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Pardon Me, Excuse Me...Move It!

Cathy Soneouthay
Staff Reporter

I find the constant congestion in the main hallways by the gathering of our youngest members to our campus so rude! Every time I walk down the corridor there is always someone in my way slowing me down or stopping me from getting to my next destination.

Asking the gathering of young student a simple favor like "moving" is like asking them to buy me a Porsche; it is **impossible**.

Pardon me; excuse me ... please, move.

How do we get it through the young teen's noggin that it is annoying how they automatically stop in the middle of the hallways and clog up traffic? Students on their way to their next class could care less if you are talking about your dead dog, new hook-up, or where you are going to lunch.

Do it somewhere else because the rest of us do not care and would like to get a move-on to our next class before we are late.

Why do you have to stand in the middle of the hallway shouting and yelling your plans to one another? If you wanted the attention so bad then here is a solution: contact our local newspaper and let your voices be heard. I'm sure they would be able to help you out one way or another.

Many students are fed up with the fact that this happens at least one time a day, and guess what? Getting old!

All I am for is you to common sense to do your "go to the side hallways there are 4 students who like to get to time.

A False Assumption

By: Danielle Schmidt
Editor In-Chief

The anecdote that high school is the "best time of your life" is complete garbage. Excuse me for being blunt but who wants to remember being ditched and having loads of homework to complete? In high school you are guaranteed three things: emotional stress, growth in your maturity level, and memories (that you may or may not want to remember).

Situations arise in high school in which one must either walk away or face their problems. An example would be unnecessary drama. A person can either accept the fact that rumors are being spread about them and their name is in someone's mouth, or they confront the person spreading the lies. Emotional stress is a result of high school. Wearing the right jeans or having the right body type should be no one's concern but your own. Being concerned with what people think about you is completely normal but in high school this anxiety is intensified. It is not up to other people how you look and dress.

The burden

of homework, sports, and attempting to have somewhat of a social life acquires students to adapt to their surroundings. Hence they need to be more mature. The quality of being mature describes knowing when to slack off is okay and when the time to be serious is necessary. Meeting this maturity level is sometimes difficult for some students because they have not reached the point of realizing this concept. Due to this dilemma students become behind in their work.

The phrase "making memories" usually leads one to believe that those memories will be appreciated. Experiences lead to memories. In high school these "experiences" may not be very pleasant.

We all know that life is not easy and everyone deals with pain at some point; but stating that "high school is a great time that one should cherish" is based on a person's personal views and experiences of high school. Four years of homework and drama might change someone's opinion of the "best time of your life".

Lunch Extension

Damian Chanthapaseuth
Staff Reporter

Lunch period is always a mad dash to the lunch line whether in a store or at a fast food restaurant. Students create a dangerous atmosphere when leaving the campus. They all know that they have only a set amount of time to get their lunch and eat it. WHS should extend the lunch break to at a minimum of one hour for students and staff to enjoy their lunch.

Another reason the lunch period should be extended is because students find that if they do not eat their lunch in the current allotted time, the teachers will not allow them to eat it after the sixth period bell has rung. Then if they do eat it during the class time they receive a tardy from that teacher.

"The school should have a longer lunch period, because not many people have time to eat," Austin Biagi said

Take the Snack Bar for example, students stand in line waiting

five, ten and up to fifteen minutes to their order their lunch. By the time the students get their lunch, they have about five to seven minutes to actually eat their lunch, go to the restroom, and get their materials for class. Another example, students who leave campus for lunch walking take about eight minutes to their destination, pick up their lunch which takes several minutes, and walk back to school while eating on the way back.

"It would be fantastic if the lunch period was extended longer," Sydnie Cambra said.

A consensus of students agrees that the lunch hour should be longer. WHS could easily fit in 10 more minutes to lengthen the lunch time by adding ten more minutes before the start of the day or at the end of the day.

What would it hurt?

**Feature
A Students
Balancing a
Teenagers Life**

JL Flanagan
Managing Editor

Between the AP courses, afterschool jobs, chores, homework, and studying for those tests on Friday, students find themselves in a hectic schedule. Can teenagers find a fine line between all of these responsibilities?

Having such a schedule during high school helps in forming a responsible, mature person and increases their readiness for the "real world," but somewhere in all the swirling of their schedules, they need to find time to enjoy their last years of being a teenager.

Balance of work and rest is essential to incorporate into daily agenda. Finding down time, a time set for them only is crucial. Activities such as a long run down a quiet road; a drive to their viewpoint paired alongside a relaxing playlist flowing through the radio, or taking themselves out to their most loved restaurant; anything that allows them time to unwind from daily stress. A time for relaxation should be just as much a priority as is everything else on their agenda. It should never come to them saying, "I do not have enough time to relax." If this is truly the case, they are taking on too many obligations and need to drop off a few of their activities to make time for their brain to rest and recover.

