

- Current Events
- TV & Movie Reviews
- School challenges
- Teacher Spotlight
- Senior Spotlights
- HOCO final thoughts

HOLOKE JR/SR HIGH SCHOOL

DRAGON TIMES



NOVEMBER 28, 2022

TEACHER SPOTLIGHT ~Mrs. Ortner

by Sujei Bustillos

Here are some amazing facts about Mrs. Ortner and what she does for a living. Mrs. Ortner is a graduate of Holyoke High School and has been teaching for a couple of years. She attended college at Colorado State University (CSU) for 4 years and teaches Family Consumer Science, Healthy Living, Child Development, Design, Fashion, Adulting 101, and Nutrition. She grew up in Akron, Colorado and was a student at HHS. She claims she wanted to be a lawyer but, then in college she changed because of her skills, and she loved wanting to teach kids. Her major in college was Family Consumer Science. She loves teaching, and some of Mrs. Ortner's hobbies consist of singing, quilting, and listening to podcasts. She was a very active person throughout high school and played volleyball, basketball, and track. Mrs. Ortner also has a family at home. She has three kids, one girl, and two boys. She is a hard-working person and also enjoys being a mom. Mrs. Ortner is also in charge of the club FCCLA (Future Career and Community Leaders of America.) Mrs. Ortner loves to teach students new things, and her favorite class to teach is probably healthy living. An amazing teacher, Mrs. Ortner is wonderful and super creative.



GO
DRAGONS

Bullying

By Sadee Mosenteen

Bullying, wow. That is a strong meaningful word that can sometimes be taken advantage of. What types of bullying are there? Why do people bully? There are so many questions about bullying. Most have been taught about bullying since the start of elementary and know what it is but what is the real meaning from the counselors at HHS? Mrs. Clayton states, "Bullying to me means that there is an imbalanced power between one or more people and the people with power use that to manipulate and hurt the other person." This shows that bullying is wrong because powerful people take their problems and put them on someone else and make them have worse or harder problems than when they started. Teachers have helped people learn how to deal with problems, hard feelings, and confusion appropriately and one of those is bullying. How do teachers at Holyoke High School and Holyoke Elementary help teach kids bullying is wrong and how to handle your problems correctly? Another counselor at HHS tells us, "I am a believer of always going back and checking yourself to always be kind. Working with students to be a leader and what it means to be a leader is to be kind, use appropriate words, appropriate actions, and empathy. Always put yourself in others' shoes." These are wise words stated by Ms. Kreider. Teachers and counselors have taught this because not only does this help with bullying, but it also helps to be a better person in the future. Although we all wish bullying didn't exist and we didn't have to teach our kids all these things, we do. It is the state we are in right now and although it is hard sometimes it teaches the kids a lot. Not only does it teach the bully and the person being bullied but it teaches everyone to just be kind and that you don't know what others are going through so always be kind. Even when you see kids who are different from you ask yourself the following questions. Does it affect me? Does it interfere with my life? If the answers to these questions are no, then don't interfere. Let them be who they want to be. If these questions are yes, I encourage you to go talk to Mrs. Clayton or Ms. Kreider, and they would be more than happy to help you handle it in an appropriate way. In conclusion, bullying is wrong. Be kind, and just be a better person...even when times get hard!

Caffeine

By Reese Steggs

Is caffeine bad for you? This is a question everyone thinks about. caffeine can be good and bad sometimes. People use caffeine for many different reasons like for coffee, energy, drink and pop. Most people choose caffeinated drinks for their first option mainly because caffeine is such a popular choice. Pop is what I always go for, mainly dr pepper. So the real question is caffeine good or bad? I agree caffeine can be bad for you, but I know my mom loves coffee and she said that you can probably never live without it. I guess caffeine can be good for some reasons. Like doctors who drink caffeine for night shifts or anyone with a night shift. But caffeine can be bad because it is bad for your teeth, it can even increase your blood pressure, and increase your heart rate. So with this being said do you think caffeine is good for you?

