

Issue 4

**Riverton High School** 12476 South Silverwolf Way Riverton UT 84065

#### RHS's Production of Harry Potter and the Cursed Child: A Story of Legacy, Friendship, and the Impact of Choices Ella Weed

the story of Harry Pot- friend Scorpius (Drater, but have you heard co Malfoy's son). They the story of Albus Potter? Here at Riverton High School, the drama department put on an adaptation of the Broadway show *Harry Potter* and the Cursed Child.

Harry Potter and the Cursed Child takes place 19 years after the last book. It follows the teenagers, Albus Potter and Scorpius Malfoy. Albus is struggling to keep the legacy of his father (Harry Potter) and ends up making some ques-



Moaning Myrtle (Cece Heiner) floating in the air Photo Courtesy of Yearbook Staff 2024-2025

We have all heard tionable choices with his have to now get themselves out of the trouble they got themselves into.

As of today, Riverton High School is one of the few high schools who is performing this Broadway production because the show is currently active on Broadway. Because of this, it makes the experience even more unique and unforgettable.

Riverton High School did an amazing job with creating a very immersive experience for all to enjoy. Right as you walk in, there were lights and banners which create a mysterious and wizard-like atmosphere. As well as the dec-

orations, there were a plentiful amount of magic tricks and illusions per-



Characters Hermione Granger (Kate Robbins), Ron Weasley (Colin Haslam), Draco Malfoy (Ethan Hall), Ginny Potter (Avery Rindlisbach), and Harry Potter (Tyler Summers) looking for Albus Potter and Scorpius Malfoy Photo Courtesy of Yearbook Staff 2024-2025

formed to really bring the very strong characters These included multiple all together. If you are floating characters, live a Harry Potter connoismagic tricks performed seur or a first time watchby some of the Hog- er, you can completely warts students, and use understand and enjoy

audience into the story. that made the story come of props and the stage to the story. The story was make things disappear. very easy to follow which When it comes to made it more enjoythe acting, each of the able to anyone just lookactors and actresses had ing to have a fun time.



March 2025

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## March 2025

## Boy's Wrestle Their Way To State

SPORTS

We are excited to announce that our school's boys wrestling team, led by our amazing coach Joseph Gorman, worked hard to participate in the state tournament which took place on February 12 and 13. They competed against all the other 6A teams in the state.

To prepare, RHS wrestlers viciously trained six days a week. With a stellar season record of 16-5 and a first-place finish at Mountain Ridge, their dedication was unmatched and it shows! They've also qualified 16 wrestlers for state, with some competing in national tournaments in Idaho and Nevada. Our team boasts out-

standing athletes like Sam Moody, Easton Olson, Dylan Shafizadeh,and Sterling John-



*Our 5 state placers show off their medals.* Photo Courtesy Addy Devanney

son. Their impressive performances this season have been crucial, along with our other amazing team members!

The wrestling mats heated up with excitement on February 12 as our team shone at the tournament ! We proudly came out with 5 state placers, a show for their hard work and dedication: Sophomore Easton Ol-

son clinched the state title, a remarkable feat! Sam Moody, another promising sopho-

secured 3rd more, place Shafizadeh Dylan took showcasing 4th. great resilience on the mat Garrett Bracken and Colton Peshell, both also sophomores, shared the 5th spot

Overall it was a great season as the coach states, "I'm really happy with how everyone wrestled, this was our best state tournament since 2004!". With such an outstanding performance, the team looks forward to more successinfuturetournaments.

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## Batting Off the Season with Riverton Baseball

This year's new season of baseball begins with a new start and a new opportunity for glory. The season starts on the 12th of March and lasts to the end of May. Their coach is Nuho Kraja. Mr Kraja said, " I played baseball in college and that ultimately led up to me being inspired to teach the sport." In his spare time

Coach Kraja loves to hunt and camp in the outdoors. He also stated, "I just love anything active and nature related."

During the pre-seasons, they travel down to saint George. "Practices consist of speed training, weight training, and agility training." said Mr. Kraja as the practices are held here at the Riverton High School baseball field.



Photo Courtesy of Kristen murphy Photo of Carson Hilton at American fork varsity baseball game.

Varsity players have the chance to continue on with their baseball careers after high school, As Mr kraja suggests," Riverton high baseball is a good sport for kids who want to be prepared for college baseball." With the season starting "The players put a lot of effort in their training." So come cheer on our Baseball team this season.



