



The coolest event from first quarter was obviously Homecoming. For all things homecoming see page 4.

the Anchor

Our school is being infiltrated by foreigners and it is awesome! Meet the fascinating foreign exchange students! See page 5.

Bored and can't think of anything fun to do? Hannah Folker will rescue you. Check out some fun fall activities. See page 6.

Bonneville High School

BONNEVILLE NEWS BITES

BEAUTY AND THE BEAST

It's November and you know what that means? It is time for the school musical. This year our talented performing arts department has elected to perform Beauty and the Beast. Don't miss out on the chance to see this amazing performance. The show will run November 8 through November 18. No shows on Wednesday or Sundays. The matinee performance will be on the 16th at 2pm. So get ready to be our guest!

THANKSGIVING

Thanksgiving break is rapidly approaching. There will be no school November 27, 28, and 29. Take advantage of the really long weekend by sleeping in, binge watching Netflix, eating massive amounts of food in true American style, and shopping 'til you drop.

PLAN YOUR PATH

Don't miss out on a fantastic opportunity to talk to experts in career and college planning. This event will have workshops on Utah Futures, Career and Technical Education, and how to pay for college. Best of all, dinner will be provided. It is open to all students in 7th through 12th grades and their families. So, come get a free meal and free advice for the future. Thursday November 7 from 5-7 at Bonneville High School.



DECA



Speech and Debate



FFA

Come Join the Cool Clubs and Crews of B-ville

by: Nick Mosher & Lexi Michaels

Bonneville hosts a variety of different clubs and crews that anyone can join. Clubs and crews are extracurricular organizations, each with a specific purpose. These clubs are a fun way to enjoy the time after school and learn about topics that interest you. Certain clubs can also earn you credits and college scholarships.

Let us first talk about the differences between a club and a crew. Clubs are school-sponsored, related to a class's curriculum, and can run activities during school hours. Crews are not school-sponsored or allowed to run activities during school hours. Crews are for meeting new people and discussing topics with people who like the same stuff as you, whereas clubs are also for socializing, but are centered towards academics.

The clubs and crews are a great way to not only build your resume, but also to build bonds and friendships that you would not find elsewhere. Not many people just walk around yelling about the things they like, so joining a club relating

to your interests is a fun and fast way of making new friends with things you have in common with.

"I think joining a club or a crew gives you a rare opportunity to become involved with the school and create an amazing experience for yourself!" said SBO Alyssa Henrie. "I have met my best friends in the world with being involved with student government, musical theater, and tapestry! Being involved has changed my whole mind set on not only school, but on life. School is no longer a chore, I look forward to it. I'm excited when I wake up in the mornings! When you become involved, you automatically have a home, and I know for a fact that everyone needs a place to be themselves completely."

The Table-Top Gaming crew is not only about playing board games, but also about daring adventures in Dungeons and Dragons and epic battles in card games like Yu-gi-oh and Pokemon. There is so much fun to be had while interacting with other people. Jimmy Woodruff, president of the Table-

Top Gaming crew said, "Tabletop Gaming is a place for everyone to go and have fun and a place to find an interest in some pretty neat games." To join, just go to the library after school on Thursdays.

Some clubs are even held during flex. If you find yourself sitting in your flex class bored out of your mind, you could consider joining the journalism club. This amazing group of individuals writes for and produces the school newspaper you see before you.

They explore writing that matters to them, such as reviewing books, movies or music. They meet new people as they represent the voice of the student body. They gain recognition for their writing and make valuable college connections through competitions. If you are ready to join us, see Sarah Berni in room 107.

For a full list of clubs go to B-ville's website and go to the clubs and crews section under the student tab. If you go there, you may find a new hobby or some cool new friends!

The Long Road to Democracy: Hong Kong's Fight for Rights



by: Lexi Michaels

The fight for democracy has been a long-standing issue in Hong Kong since July 1997, when Britain handed over the territory to Mainland China. This issue was brought to a point in April of 2019 when the Hong Kong government published the Fugitive Offenders and Mutual Legal Assistance in Criminal Matters Legislation bill.

This bill would have made it possible for the Chinese government to extradite a criminal in Hong Kong to China to be punished. The main concern for those living in Hong Kong was that they would be subject to China's laws.