The positive effects of a well balanced teenage lifestyle is that it helps build professional time management skills, and an afterschool job increases money management skills, especially if they are saving up for a new vehicle or to help with college costs.

The negative effects on students are the amount of stress that can come with all of the new responsibilities. Typically, with their work schedule and due dates, they try to finish in one day, but there just are not enough hours to do everything. Students often become undernourished, sleep deprived, and choose to fill up on either caffeine or energy drinks to stay somewhat alert, but caffeine and energy drinks only work up to a certain point before crashing.

Parents also play a big part in teenager's fast paced schedule, whether it is a ride to their afterschool jobs, sports, or clubs; or their advice on workplace skills, managing their money, and schoolwork. Support and approval or parent's consent in a teenager's life is a big relief and confidence builder for the teenager, especially teenagers who are responsible enough to handle many activities and obligations at one time.

Teenagers need to remember the importance to find time for rest and to compliment themselves for the hard work that they already accomplish. On occasion it may seem as though no one appreciates or realizes all the commitments they are engaged in, but people do notice. Some teachers, parents, friends, or fellow peers acknowledge and value such responsibility and leadership, especially because many teenagers in this day and age are lazy, irresponsible and are paving a path of living in someone's basement until they turn thirty.

Where do we draw the line?

Cathy Soneouthay
Staff Reporter

Being a student, athlete, and a member of key club, it has occurred to me how childish and immature some adults portray themselves to be.

Being raised to respect my elders and to be respectful towards them, I find it intolerable when an adult disrespects another student or athlete. So does this mean I have to hold my tongue when they say a rude and uncalled for remark? Absolutely not! I personally was recently trashed "talked" by a high school coach and nothing is being done about it. I was raised to defend myself and stand up for my rights.

As an athlete, a student, and lover of sports, I have to ask; where is the line drawn? Being trashed talked by an adult is not okay; especially, when they are a coach. I will not let this situation rest until someone confronts this issue.

Did these types of coaches not have enough of the high school experience to desire continuing to be "childish" and start "rumors" against a true high school student? Obviously not! And, what about an apology from them to the high school student for stating such horrible remarks?

As a seventeen years old, I know first hand that it is not okay to harass and insult someone, whether an adult or a high school student. A very

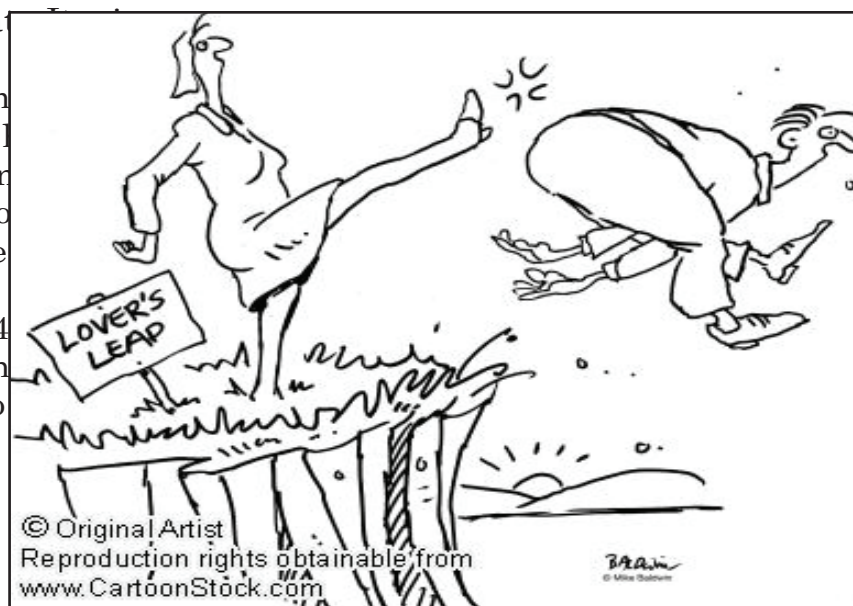
wise elder told me, if you have nothing nice to say then don't say it at all.

Is it that hard to act like an adult and be mature? Why don't these adults who want to work with high school students get a life and leave the childish actions to the high school students? Acting like a mature, responsible adult cannot be that hard.

I hope this situation never happens to another student, ever! It is just so sad and disgusting on how an adult could and did say harsh things to a teenager about another teenager. Something really needs to be done about this type action!

When I become a parent, I would not want my child to be around a coach, teacher, or supervisor that is immature and a bad influence. They should be a role model to that teenager, not a bad influence who thinks that motivation comes through embarrassment or through saying harsh statements to those students' peers. I can only hope that the minute those words flew out of her mouth she realized what she said and the damage to the athlete that was inflicted.

If you hear or see something that is wrong, state your opinion. By you not doing anything can be as bad as if you were the one who said the damaging words yourself.



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