#### Sweethearts is a Long Standing Tradition, But This Year it Got Shut Down Early

Abbi Paoli

The 2025 Riverton Sweethearts dance was on Saturday, February 8th. In order to celebrate Valentine's Day, many girls wore dresses that were either red or pink, but it's not a requirement of the dance, just a festive way to attend and celebrate.

The dance was held in the Riverton High gym. The school had a couple different places where the students could take pictures, and there was a DJ that played music for the students to dance to. Many people gathered in the middle of the gym to dance, as always.

But this year things got a little out of hand. People

kept crowd-surfing in front of the DJ table. After several warnings to quit throwing people in the air, the DJ shut down the dance. About twenty minutes before the expected end time of the dance, the DJ stopped the music, turned on the lights, and encouraged people to go home.

If you're wondering if you should attend a school dance, Senior Macie Davies still encourages attending the dances saying she "would definitely recommend everyone go to a school dance at least once, because it is usually more fun than you're expecting." So if you missed Sweethearts and still want to attend a school dance this year, Prom will be held on April 12th up at Utah's Capital. So be sure to have fun and stay safe so it doesn't get shut down early, too!



RHS students excitedly posing for sweethearts photo Photo courtesy of Gracie Lund



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Students Macie Davies and Ethan Money posing after the Sweethearts Dance. Photo by Abbi Paoli.

#### SheTech: Creating the Future of Engineers, Scientists, and Technologists

Have you ever been asked the question: what do you want to be when you are older? Maybe you have a distinct answer to that question. Or maybe you have absolutely no idea what you want to do in the future. Either way, SheTech is an amazing opportunity for women and girls all over Utah to expand their knowledge on careers, especially related to STEM.

SheTech is an annually hosted, hands-on convention for women in STEM. It is a great opportunity for girls to recognize and pursue their passion in STEM education and careers. They invite thousands of students all over high schools in Utah to participate. It is hosted in the Sandy Expo center.



Sinter Suther Su

This Banner Greets Participants Photo by Ella Weed

SheTech is set up into 4 different sessions. One session is an interactive session where you are prompted with a problem and you have to solve it. For example, you might have to solve the issue of not being able to wake up in the morning to your alarm. Or another problem where you can't get your homework done without burning yourself out.



Students try to solve an issue with legos Photo by Ella Weed

Ella Weed

The second session is a lesson. Companies with women in leadership will come and present. This is normally related to education and trying to help you figure out what you want to do with your career.

The third session is in a big room with different stands and stations set up. Colleges from different parts of Utah come and present. They have snacks and games that you can play and win. They also have different lessons and experiments at different stands. This is your time to explore what you want



Students exploring in the tech room Photo by Ella Weed

to do with your future. The fourth session is where everyone comes back together. They have a large stage and have company ambassadors talk about how the event has been going. Then past graduates from their internship program talk about their experiences. Finally, as a group you sit, eat lunch, and a mentor will come and help you with the "tech challenge". This is a big issue where you have to design a new technology to help solve the issue. Finally, as a team you are judged and given a score, with the possibility of winning a prize.

Overall, SheTech has been known to inspire and create new opportunities for students who might have never known they had that opportunity. Talk to your counselor or the CTE advisor in the counselor's office if you want to participate next year!

## **Students Celebrate FFA Week by Showcasing Their Agricultural Skills**

Shelby Martinez

NFW

This year's FFA week ran from January 20-30, the FFA Officer's team worked together to come up with some activities for FFA week. "We plan FFA week in our officer meetings but the week is set by national FFA week the year before and usually the week of President's Day every year," said Mrs. Kaylee Simpers.

The members love getting time to appreciate FFA. "We are often too busy to appreciate all we learn from

time to have appreciation for what FFA does for us. The purpose of FFA week is to have an appreciation for all of the things FFA has done for us as human beings. It has taught many leadership and employment skills to many students in many different ways and is very bensaid eficial," Simpers, "It went very well and we had activities that represented who we are as a club. We were able to grow as both leaders FFA and this week is a great and get career experiences."

## The Light of the Hope Squad

Aliyah Peña

Isla Richards, 11th grade, likes seeing people come in together and having



Mrs. Simpers, an FFA teacher, happily posing for the camera Photo courtesy of Kaylee Simpers

fun. The main goal of FFA week is for "people to come together, socialize, engage in fun activities and serve the community. I hope FFA week impacts people with their leadership skills, communication skills, and acting as a whole. I think FFA week went very well, we had a lot more members join in this year."