They were also concerned that the "one country, two systems" principle, created when Britain and Portugal were handing over Hong Kong and Macau to Mainland China, would not be honored.

The "one country, two systems" principle says Hong Kong and Macau are part of the "One China," but would still keep their economic and administrative power.

Those in Hong Kong are afraid of China abusing the bill to extradite people who would be seen as criminals, like protesters and political critics.

Camille Wayment, a junior,

said, "I think it is really cool to see the people protest because they are able to fight for what other people want. I think it's really important that they do these protests." While it is not legal to protest or detract the Chinese government in China, it is legal to do so in Hong Kong.

I agree with Wayment. I think it is super important for those individuals in Hong Kong to be protesting. It is just as important as it is for people in America. With protesting being legal in Hong Kong, I do not think it is okay for China to call the protesters rioters or terrorists.

There have been many Chinese celebrities posting about their support for the Hong Kong police; some of the most prominent are the two leads of a Chinese rap group under 88 Rising, the Higher Brothers (Melo and DZknow), as well as EXO member Zhang Yixing.

The Chinese government strongly encourages Chinese celebrities to post about political topics in support of the Chinese government or else they would face blacklisting from China.

The government should not be able to blackmail celebrities, especially celebrities outside of the country. These celebrities have big influences and can reach many people which could be creating

a negative view on the protesters around the world.

Junior Aspen Burnett said, "I don't think it's right for these celebrities to be speaking on the protests because they are trying to silence the protests. I don't feel like anyone outside of Hong Kong should have a say, because they aren't living in it right now."

Although the protests started in June, they have continued and show no signs of stopping. The proposed bill that originally sparked the protests has since been withdrawn, but the protest has now grown to include a widened set of demands.

One of those new demands is universal suffrage, basically the idea that all adults should be eligible to vote for the leaders in Hong Kong. Those leaders are currently

chosen by the Chinese government.

The protests took a festive turn as protesters donned masks simultaneously to celebrate Halloween and protest a ban on face masks. They gathered in Lan Kwai Fong which is usually full of parties on this holiday. Protesters have recently begun to wear face masks during many of their protests because they fear their images may be spread online and face retribution by the Chinese government.

Although these protests are taking place on the other side of the world, they are still relevant to us because any win for democratic principles, in general, is a win for all democratic governments. The United States is so heavily founded on these principles that we should help other countries gain the same liberties whenever possible.



Anxiety: Why We Have it and How to Cope

by: Aspen Franks

Throughout the years, school has only gotten more stressful. From AP classes to Concurrent Enrollment, students are practically buried in school work. The question at hand is has anxiety increased?

Overall most students can agree with the simple fact that it has. Without a doubt, no question about it, most the kids walking throughout the halls are as anxious as can be.

How are these kids dealing with it? What are some coping methods? How do we become fully aware that school is one of the leading reasons so many kids are developing it? All of these questions take a factor in this. Senior Alyssa Henrie said, "I love being involved, so I've always over in-

involved myself mostly to grow and be a well-rounded person." Henrie also said, "The feeling is like a constant weight being pushed in my chest." Different classes such as theatre or yoga were recommended by Henrie because the feeling of anxiety has been shown to progressively decrease.

Not only are classes stressful, but the social impact causes anxiety to make school feel even more like a constant challenge to attend. Everyone has this constant image they are trying to create for themselves solely based off everyone else's interests.

In that sense, there is no real individuality. This makes newcomers anxious and worried that, unless they are like everyone around them, they won't be considered "popular" or "seen." Senior Kayla

Anderson said, "With anxiety, I have been sad and scared. But at the same time, it has helped me focus to get things done." Another tip Anderson stated was "Never put things off and don't only put in minimal effort."

Not only can yoga or theatre be a form of escape, music can as well. Simply putting in some headphones, no matter the genre, always seems to ease the anxiety. Many days the anxiety makes school feel like it is all too much to deal with. Although you may be struggling, there are ways to overcome it, you are not alone.

Continue pushing yourself, but also know your limits. Take on only what you know you're able to handle, but always be willing to challenge yourself to do the best you can.