Spirit Week

By Rut Espinoza

Does your school celebrate Homecoming (HOCO) week? Mine does and I am going to tell you and talk about it a little bit. On Monday it was Bikers VS Surfers for spirit day. I dressed up as a surfer because I just thought it was easier. It was lots of fun being about to participate in these events. The reason for that is because Junior Highers aren't really allowed to do anything the high schoolers do, but they let us in these ones. On Tuesday for spirit day it was Celebrity/ Album Cover Day. A lot of people did Adam Sanler and Duck Dynasty. In my opinion people did these because Adam Sandler was easy to dress up just put on some lazy clothes and you're good. For Duck Dynasty I feel they did because they got to do duck calls and even though it was annoying they still had fun. Spirit day on Wednesday was Senior Citizen day. I didn't dress up for this one but lots of people looked comfy and relaxed. Some people brought wheelchairs, canes, and wigs. Last day of spirit week was Class Color Day. To me this was the best day of the week because me and some friends went all out. The fun part was when we went on the Volleyball parade float. It was fun because we were in the parade but because we forgot our bluetooth, and we had no music, it was kinda silent for a little until we started cheering. I also loved looking at all the other floats and seeing the little kids and some of my former elementary teachers. Overall I liked participating but i can't wait until we get to do all of the activities.

Social Media

By Zander Gipson

Over the years social media has been very big from Facebook, to Snapchat, to Omegle and they're all different in their own ways.

Starting off, Facebook is a way to communicate by posting photos for others to see and to privately message people as well. You can communicate with friends or strangers, you make a public profile for everyone to see, and you can make it see what you want and what you want others to see. You can comment on photos other people post or what they share. There is also "FaceBook Marketplace," where it's like Ebay where you can buy things in real-time so you can go get it in real life you can either pay in person or online. Secondly, Instagram and Twitter are decently alike, Twitter is considered a "Text-Base posting site," while Instagram is designed for visual posts only. Twitter is mostly posting photos where you can reply to them or just say something, you can also "follow" people where you see them most often. Youtube is also a social media, it is a website where you can post videos for others to watch and the posters can make money. TikTok is an app where people post their videos, and the watchers scroll through the videos like a page. The page is determined on what you like or watch a lot, just like the other social media sites you can follow others and when you follow them their content shows up more often. Finally, Messages is the original way of communicating where you send messages to people and images.

Social media has for sure made an impact on both the older generation and the newer generations. They have helped and not helped people in different ways.

SENIOR SPOTLIGHT

BRENDAN NELSON



Brendan Nelson, class of 2023, has many plans for his future. He plans on going to a trade school because he loves taking things apart and putting them back together. He also likes mechanics and welding. He plans on continuing to play basketball in his free time and continuing to work out. His tips for his underclassmen is, "Take some time on things that are due; if you need help or more time, talk to your teacher." His favorite memory is messing around with each other (his friends) and having fun during golf. To improve his HHS experience he said that his teacher helped improve his time in HHS. "I had a lot of really fun and nice teachers." A few have moved away, but we also got some great new teachers. When asked if there is a teacher/trusted adult who helped you get through high school, and how they helped him, he said a lot of his teachers that I took multiple classes with are really helpful. A couple that he said helped the most are Mrs. Mallari, Ms. Hutches, Mrs. Kleve, Ms. Maloney, and Mr. Stumpf. He explained that the thing he will miss most about HHS is his teachers and friends. "I will also miss the fun times we have during sports practices, tournaments, and games." We asked him if he planned on returning to Holyoke, and if not, where do you plan on going, and what are you planning to do. He responded, "I do not know if I want to come back to Holyoke or where I want to go." We wish you the best of luck on your journey Brendan.

Percy Jackson & The Lightning Thief

by Carter Sisseck

This is my review of Percy Jackson and the Lightning Thief book and movie. The book is based on Greek mythology and the movie is based on the book. They are both about a 12-year-old boy named Percy and his life-saving quest. The movie came out on February 12, 2010. The movie has a 62% Tomatometer score and 86% Audience score according to rottentomatoes.com. I would give the film a 3/10, because it is so different from the book it's based on. Wesley Prescott from New Zealand says "OMG, such a radical book. So groovy and hilarious that I read it again immediately. Words of warning however do not, under any circumstances, watch the horrible, retching worthy, made me throw up my blue pancakes, sorry excuse for a movie duology. It's trash in case you didn't get my message." The Lightning Thief was written by Rick Riordan. It was released on June 28, 2005. Fantasy book review gives it a 9.7/10. The audience rated it a 4.8/5 and 95% of Google users liked the book. I would give the book a 10/10, for its great action and just enough humor. The movie changed a lot of the characters and the entire plot of the original story. I think if I were to have watched the movie without ever watching the book I would give it a 6/10. But since I have read the book the movie doesn't compare. So read the book, don't watch the movie.