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Isla Richards posing with a horse Photo courtesy of Isla Richards



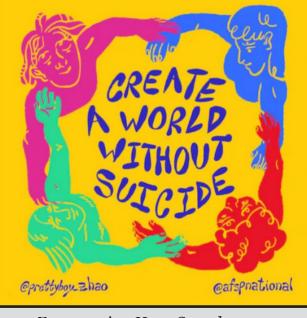
3-7. Many were encouraged to join as it is a great opportunity to get to know the Hope Squad members, and receive tips to manage your own mental health. Hyllari Austin, a member in Hope Squad, tells us why Hope Week impacts anyone. "Hope week impacts people because it shows them that there is always a light at the end of the tunnel. That no matter how hard things get, things will always get better in the end ."

It's a nationwide organization that offers resources and help to thousands of students in the US. For years, Hope Squad has been bringing light to many, and has taught others how they can do just the same.

In the US, suicide rates among individuals aged 10 - 24 increased by 64% from 2007-2021; and it's only been getting higher (CDC). At Riverton, Hope Squad is working to combat this statistic and the impact is far from small. They hope to reach out to anyone who may be having a hard time and just needs a friend to be there for them. There are many adults at Riverton High School that can offer the same help, but what Hope Squad recognizes is that it can be intimidating to talk to an adult, so having a student organization can be more welcoming.

Now when one thinks of Hope Squad, the next thing their mind goes to is Hope Week. It's a big part of the squad and they put a whole lot of effort into it to ensure their cause is reaching every student who may benefit from it. Hope week is primarily surrounded around raising suicide awareness. It educates people on how to help those who may know someone who is struggling, and notice the warning signs, as well as show those who ARE struggling that there is hope, there is help, and there is love.

This year, Hope Week happened between March



Encouraging Hope Squad poster Courtesy of ASFP and Hope Squad

# NEWS

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## Interior Design and Fashion Students Head to New York City: An Opportunity for Adventure, Learning, and Fun!

Riverton High's fashion and interior design students headed to New York City this March. With a rich history of development in fashion and design, New York is the perfect place for our future designers.

Students had the opportunity to tour the Museum of Broadway, the Radio City Music Hall, the Museum at the Fashion Institute of Technology, and other exciting sites. A highlight of this trip was meeting with a current Broadway Costume Designer, Ricky Lurie of 'Harmony: A New Musical', they spent time with students instructing them on how costumes are designed, made, and produced. Students were then able to see a current Broadway hit, The Outsiders.

"What stood out for me from the last trip was just the different exhibits that we went to, that was able to open the eves of the students on other avenues that they can do in fashion and what other things out there that can be done. Not just in fashion, but in merchandising or things like that." Mrs. Jaymie Williams, who teaches Sewing and Fashion at Riverton, continues, "And then for this year, where we are incorporating interior design with the fashion, seeing the differences and similarities from the interior design, architecture, buildings, all of that."

While in New York City, these students were able to explore different places and various styles of architecture. Interior Designers were able to look at the styles of Chinatown, Little Italy, Manhattan, and Brooklyn. Students visited The Hat Shop, established in 1995 by Linda Pagan, and learned from her about designing and creating hats.

Madi Steinhorst, a current Senior who went on the trip, also went during her Sophomore year. She remarks on what stood out to her during her first trip. "I think for me what stood out most was the Hat Lady, she just has this small little shop but she was so much fun. I also really liked Times Square, all of the people and the lights and all of the shops. It was really cool to see how busy everything was all of the time."

Career and Technical Education is one of the many pathways that are able to learn on trips outside of the state. Interior Design and Fashion will be able to go to New York City again in two years and have more opportunities to learn from the Fashion Capital of America.



Students duke it out with the teachers in hungry hippos. Photo Courtesy of Yearbook

## Seniors Take Back the Crown!

For two years the teachers stood on top, cleverly outperforming the students during the hyped up week known as the Spirit Bowl. Seniors, juniors, and sophomores were forced to watch as the Teacher banner hung in the commons, egging on their soul crushing defeat. Whispers of cheating and rigging events roamed around the

For two years the school as people speculated rs stood on top, cleverberforming the students This animal-in-

spired year was supposed to be the teacher's third slice of victory pie. A threepeat to further secure the teacher's status for years to come. But it was not to be.