Embrace Beauty & Ditch Unrealistic Body Image

by: Aspen Van Vliet

Body image is a person's perception of themselves. It is something that teens in particular struggle with, and sometimes it isn't even based on reality.

People notice and worry so much about their own flaws when others would hardly even notice them. But why? One of the biggest reasons is the media. A lot of beauty companies target teenagers by sending out appearance-oriented advertisements constantly. These companies target younger audiences because they are more impressionable, and want to fit in.

There is also pressure from peers to be at an "ideal" weight. Models are idealized in the media, a lot of times giving "tips" on how to get a great body or how to look your best.

This prioritizes vanity as a trait as opposed to focusing on how to have a better future or be more educated. This culture leaves out

anyone who looks different, often alienating them from their peers.

Insecurity will always be a problem with teenagers, especially teenage girls, but if we normalize having flaws and don't try so hard to look good, we can eliminate some of that insecurity. Getting rid of some of the pressure that surrounds us as humans to look good would improve all of our lifestyles.

"Body image is something that affects my day-to-day life. I worry a lot about what other people think," said sophomore Bailey Maw. Body image is a direct reflection of self-esteem. When teenagers struggle with self-esteem, it can cause anger, sadness, mood swings, and ultimately affect how people view themselves and behave as adults. It can also cause problems within relationships, and affect sleeping patterns and overall anxiety levels.

A great way to get out of this mind set of vanity and worrying

about what you look like is to realize that beauty is simply a social construct, but this pressure to look good can cause permanent damage to self esteem.

What is most frustrating is that the beauty industry promotes a lot of things that just aren't realistic. Models and beauty gurus often promote things that are supposed to "help" people to look better. These products make adolescents, especially young, impressionable girls, think that a certain body type is required in order to be attractive, or even happy.

The industry holds girls to an improbable standard and is constantly pointing out flaws in celebrities such as acne, weight gain, lack of makeup, and bad hair days.

Flaws are normal, and it's very difficult to get past them and have a positive body image. However, it helps to realize that everyone has flaws, and everyone is beautiful in their own individual way.

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Wanted

We are looking for some charismatic students to join the newspaper staff.

The class is held during flex. Students get to write about things that interest them, make new friends, become involved in the school, and hang out with Mrs. Berni. You also earn English credit for your senior year!

We are always looking for amazing writers, artists, photographers, music lovers, food lovers, and sports enthusiasts. Or people who are just all-around fun. See Mrs. Berni in room 107 if you would like to join or send her an email at: saberni@wsd.net.

Happy Homecoming: Bonneville Had a Killer Homecoming Week

by: Lexi Michaels

The week of Sept. 9 through Sept. 14 was Homecoming week and (as you can see) it was great! Monday Sept. 9 began with Senior Sunrise; Seniors took time out of their mornings to reflect on their years at Bonneville and think about the future. (The doughnuts were a nice bonus as well.)

That night was movie night on the football field. Lakers came to watch *The Game Plan*. Different groups ran snack booths so Lakers were able to enjoy their movie with great snacks and great company. The Homecoming assembly was held on Sept. 10. The assembly was full of fun games on stage and the announcements of the candidates for Homecoming Queen.

The fun continued with a parade, pep rally, and bonfire on Wednesday night. This is one of the best attended events of homecoming week. Lakers love kicking off the year with a fantastic night surrounded by friends and fire. Thursday's carnival was off the hook. There were so many games to play, delicious treats to eat, and friends to hang out with.

Friday night's game was epic. Through a series of amazing plays (including an 87-yard kickoff return for a touchdown) our team crushed Viewmont 27-17. It was easily one of the best Homecoming Games in years! Of course, the week ended with the big dance! Lakers came out to celebrate with an evening of dancing and fun. Until next year!



Accents & Experiences: Meet the Fresh Faces in the Laker Wave

by: Aspen Van Vliet

Foreign exchange student programs are a way for high school students from other countries to be able to travel abroad and experience American culture. Like any new experience, coming to the United States has perks and struggles that come along with it.

Exchange student Malou Nielson is from Denmark. Nielson said, "The hardest part about the program is adapting to the language." However, the language was also one of the biggest reasons she decided to come.

Nielson said, "I wanted to experience something new. I also wanted to learn English." Her favorite part of being here at Bonneville is how sweet everyone is.

