teens would be themselves, there are so many people who will like them just the way they are.

Sydney Kline
Staff Reporter

Opinion About Opinions

Most people will have their own opinion on any subject given whether asked for it or not, and most of the time it will be the opposite of what was already stated. Have you ever asked for a person's opinion, and then wished you had never asked for it in the first place, and do or think the opposite of what they said? People ask for opinions all the time, but does anyone really care about opinions? Some people do and others do not really care about opinions,

at all, then there are those that have mixed emotions (feelings or thoughts) about opinions. He or she can automatically tell who cares about an opinion by the way they hold themselves. Those people are always asking for an opinion from a friend no matter what they think. Whether it has to do with what they are wearing, how their hair looks, or what to do. Then, they will do whatever is said to them. They basically lack self esteem.

Then there are those who could care less about asking and or answering opinions, whether because they either are pessimists, or they just do not care. It does not matter to them whether or not you like what they are wearing, how their hair looks or who they. They might even just do the opposite of what you say just to bug you. Some people do not know what to think because they want to be themselves, but do not want to be made fun of. Those types can be very self conscious.

They can be known as people pleasers, who will do anything to please people. There are so many people that have different opinions on opinions. You can choose to agree with them or not. There are all sorts of different ways to think of them. You can either do what they say, be yourself and do what you want, or be "wishy-washy" be both.

Teresa Biggs
OP/ED Editor

Opposite Sex Day

High school is a place that has awesome rallies and out going students. One of the great things about high school are the spirit days. It is a chance for kids to break out of their shells, dress in goofy clothes, raid their closets and think outside of the box. Spirit days change all the time, but there is one that has stayed the same for years, opposite sex day. Guys dressing as girls, and girls dressing as guys; what is not hilarious about that? Some teachers do not like this spirit day, saying some students

dress to provocative or sexual. I say yes, some kids do dress inappropriate, but should we punish the whole school for a group of people that dress a little too provocative. The students that are following the dress code are having a great time dressing up for spirit days. Sure some guys go too far with the variety of girl clothes worn during opposite sex day, but that is what makes it so funny. Think of it this way, it gives students the confidence to feel great even in the silliest clothes.

I also believe that the teachers should dress up for spirit days. Teachers are always telling students to dress up and have school spirit. By dressing up they would set an example for students, which would make an impression showing that the teachers have spirit also. Would not that be a sight? Walking down the hallway and see the teachers dressed up as little kids, the 80's style, or even opposite sex day.

Teresa Gontiz
Staff Reporter

Closed Campus Activities

WHS held its homecoming closed campus on Friday, Oct. 15, providing the school's clubs an opportunity to raise funds for their perspective club through selling food and drinks during the student's lunch period. While students were eating their lunches, each class brought their class float and spirit vehicles on campus for the finishing touches before the parade. The band seated on their float played during the parade lineup and during the parade. The Spanish Club brought their float to the parade line-up with five girls dressed in native costumes performing a

native dance. The Marines military recruiter set up a portable pull-up bar allowing students to test their strength against the bar. Girls held themselves for up to 70 seconds and the boys performed the pull-ups against the clock. Participants could see how long he/she could perform the drill based on the Marines requirement. The following clubs and classes provided the lunchtime food and beverages: bottled water and Crystal Light mix, drama club; tri-tip sandwiches, FFA; ice cream sundaes, journalism/newspaper; enchiladas, Spanish Club; and egg rolls, Culture Club. Each of

the classes sold lunch food during the lunch hour, food sold were seniors, pizza; juniors, Arizona tea and nachos; sophomores, Round Table breadsticks; and freshman, hot dogs and snow cones. Before the lunch time activities were finished, many students had left the campus before the parade had started. These students that left the campus early, missed out on a lot of fun and good food. Next year, when we have homecoming week, instead of thinking of leaving, try participating in the fun. After all homecoming is for all of us.

Jolene Pozzi
Staff Reporter

The Hungry Killer Inside Me

Students eat breakfast, lunch, dinner and usually a snack throughout the day, but with the "no eating food in class" rule, students are making that little snack impossible! Without being able to eat any food in class, especially the students with diabetes or low blood sugar, students find concentrating on what the teacher's is lecturing very difficult. Having to work on class/home work, studying and even just trying to pay attention in class, very difficult. Students need brain power and energy, which comes from food and drinks other than regular water.

Many students are unable to eat breakfast because of the time limits, and with only a five minute passing period between classes. It is impossible for students to leave one class during the passing period, make it to the snack bar then to the next class on time, not mentioning actually being able to eat that food. What WHS needs is a 10 minute break to give students the time and opportunity to students to pull out some food and actually consume it. WHS offers a time for breakfast before school. If the daily schedule could provide a snack time between

3rd and 4th periods, then students would have lunch after 5th period, the students would not feel so run down. Or, think of it this way, students would have breakfast when they woke up; two periods later, students could have a snack; again two periods later, the school serves lunch; two periods later, and finally, either a snack at home or dinner. So instead of starving for food till you feel sick, take 1 1/2 minutes from each class, and BAZAM, no distracting hunger pains, and cranky students.

Stevie Green
Staff Reporter

The Benefits of Exercise

There are a lot of benefits to those who exercise. The most important is the feeling of satisfaction after exercising. Exercising improves your mood. If you need to blow off some steam, working out at the gym can calm you down, or taking a long jog. Exercise is also known for helping people manage their weight. Trade some couch time for walking or other physical activities and you might see some pounds disappear. Exercise boosts a person's energy level. Regular physical activity builds up stamina allowing the person to be able to increase the

amount of time exercising. "Your body is made to move, not sit and do nothing," Mrs. Ansel said. "Joints need to bend and muscles need to stretch and pull to prevent stiffness." Exercise promotes better sleep as well. After running a few miles, you will be more tired at the end of the day and you will be ready to go to bed early. I really believe that exercise improves your overall physical and mental health too. After exercising, I feel more alert, refreshed and more focused to what I am reading or listening too. I feel that when I exercise and do

physical activity that I am more happy and energetic the next day. I also believe that for those who do not exercise that they should try to do something. In time you will see that you are actually looking forward to exercising. Remember, that the more exercise endured the more focused you will be at school or your job. You will find that your mind will be more clear and focused. I find that listening to music while I exercise passes the time away. Try it and lets geet exercising.

Linda Thurman
A&E Editor