With the seniors preparing to move on and remembering the bitter history of spirit bowl victories since they came to Riverton, a desperate push was made to settle the score. "This victory is a long time coming," said Amber Cruz, a senior student.

Together, with the other grades, the seniors showed up to school dressed up, gaining points for their respective teams. They played the games at lunch, and when it came to the final event, all three grades worked together to prevent the teachers from winning again.

The result? A 180 point lead by the end of the week. A close but assured senior victory.



RHS fashion students gaze upon the famous screens of New York
Photo Courtesy of Mady Patton

# Going

## March 2025

#### Empower. Inspire. Lead. FCCLA is Preparing Leaders for the Future.

#### Sarah Fullmer

For the past two months, the FCCLA members have been preparing for their annual Region Conference. The Family, Career, and Community Leaders of America, more commonly known as FCCLA, is an organization focused on improving leadership and skill sets for students' futures. With more than 30 competitions that members can participate in, these students are excited to show off their skills.

Mrs. Jaymie Williams, one of the advisors for FCCLA, shares that, "FCCLA is an organization that connects to the family unit. It's important and people should join or be involved in it because it brings the real world events to life."

Madelyn Steinhorst and Mikayla Ferre competed in the Chapter Service Portfolio Competition. "We decided to do this one because it seemed like a good opportunity to share the service that we do; making the Silver Rush blankets every year." Madelyn Steinhorst, a Senior, shared. "We have been documenting activities and putting together our slideshow presentation that we will be using for the competition." STAR (Students Taking Action with Recognition) events are competitive events where students share their talents, leadership skills, and dedication. With many different types of competitions, students are able to pick an event that suits their interests and strengths. On February 11th, the Riverton High FCCLA members competed in their annual Region Competition in Springville, Utah. These competitors will go to the state level on March 25th and 26th.



FCCLA Members at their Region Competition. Photo by Lindsay Maxfield

#### **Riverton's DECA Team Shines at State**

#### Lily Clark

Riverton High School's DECA team made an exceptional showing at the DECA State competition in Layton, with several students earning top honors. While no members qualified for nationals, the team still delivered an impressive performance. Senior Jack Butterfield earned an honorable mention, while Seniors William Sattree and Nicholas Johnson both finished in the top 10 in their events. The team's achievements highlight their dedication to business, marketing, and entrepreneurship.



RHS students compete at DECA State Courtesy of Mr. Donohoo

"I placed top ten, which isn't bad," said Sattree, reflecting on his competition. DECA, a nationwide organization that prepares high school students for careers in business, has been a valuable experience for Riverton's competitors. Sattree mentioned the practical skills he has gained through his membership.

"What I like about the two [DECA and Business and Marketing] are it gives good life skills and communication, along with Mr. Donohoo's good taste in food," he said. The team encourages more students to get involved in DECA for its various benefits. "More students should join to be involved and more well-rounded," Sattree added.

With another outstandingyearatstate, Riverton High's DECA team continues to build a competitive and exciting experience for students interested in business and marketing.

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#### **Cheering Their Way Up the Ladder** Etano Johnson

Riverton's cheer team broke new records this year as they blew through the 6A co-ed division and took home 2nd place at State, earning the chance to compete at Nationals in California mid February.

"Riverton cheer has performed very well this year" Caroline Crum, a senior on the team said, "(we've) done much better than any past year." As the team prepares for their next competition, they continue to aim higher and cheer better.



The coed cheer team as they celebrate their victories at state. Photo courtesy of RHS

#### Swimming Through the Competition

#### Etano Johnson

Riverton High School once again makes a splash at their Regional competition! This year RHS sent 80 of their best to compete at the Region level, and 19 of them made it on to State. "It feels good to shave time and get to state!", says Weston Kemp, a junior on the team. While the season has ended, next year the swim team will be looking again to swim its way back to the podium.



The swim team celebrates their last race as a team at regionals. Photo courtesy of Coach Powers

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#### Riverton's Video Production Team Dominates at National Convention

#### Lukas Clevenger

For the third year in a

row, Riverton's video department has competed in the Student Television Network (STN) convention in Tampa Bay, Florida. This convention allows students across the country to show off their video and film skills in a competitive environment.