Hobbies

By Dayami Trejo

Do you have any hobbies? You can have many hobbies such as cooking, sports, writing, reading, etc. My hobbies are baking and sports. Sports help me get distracted from things such as if I'm having a bad day. Baking helps me have time for myself and also helps me relieve stress. Hobbies are considered to be something you enjoy doing every day and will do in your free time. Hobbies are important because they can keep you busy and can help you learn better depending on what it is. For instance, if your hobby is reading it can help improve your focus and communication. Mostly everyone has hobbies, even if you don't know it you might have one or even more than one. Did you know that hobbies are less likely to suffer from stress, low mood, and depression? There has been much research that has been able to prove that. A hobby many people have is doing sports. What is your hobby and how does it help you in your life?

Homecoming Preparation

by Kinley Sporphase

“Homecoming King and Queen are Kai Siep and Grace Roberts” Being a candidate for homecoming vs. going to homecoming normally are surprisingly not so different. Being a queen candidate is quite different than being a normal girl going to homecoming. According to Erin Andersen, a homecoming queen candidate, “We had to get a car, had to make posters (for the car), girls had to get ready after the volleyball game, play the volleyball game, then get ready right after. The girls also had to get two dresses other than our short ones.” That seems like a lot compared to homecoming for another girl like Sarah Hayes who got a dress and her nails done last minute. The hardest part of homecoming for both of them was also different. Once again, Erin said that time management was a difficult thing to deal with. You have to be able to bring all your belongings to the volleyball game, play, then get ready in time for the announcement of the kings and queens. Sarah shared that, “Figuring out dress options and coordinating with your date, and finding a ride (since we’re younger), and getting there since it’s all upperclassmen being a freshman,” was the most difficult part. Being a candidate also means that you do things that you would not normally do.

Erin said, “I would normally not be in a car, I wouldn’t have to get two different dresses, and I wouldn’t have to get dressed up three days in a row.” Comparing this to Sarah, who wasn’t very stressed at all, Erin believes as a candidate you would be worried about everything weeks before. On the other hand, being a king candidate means that you have other things that you would not normally do. According to Jaden Frost, “We just reached out to people to see if we could borrow their cars and stuff, then we did a walk-through on the field about how it’s going to go, and we talked it through, and how we decided to do it.” This was his answer to what his preparation for homecoming was. According to Cody Maloney he only had to get nice clothes to wear, find clothes for dress-up days, and for game day. (He plays football.) I also asked them what the hardest part of homecoming was and Jadon said, it was “upholding his image,” he is talking about proving he is worthy and being a good role model as a candidate. On the other hand, Cody is more dedicated to his sports and his football career. He said the hardest part was, “the tough loss.” Finally Jadon said that things he did as a candidate that he didn’t do normally were, “Riding in a car in the parade, because I’m not riding on the football float like normal, and half time is different because I’m not going back to the locker room.” Cody said that there was absolutely nothing he could think of as a normal homecoming attendee, to being a candidate. Speaking of Cody and his being dedicated to his career, next week I would love to speak about good colleges for a football career, in Colorado.

“A king can’t be a king without the strength of his queen.”