Anamika Jarungruangkiat is another foreign exchange student, and she is from Thailand. She speaks German, Chinese, Thai, and



Photo by: Porter Wade

English. Jarungruangkiat loves the activities and classes here at Bonneville. The biggest cultural difference Jarungruangkiat has run into is how most people here wear their shoes inside the house. She decided to join the program because she likes America and wanted to experience living here. Jarungruangkiat said, "The hardest part about moving to America is finding a friend." Anamika Jarungruangkiat's advice to everyone is to not give up on something, even if it is hard.

Olga Tamtura is also part of the foreign exchange program. She came to America from the Ukraine. She speaks Ukrainian, Russian, and English, and has many other skills, like preparing Ukrainian dishes for her host family. Tamtura said, "It is very hard, when you have very close interactions with your parents and a lot of friends are waiting for you at home. Life without them is hard, but this helps you become more mature, independent, and responsible."

Tamtura also said that she was not used to being at a traditional American high school, but her favorite part is meeting new people. One of the cultural differences she has found is how teenagers are allowed to drive. In Ukraine, most people walk or use public transit. She misses the walking, and says that American houses are too cold. There is a lot of competition for the foreign exchange program. Thousands of people apply and few are chosen. Tamtura said, "The hardest part about leaving your country is when you find out that you're a finalist and you have to either leave everything you have and love at home and go to the unknown, or reject this opportunity and regret it your whole life." Bonneville is so lucky to have these students here learning alongside us, and we hope they have a wonderful experience.

Lakers in the Hall

Which country has the best food?



Kyra Fish: Italy



Wendi Johnson: Mexico



Olivia Mosher: Finland



Cade Medell: China

What other language do you speak?



Braxton Blake: German



Alyssa Tolman: Yiddish and ASL.



Kate Halbritter: Cuba



Chesnie Hawkes: England



Connor Vincent: Japan



Preston Warren: Italy



Emery Campo: Japanese



Evelyn Call: German



Here are the Best Video Games for Fall!

by: Tyler Smith

One of the most popular games to come out this year is *Zelda: Link's Awakening*. The initial release was September 20. As fans of *Zelda* know, Link was washed ashore on a mysterious island and had to figure out how to return home. Along the way, Link collected magical instruments across the land. Senior Julian Smith said, "I like the *Zelda* series; the gameplay is very fun."

Shortly after *Zelda*, *John Wick Hex* was also released. *John Wick Hex* is an action-strategy video game based on the *John Wick* franchise. It was released October 8 for Microsoft Windows and MacOS with plans for other consoles later.

As far as upcoming games, the most anticipated game of the season is *Star Wars Jedi: Fallen Order*. *Fallen Order*, which will be released on November 15, is a single-player, action-adventure video game developed by Respawn Entertainment and published by Electronic Arts. It is set in the *Star Wars* universe shortly after *Episode III: Revenge of the Sith* and will be available on PlayStation, Xbox, and Microsoft Windows.

Last, but not least, is *Death Stranding*. This is an action game set in an open world. It was developed by Kojima Productions and published by Sony Interactive Entertainment for PlayStation 4. It is the first game from director Hideo Kojima and Kojima Productions after their disbandment from Konami in 2015. Although made by the same producer as *Metal Gear Solid*, Kojima has already confirmed that it will be multiplayer and offer a different experience. Now, get gaming!

What If It's Us: This Book Will Steal Your Heart

by: Lexi Michaels

Fluffy romance with a hint of drama is what Becky Albertalli and Adam Silvera were going for when they wrote *What If It's Us*, and they nailed it on the head! While this book might not be for everyone, I absolutely loved it!

What If It's Us is a young-adult romance novel about two boys falling in love in New York City. Both try to make their relationship last over the summer while one is in summer school and the other is an intern at his mom's law firm.

Librarian Assistant Becca Olson was the one to recommend the book to me. Olson said, "I love the overall feel of this book. It was super cute getting to read how they both found each other and figure out how they would fit together, like a puzzle and learn how to make their relationship work."

I felt like the plot was really fluffy, almost too cute. However,

it fits well with the overall theme of the book and with the two main characters' relationships with each other and the rest of the characters.