This year, Riverton has taken home three awards. These awards include: Movie Trailer, Sports Promo, and Animation. Movie trailer took third place, Sports promo took first place, and animation took

The convention took place from Saturday to Tuesday and was filled with competitions throughout the weekend. Most teams only have 6-8 hours to create a video which includes pre-production, production, and post-production. This low time limit challenges students to not waste any time and to rush to create a video which will be judged off of prompts that are given at the beginning of the challenge.

an award in Film Excellence.

After the convention, stu-

#### Silverwolves Make a Strong Showing at This Years Region Vocal Solo & Ensemble

#### Jason Barton

This year, Riverton sent a total of Twenty Six singers to Region Solo & Ensemble, with Nine of them getting the highest score and qualifying them for State Solo & Ensemble in April at Provo High School.

Region Vocal Solo & Ensemble is an event where students can go to show off their voices and get a score based on their performances. This event showcases singers from all of the schools in our region and is held at Mountain Ridge High School.

In order to participate, students must choose a song from either the Classical or Art categories, this includes songs by Mozart, Handel, Beethoven, and many more. They must then prepare that song during their own time with a voice teacher, accompanist, or any other tool so they can be ready in time for Region.

When the event gets closer, they are assigned a time to go perform in front of the judges that are brought in by the school district. While they perform, the judge takes notes about anything they noticed and then at the end, give a final score. Junior, Cannon Fox, said "I

highly recommend this event for any members of the student body joining choir next year. Doing Solo and Ensemble, with the help of my Vocal Teacher and Mr. Clegg, I sang in French for the first time, I was able to expand my repertoire, and I was able to grow my talent through this experience."

Solo & Ensemble is an amazing opportunity for any student looking to test and showcase their abilities. If you're interested in participating in this event next school year, make sure to talk to Mr. Clegg in room 1901!



Senior, Natalie Moore, Performs O Mio Babbino Caro for Judges and spectators

Photo courtesy of Natalie Moore

dents were able to explore many different activities Tampa Bay has to offer. There were museums, aquariums, and water taxis scattered throughout the bay. This was nice for many of the students to enjoy after the stressful and exhausting weekend.



Riverton video students posing after the closing ceremonies Photo courtesy of Mr.Luchs

#### RHS's New Debate Club Finds Their Way to State

#### Garrick Bowers

When a couple of RHS students realized RHS didn't have a debate team, they gathered their knowledge (along with advisor Ms. Jacobson) and created Riverton's very own Debate Club! Although many only had experience from middle school, they proved their potential as three members made their way to the State



Ms. Jacobsen, Isabelle Kirkman, Seth Itri, Luke Ferguson, and Hazel Madsen celebrate their accomplishments at the State Debate Competition



City of Tampa glistening before the opening ceremonies Photo by Lukas Clevenger

Competitions on March 8th at Davis High School. After spending

spending months educating and preparing themselves on this year's debate topics, juniors Luke Ferguson, Isabelle Kirkman, and Seth Itri registered for Region. While there, going against an undefeated opponent, Ferguson not only defeated them, but also placed Kirkman placed 2nd. 4th with Itri placing 5th. On March 8th at Davis High School, the three debated well, and Luke Ferguson even medalled in the semi-finals. "We did in 3 months what took most schools years to accomplish," Itri states. accomplishments of The this young debate club truly extraordinary. are

Keep an eye out, as this group of students intend to continue the club next year! Consider joining to have a good time and learn some great skills.

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RHS Can Participate in Lunar New Year in the United States

#### Abbi Paoli

The Lunar New Year is a Chinese holiday that is celebrated on January 29th. It is marked by the start of the new year according to the Lunarian calender. It welcomes the coming of spring and is meant to bring good luck in the coming new year.

People often celebrate by "starting fresh" in as many ways as possible. This could include getting a new hair cut, buying new clothes, or trying new things. It is meant to start the new year in the best way possible and to get rid of any bad luck going forward.

The Lunar New Year celebration typically lasts two weeks and consists of parades, fireworks, dances, lantern festivals, and honoring ancestors. The color red is also a common theme as that is meant to welcome fortune in the new year.

Though it is a holiday that is mostly celebrated in China, it is also very common in many other countries in Asia, where the Chinese population is very high. The United States also observes the holiday but there aren't quite as many community celebrations. Instead many people celebrate in their own ways by worshiping their ancestors and praying in temples. If your'e looking for a grand celebration in the US, the best place to visit is a China-Town. The oldest one is in San Francisco which hosts the biggest Lunar New Year Celebration every year.