By Rubi Dominguez

Homecoming candidates for Holyoke High School are Ty Dirks, Kai Siep, Jadon Frost, Sabryn Burris, Erin Andersen, and Grace Roberts. At halftime of the Homecoming football game on Friday, October 7, 2022 Kai and Grace won the title of 2023 HHS Homecoming king and queen. They both thought being nominated was pretty cool; they were honored to be chosen by their classmates. “It was a great time and thanks to everyone for the support!” - Kai Siep. The hardest part of being king is that people call Kai “King Kai.” Kai made the dance more fun for everyone and for himself too! For Grace, the hardest part was finding the right dress. She also had to get her hair done and lots of pictures. “Living in a small town and knowing everyone from school helped me be the person that I am.” - Grace Roberts

Being 10 during a pandemic

By Audrey Beiber

I was 10 during the pandemic COVID 19. It affected me a lot but it also gave me many memories. It drew my immediate family that lives in my house closer together but made my extended family more distant from me because I couldn’t see them as often.

Being young during COVID helped me make memories and grow closer with people and things I love. At the start of COVID, school was different because it started at 9 a.m, instead of 8 a.m. That convinced my family to make the decision that we could finally get my dream pet; a bottle calf. We could do this because we had enough time to get to the farm and feed them in the morning. It was so fun to have a baby animal and save it from the feedlot where it would be killed if we didn’t save them. We were able to save about 15 cows and have fun family bonding time every morning.

On the other hand, COVID had an impact on my childhood. I had my 10th birthday about 2 or 3 months after COVID outbreak. At that point it was so dangerous I couldn’t have an in-person birthday party. Normally, I would have a family party and a friends party. We would make cupcakes and decorate frosting and play with my cousins and friends for hours. We could play basketball, eat cupcakes together, and spy on each other and our parents.

My parents felt so bad because my birthday couldn’t be special and especially since 10 is an important age. My mom made me my favorite cake which is Angel Food cake, bought me my favorite pop, bought me my favorite snack which was gold fish, and put a sign so people could drive and honk for my attention to tell me happy birthday. My mom also had all my family drive by and surprise me by squirting me with a water gun and tossing my presents to me.

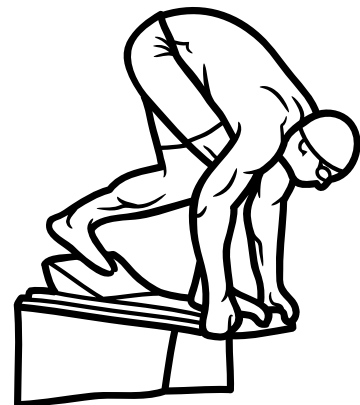
That is how COVID 19 has affected my 10th birthday but also turned out to be a positive learning experience. It had its ups and downs but in the long run it helped me bond more with my parents and siblings.

Girl Drama

By Sujey Bustillos

You hear it every day, girl drama. At school you will mostly hear drama for the weirdest reasons. Drama will mostly occur for many reasons, for example, it starts off with one girl hearing something from another and it just spreads and spreads. It will usually get worse and worse because rumors spread and won't stop. Drama can be very serious but for most of the part many people try to ignore it or stay out of it. Many people find girl drama very annoying in fact, sometimes you get tired of it. Drama can happen out of school or in school but they are most likely to occur in school. "People would put me in drama all the time and spread rumors that are not even true and it only gets annoying" claims (Rut) Alina. A lot of drama will occur with girls when either a girl is jealous of another girl or they try to find something to pick at. Drama can be taken very seriously if someone would start a rumor about you for something you didn't even do. Middle school is most likely to have girl drama but it occurs for various reasons. Drama seems to mostly occur in middle school which mainly has teenage kids that either want attention or just want to pick at someone for fun. My advice for middle school drama is to try to stay out of it or out of trouble even though sometimes it can get very annoying and distracting. So now think if you were in drama how would you handle it?

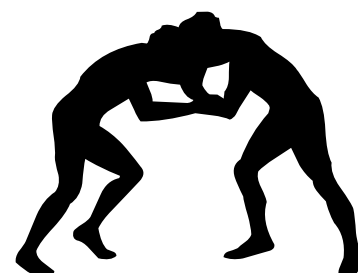
HHS swim season starts with an
away meet at VMAC in Thornton on
Saturday, 12/3 @ 9 am



HHS Basketball season starts with a
home game Friday, 12/2 @ 4 pm



HHS wrestling season starts with an
away meet in St Francis on
Saturday, 12/3 @ 8 am