I am such a sucker for books set in New York City. The setting plays a really big part of this story. The two main characters meet for only a couple of minutes before being pulled apart by the bustling NYC life. It is only by sheer chance and determination that they find each other again.

The circumstances in which the main characters meet is not the most likely or relatable, but it makes for a good story. Not everyone has a mom like Arthur who owns part of a law firm in New York City and can go intern there, or has to go to summer school with their ex-boyfriend like Ben. This makes the book fit a lot better into the realistic fiction genre.

Another problem with the book is the kind of fights in which the

main characters find themselves. As human beings, we are able to pick up on another person's emotions to some degree. In *What If It's Us* the characters always seem to be shooting into the dark with their comments to each other and not be able to gauge their reactions.

Olsen touched on this, and said, "I feel like in all young adult novels, the characters are portrayed as being very immature, overly emotional and not able to handle situations like a real young adult would. Young adults can be immature sometimes, but not as often as the books portray."

There is some hinting at a couple of topics that may not be suitable for everyone's tastes. However, this book is very well written, and has a good overall theme to it. I feel like it has some coming-of-age story vibes and is a really good young adult romance novel.

Crunching Leaves or Carving Pumpkins: Your Pick

by: Hannah Folker & Lexi Michaels

Fall is here. Great-tasting pumpkin spice treats are everywhere. Leaves are beginning to change and the mountains are blanketed in color. That means it is time for some fun fall activities before the snow begins to fly. Here are some ideas to help you stave off boredom.

As Halloween has come and gone, we can now start feeling the holiday cheer! As it is not quite time to start hanging up the Christmas lights, we are going to start to gather together and celebrate the joy of family and friends.

Having fun with your family and friends makes doing anything fun. If you have little siblings or cousins, you could do some crafts with them. Things like making hand turkeys and paper mache figures would fill their days with fun

and give you time to cherish their cute little smiles by spending some time with them.

If you are looking for a simple fun fall day, here are some activities many people seem to enjoy. If you want to drive up to the canyon, I would go soon because the mountains are gorgeous right now. Jarom Strate, junior, said, "I think the mountains are nice during this time of year, but they are really cold and sometimes snowy." What a sight to see, the amazing Utah mountains covered in so many beautiful colors but cold too, so bring a jacket.

Eating is one of the biggest hobbies of high schoolers, so baking fall treats will bring some delicious fall flavors into your food and can be quite fun. Junior Kalea Richins said, "I love pumpkin chocolate chip cookies and pumpkin spice roles and they are very easy to make." There are many

easy recipes to make and they are cheap too, you just have to search them up and gather ingredients.

Are you planning on throwing a Fall-themed party? Parties are not parties without food. The best fall food? Hot and spicy or warm and hearty, nothing says fall like chili or some other spicy and warm food. Some fun activities for parties include bobbing for apples and minute-to-win-it games.

If you are planning to go on a date, here is an unusual, but super fun suggestion, thrifting. Thrifting together is super fun, and it is a cheaper way to get cute clothes and look at fun or weird things other people have donated.

There are so many things you can do during this cozy season, and I hope this gives you some ideas for your fun-filled fall days.

Be Our Guest: Come See B-ville's Beauty and the Beast

by: Olga Tamtura

The first play of Bonneville's theater season is about to start! Theatre is a special form of art. If a person says that he does not like theatre, that means that this person has not found the right play. It is about people who do their best to tell you their interesting story and make you experience the variety of unforgettable emotions. Nobody can remain insensitive to this art form.

This year, our theatre group is preparing a wonderful play for you. "Beauty and the Beast" - the tale as old as time will hit the Bonneville stage this weekend starting on November 8. This story is about a young man cursed to live as a hideous beast unless he can learn to love and be loved in return.

Brecklyn Noble, a member of theatre cast, is very excited about the upcoming play. Noble said,



"You should definitely go see our play, because we are really going to impress you with all of our hard work and focus on the small details."

All of B-ville's theater tech staff and cast members have been working really hard to get this show up and running for the school

and the community's enjoyment. Noble said, "You have to see the mask we created for the Beast's costume. Our interpretation of Beast is really scary, and we can't wait to show you what we have been working on all of this time!"