There is also a grand celebration in Downtown Salt Lake City that's led by Mary Yang, the director of Utah Chinese Association. She is originally from Beijing but when she came to Utah for a family graduation she was inspired by the mountains to move here and spread Chinese culture. For the last ten years there has been a celebration that is meant to entertain and educate the community. It includes things like a parade, crafts, and other activities.

Even though this year's celebration has already passed, if your'e looking to emerge yourself in Chinese culture there are two China Towns located in Salt Lake City that are aimed to spread Chinese tradition any time of year.

## You Could Save a Life

#### Aubrey Drussel

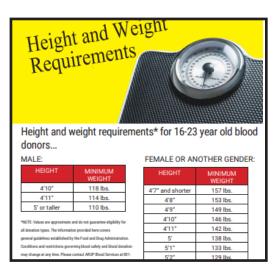
Everyday in the United States, approximately 29,000 units of red blood cells are needed for life-saving treatments in hospitals around the country. Almost every RHS student can participate in helping those who don't produce enough blood, undergo life saving transplants, suffer traumatic injuries, and more. Just donate some blood this May.

Three times every school year, Riverton HOSA holds a blood drive available to any student who wants to help, provided the height and weight requirements are met. The most recent blood drive in February collected 101 units of blood, and RHS is only going up from there. Every student who meets the requirements can help HOSA to pass that number at the next blood drive, at the beginning of May 2025.

Make sure to spread the word, because as junior Capri Russel, Activity's Vice President of RHS HOSA said, "everyone should know that each unit [donated] saves 3 lives!" So every 16+ year old in RHS should go scan the QR code on a HOSA poster, stop by their booth at lunch, or talk to Ms. Buffy in room 1526. Make sure to get a guardian to sign a consent form (even if you're 18 years old),eat a good breakfast and drink plenty of water, and head on over to the blood drive in May. Go save those in need.

Students meeting these requirements can rescue those in need of blood

Image courtesy of ARUP Blood Services





Lunar New Year Celebration Courtesy of People.Com



RHS HOSA officers are excited to help more people

Image courtesy of Capri Russel, Activities VP of Hosa

## March 2025 FEATURES Page 9

## **Teacher Highlight: Ms. Bunnell**

Mariana Gomez

Meet Ms. Bunnell, a dedicated history teacher at RHS. Passionate about inspiring students, she makes history through creative lessons and interactive activities.

Originally from Albuquerque, New Mexico, Bunnell moved to California where she graduated from San Diego State University in 2001. Now a proud member of the RHS community, she appreciates the area's strong focus on service and charity. As a lifelong learner, Bunnell has traveled to places like South Korea and South Africa, even seeing baby penguins during the NEA Global Learning Fellowship in 2023. Recently, Bunnell Ms. achieved National Board

Certification, a rigorous 4-year process that included extensive reflection and demonstrating of teaching skills. This achievement was honored by the Utah Legislature with a standing ovation, recognizing her dedication to teaching excellence.

With a commitment to continuous growth, Ms. Bunnell is excited about future opportunities for teacher leadership. She hopes to inspire more teachers in Utah to pursue board certification, enhancing education across the state.

Bunnell's impact is felt through her students, who benefit from a teacher who is passionate about making a difference and fostering a love for learning.



Ms. Bunnell waves at the camera as she gets her standing ovation. Photo courtesy of DaveArcade



Ms. Bunnell proudly holding her National Board Certificate. Photo courtesy of Dave Arcade

#### 

Ms. Gonzalez currently teaches History and U.S. Government classes here at Riverton. Ms. Gonzalez attended college at Florida State during A professor 2008-2012. who inspired her during her college years, Pam Robbins who was a cool person, fun teacher, and she was excited to teach. She taught a class called the American of the 1960 and the South through film. She looked at movies to help you learn. In that class she incorporated a lot of American cultures and where she first dug into newspapers and old advertisements. The professor used culture to help understand history." She recommends Florida State for someone looking to go out of state but for someone in state they should stay to save money. Her college experience was super fun, getting involved in new things, going to football games, joining clubs. "You never know who you're gonna meet, and be open to try new things."