Libero

By Jackie Santiesteban

I have been a libero for 2 years now and I love it. Libero is a defensive player in volleyball. My team always depends on me and sometimes it is nerve-wracking. I honestly did expect myself to be the libero or back row because my hands can't even go over the net when I jump. Being a libero is honestly kinda hard. You have to have fast reflexes. You sometimes get hurt, you get bruises. My friends always ask how I do it and I just say practice and hard work. The coach that taught me a lot about libero and how to become better is Irene. I love doing passing drills or when the coaches spike the ball to me. Being a libero can be stressful sometimes, like when you get a good pass. When I get a bad pass I tend to get mad at myself but I let it go pretty fast because the game is still going. After all libero is a challenging but a really fun position to play in volleyball.

Benefits of a Later School Day

By Lia Sprague

When you were a student was it easy to wake up early? I know that many students would answer no. There are many benefits to a later school day. For example, USnews.com says it allows for improved academic outcomes, reduced risk of car accidents, better mental health, better physical health, and less tiredness.

You may be wondering how a later school day could help with car accidents. Well, many students drive to school and I bet a lot of them stay up late. You would be surprised how many car accidents result from drowsiness. In USnews.com it says that about 1 in 10 accidents are from young drivers between the ages of 16-24. Which accounts for about 50% of the accidents worldwide.

A later school day will also help academic outcomes. When you are tired I am sure the last thing that you want to do is sit in a classroom and do work, but we have to do that. Maybe you would get it done but it would probably not be your best work because you are sleepy. This could lower many people's grades and affect extracurricular activities.

On the topic of extracurricular activities, after an early and long school day who would ever want to go to practice and work really hard. How are you going to give it your all when you woke up at 6:00 am and studied all day long? You are supposed to try your hardest at everything you do, and lack of sleep can prevent you from doing that. I know that some of you are probably thinking that we should just go to bed earlier, but even going to sleep early is sometimes not enough. According to CDC.com teens are supposed to get 8-10 hours of sleep and going to bed as early as you can doesn't change the fact that you are missing 1-2 hours of sleep in the morning.

To conclude, I think that schools should enforce a later school start. If you don't believe me I think you should give it a try for one year and chart the overall score of the school. If it has improved I suggest keeping a later school start time. Make sure to do your own research, but what do you think about a later school start time?

SENIOR SPOTLIGHT

SABRYN BURRIS

Sabryn Burris is one of many talented seniors of the 2023 class. As of now she plans on attending Laramie County Community College in Cheyenne, Wyoming to enroll in their 2 year Radiology program. Although she loves playing sports and doing extra curricular activities she does not plan on participating in any beyond highschool. She will always remember Holyoke but one of her most vivid memories from the school is homecoming week. She loves dressing up and supporting holyoke athletics. Sabryn shared, "A tip that I would give to an underclassman would be, to cherish all of the moments you have in high school. Not only the good ones but also the bad ones. These have been the best years of my life because I have been able to make so many connections with the staff and my fellow classmates." She has always had teachers to support her but one that stood out the most was Mr. Kramer. She decided to take algebra 3 last year and at the end of the day no matter what question she had he would always giggle and then tell her she knows what she needs to do. She has learned so many things from Freshman year to now being head of the high school. She will always be a part of Holyoke and I wish her the best of luck moving forward.



SENIOR SPOTLIGHT

MANUEL GONZALEZ

Manuel Gonzalez is one of the many seniors of 2023. When he graduates he isn't sure if he wants to attend college and if he does he isn't sure where. He enjoys working with tools for work and he also really enjoys welding so that might be something he wants to do after he graduates. Manuel's favorite memory from HHS is playing basketball, attending games, supporting other sports, and being with his friends. Something Manuel will miss from HHS is playing basketball and not getting to see his friends as often. Fabian, his older brother, is someone he has always looked up to and Fabian has helped him improve his HHS experience even though he can be a little rude to Manuel. Manuel did basketball in junior high, freshman, junior, and senior year but won't be doing it in college if he goes. Advice Manuel has for underclassmen is "pay attention in class and try your hardest." Manuel does not plan on returning to Holyoke if he returns it will be to visit his family and friends, but he does not plan on living here and isn't sure where he wants to live yet. Good luck with everything Manuel.