"Disney's Beauty and the Beast is very kind, gentle and positive,

but our story is really dark. Actually, the Disney's Beast isn't ugly - he doesn't look creepy at all. Our Beast is completely different. What we have been working on is amazing!"

Hurry up to buy a ticket! Our Theatre Art Department needs your support and love! Do not miss out on an opportunity to see this wonderful play.

The play will run from November 8 to November 18. Bring friends or family and be ready to have fun and be captured by the beautiful story.

For BHS students, tickets are \$6 each, but if you know a cast or crew member they can provide you with a special promo code that gives \$1.00 off each ticket.

These tickets are available at the door with a student ID or online at the theater's website.



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That's a Wrap: Fall Sports in Review!

Our fall sports are winding down and making way for winter sports to take the stage. Want to know how they did? Read on.

The Boys Golf Team was able to end their season at the State Tournament in early October. Highlights from the season include: Zach Dallimore being 1st team All State and Gabe Larsen being Academic All State. Also, Zach Dallimore, Braxton Roubinet, and Max Togisala were 1st team all region. Fantastic job as always. Keep it up, boys!

Next up is the Girls Tennis Team. The highlight of their season was when Juniors Mikelle Burdette and Claire Kronmiller placed 4th in Region Doubles. Both girls were proud of their win. They said, "The match against Bountiful was the best because we lost to them once, but we were able to come back and crush them!" Great job girls!

The Girls Soccer Team had an amazing season. They ended with an overall record of 16 wins and 5 losses. This awesome record led them to participate in the state pay-off game held at Rio Tinto Stadium. The game was against Skyline. They fought long and hard, but ultimately lost in overtime. You girls did amazing and should be proud of all your hard work!

Our Football Team also had a great season. That season came to an end Friday Nov. 1, when we lost in the second round of state playoffs to Farmington. The team had a great season with an overall record of 6 wins and 5 losses. Fantastic work, boys!

Lastly, our Girls Volleyball Team closed out the season Tuesday Nov. 5 in the first round of playoffs when they lost to Lehi 0-3. Prior to that their win-loss record was 2-20 in region play. Our volleyball girls put in a lot of work and showed great tenacity all season. Well done girls volleyball!

Meet Some of B-ville's Crazy Cool Coaches

by: Olga Tamtura

Fall sports are winding down and it is time to take a behind-the-scenes look at some of the people who teach our athletes in the classrooms and on the field. These people encourage, support, advise, and inspire. Meet our coaches!

Gavin Garside has been playing soccer since he was four years old. His career started in the American Youth Soccer Organization (AYSO) and continued in club soccer. In 2011, Garside was asked to coach at Bonneville High School and he has been here ever since. Garside has also coached the Weber State men's soccer team for four years.

"I coach because I love the game... Being able to see the success on and off the field... is what makes it the most rewarding," Garside said. His coaching philosophy is simple: hard work and high expectations get high rewards.

"The girls on the soccer team are the hardest working group of kids I've coached thus far," he said. Garside encourages his team to "welcome everyone to be a member of the team. No matter the group of friends or lifestyle," and he sincerely believes that this is what makes the soccer team successful.

Carly Lloyd, a psychology teacher, has played tennis since she was a little girl, but she really started focusing on it at the age of 12 which led her to play all through high school and college. At Weber State, she played singles and doubles for four years and then coached there for a year.

"I coach because I love the sport and I understand that you can learn and gain more than just tennis skills while on the court. Tennis has taught me a lot about myself and has helped me develop worthwhile character traits (hard work, integrity, grit, etc.)," said Lloyd.

Lloyd also still keeps in touch with many of her old teammates and calls them lifelong friends. "Having such a great personal experience made me want to coach and help others have a similar experience." Her overall coaching philosophy is that every person on the team matters and is needed for the overall success of the team. Success is not based on your win and loss record, but on your effort and character.

Lloyd looks for good team players and good sports. "Tennis is seen as an individual sport but there still is a very strong team aspect! The support they give each other and the team environment is everything! One bad attitude can ruin the whole vibe of the team," said Lloyd. She also said that tennis is a game of integrity, so integrity is big for her as well.

We are so grateful to have these coaches here at Bonneville!