History/US Gov teacher, Ms. Gonzalez Photo By Shelby Martinez Ms. Hansen attend-

ed Utah State when she turned 18 years old. Riley went during 2003-2008. Her brother was going there at the same time. Something about a small town as well and her brother was there, she was able to experience the freedom her brother got without living at home. Her first year was really rough due to college roommates but the campus was fun. Her second year, she had a better roommate and her classes were more engaging. "During the last 3 years of the final program, I got in a group doing the same thing as her, made like a little family. There for 5 years and went back later for second degree." Riley Hansen advises that once you get past the required classes you become part of the college you're in, do lots of things together, if you have a mini group it's great be-

cause you all have the same goal." Mrs. Riley would recommend this college because it is good, social, and safe.



Ms. Riley Hansen in her teaching space Photo By Shelby Martinez

Third Quarter Slide Returns

Every third quarter, the average student will suffer from an average grade decline compared to the other quarters of the year. Many students, teachers, and counselors attribute this to a newfound stress that is typically discovered after a much more relaxed winter break. Juniors are more likely to experience this as all of them will need to take the ACT test and will often stress about it weeks or even months before it's even taken. Some might find themselves taking practice tests and in turn neglecting their other responsibilities including homework.

However, some believe it's the lack of stress that causes it. One student claimed that most people are still adjusted to a more relaxed point of mind that they experienced during winter break. He claimed that if a student had a good first and second quarter, the student might become lazier and neglectful in their third since they're comfortable with their classes. However, at this point of year, students will change into new classes, but for subjects like math or language arts, it will only get more difficult with the upcoming quarter.

It's only natural to be caught off guard and for most students, a slight grade decline is of very little concern. The majority of students do not, or will not, notice this change or decline in their grades. Either they do not care, or they simply don't have a decline. It is true that some students have the same or

a similar GPA the entire semester. However, the students who are affected by 3rd quarter grade decline might lose out on credits that they will have to make up through packets or summer school.

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What can you do to help keep your grades up? It's good to get a good night's sleep and have a consistent sleep schedule to help you be awake and alert for your school work. It's also important to stay nourished every morning. You don't have to eat a full course breakfast but a small snack for when you leave the house or something from the school cafeteria in the morning can go a long way. It's also good to plan out your assignments on a planner or notepad if you really struggle and remember to do things such as school work.

If the 3rd quarter kicked your butt this year, try to make these changes for the 4th quarter so you end the year strong!

#### **Senioritis** Garrick Bowers

With only one quarter to go, seniors of Riverton High are their 13-year-long seeing childhood education come to a sluggish halt. Seniors graduate early in June, and then after that, they're off to a life on their own. For some that means college, work, or moving out. Many of our RHS seniors are receiving mission calls for the Church of Jesus Christ of Latter-Day Saints, opening college acceptance letters, or even planning a leap year.

Classes are finishing up their curriculum and seniors are losing motivation. This is commonly known as "Senioritis." Symptoms of Senioritis include drowsiness, lack of motivation, sagging eyelids, and repetitive alarm snoozing.

Many of our RHS seniors are affected by senioritis, which in turn, affects their motivation. "It has made it very hard to wake up and go to school," senior Lucy Schofield explains. "I know we have to graduate but it's just so hard." Schofield's fellow seniors and peers express their feelings after being infected by senioritis.

Senior Raegan Glade says,"Idon'twanttodoit.Period." Senioritis typically oc-

curs between the beginning of 2nd semester and graduation. Senior Bekah Baker got senioritis when she "hit finals and SilverRush [was] over. Then you just hit a second winter." Despite many of RHS's

seniors being infected by the debilitating virus, some have found ways to avoid recover from senioritis. or

Creed Haymond, senior, avoids senioritis by "taking easy classes and having lots of friends." Some cultivate motivation by challenging themselves to further their education.

"I'm enrolled in a lot of concurrent classes, so I feel pretty motivated," explains senior Jacob Fitzgerald.

How does one avoid senioritis? After all, we've all felt a lack of motivation before. Psychologists recommend setting goals, limiting distractions, and walking through nature. CNS (Central Nervous System) Fatigue occurs when your prefrontal cortex is overexerted. This makes one perceive tasks as more difficult than they actually are. A way to avoid this is called Attention Restoration, which means restoring your attention and motivation by spending time in nature.

Ms. Christy-Frank recommends living in the moment. "When you're supposed to be in English class, BE IN English class. When you're supposed to be hanging out with friends, HANG OUT and be fully present," she insightfully explains.

Whether you are a senior or not, school can be difficult and grades might be stressful. Make sure to balance your attention and, when needed, spend time in nature. Take a Sunday walk or exciting hike with friends to step away from the stress. Either way, let's make it to graduation mentally healthy.



Photo by Aliyah Pena.

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**Unifying Cultures for International Week** 

#### Alondra Valenzuela

Riverton High School is making history this year! The month and year of March 2025 is the start of a new part of Riverton culture. Latinos In Action presidency brought upon themselves to initiate this historical international week for Riverton High, which will hopefully continue in future years.

The idea of making International week a thing this year was the desire to include and celebrate the diversity of our students in RHS and bring us all together, with the help of the SBO's, BSU, POP, ASL, French, Chinese, and Portuguese clubs.

International week was the week of March 17th through March 21st. Each day was based around a certain class or club in which they showed off and taught RHS a little bit of their culture.

Many of these clubs performed in the talent show



RHS International Week was headed up by several cultural clubs at the school to promote cultural awareness and appreciation. Photo By Emily Valenzuela

on Friday, March 21st to show off either a traditional dance, song and or anything to show off their culture. LIA President, Adrianna Mark stated her goals for the week by saying, "I want everybody to be able to express themselves and to not be afraid to show who they are and where they come from." LIA VP of Social, Emily Valenzuela, exclaimed, "I am really excited to be able to showcase where I am from and have everybody try some of my favorite Mexican snacks!"

LIFE

One of the highlights of the week was a door decorating contest for the teachers to show off their culture and creativity. RHS students were able to take some time during the week to admire the decorated doors and choose their favorite one. The doors were judged based on creativity and visual appearance. International week included

a dress up week. Students and staff were encouraged to participate in dress up week and any other activity going on.

International week will, if everything goes as planned, be a recurring event in RHS, already being added to the calendar of the school year 2025-2026. They hope that this will pass on to future class years as well. Not only does this week promote culture awareness, but it also makes RHS have a fun environment and helps our school showcase their creativity during the week. We hope that all of Riverton will continue to celebrate it every year and make it even better every year!



Garrick Bowers

Q: What Reese's Peanut Butter Cup shape is the best?



Lila Knight (12) A: I feel like the Reese's Thins are the best because they have a good crunch.

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Corbin Carpenter (10) A: Egg, for sure. It's more peanut butter than chocolate.





Rochelle Waite: Principal A: Oh my gosh, the Christmas tree, for sure! I think they make them fresher because they're seasonal, and they have a good ratio of peanut butter to chocolate.

Adam Sabin (12) A: I think the Christmas tree! Christmas time with a fun shaped Reese's makes it double fun.





Raylee Jensen (11) A: The Easter Egg; because they're made fresher when they're seasonal, and it's springtime. Arts

## March 2025

#### Why Taking The ACT Is Important Breanna Tsosie

Once high school starts, from freshman year to being a senior, there are always important tests that come your way no matter what grade you are in, such as the AP test, the SAT, and of course the ACT test.

The ACT test is a test that is given to juniors in the month of March and can take about 3 hours to take. There may be students who do not think it is important because they may not want to go to college or the college that they want to go to does not require the submission of their ACT test scores. However, it can do great things for admissions and improve your chances of getting accepted into the college that one may want to go to.

According to the official ACT website, it is very important because it "gives colleges and universities an idea of how prepared you are for college-level work". Another reason for its importance is because there are scholarships that are provided for students by colleges themselves and some of them require a certain ACT score for a qualification.

For those who want to continue their education in Utah, it is important to know which colleges here in the state require submissions of your ACT scores. The school in Utah that requires the submission of ACT scores

is Salt Lake Community College but that is because they use it as a placement test. Other schools do not require it but there are schools out there that would like a submit if a certain score is reached. Schools like that are Southern Utah University with a minimum score of 20 for a chance to be considered. Weber State University with a minimum score of 18 for consideration, Snow College for the chance to be considered for the Presidential Scholarship eligibility, and Utah Tech University with a minimum score of 17 for consideration. Other schools than these, ACT scores are not considered when it comes to applications.

Most importantly, this is the state assessment for junior year. That means, your teachers can use this to set a sense of what you still need your senior year. So if you don't want to be bored out of your mind in English class next year because you are repeating what you already know, do your best!

It is also good to know this for when you want to know if your scores are eligible for consideration and to have a lead in admissions. For out of state schools, consider the importance of ACT scores for them and take action of the advantages being offered if you take the test.



Entertainment

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*The thriving colleges of Utah* Photo Courtesy of The Skyline Horizon

