



THE CARDINAL



WHS Journalism Class

Waitsburg, Washington

February 28, 2022

DW spring sports begin February 28

By Keon Lindley, *The Cardinal*
February 18, 2022

Spring sports are right around the corner with the first day of practices set to start on Monday, February 28. This includes baseball, softball, track and field, as well as boys and girls golf.

The baseball team had just acquired a whole new set of coaching staff, with a brand new head coach and assistant coach. The head coach is Greg Crenshaw and the assistant coach is Ashton Loper, a Dayton High School graduate and four year high

school baseball starter. DW baseball will begin playing games March 16th along with the softball girls. Carly Benavides is the softball coach.

Coached again this year by Mike McGhan, golf, both girls and boys, will be participating in a meet March 16. The track and field team will be coach by Dan Nechodom and the team's first meet is April 20th in Burbank.

Signing up for spring sports is a little different this year. The Dayton and Waitsburg

school websites are available for you to sign up online and make it easier on everyone.

It looks like practices are going to be practiced outside as well, no inside-the-gym practices are going to be holding us back from kicking off the season.

Make sure to get outside this spring sports season. Maybe sign up for a sport and make sure to have fun while doing it.

2022 DW SPRING SPORTS SCHEDULES

BASEBALL	SOFTBALL	GOLF	TRACK
March 16 @ Mac-Hi	March 16 @ Mac-Hi	March 16 @ M-F	April 20 @ Burbank
March 19 @ DeSales	March 19 @ DeSales	March 23 @ Wine Valley	April 27 @ Riverview
March 26 @ Cle Elum	March 26 @ Cle Elem	March 24 @ WW CC	May 4 @ Mabton
March 29 vs White Swan	March 29 vs White Swan	March 29 @ Vets WW	May 12 @ Dayton
April 2 vs Kittitas	April 2 vs Kittitas	March 31 @ TVGC	May 18 @ Cle Elum
April 16 vs Riverview	April 16 vs Riverview	Week of April 11 @ T-C	
April 22 @ WWVA	April 23 @ Mabton	Week of April 18 @ Vets WW	
April 26 @ TCP	April 30 @ TCP	Week of April 25 @ Warden	
April 30 vs Col-Bur	May 7 vs Col-Bur	April 27 @ Wine Valley	
May 6 @ Warden	May 13 @ Warden	Week of May 2 @ Selah	
		May 5 @ Vets WW	
		May 11 @ Cle Elem	

LOCAL

History of Presidents' Day

By Alexis Reeves, *The Cardinal*
February 18, 2022

WAITSBURG—Recently the students and staff of the Waitsburg School District experienced a three-day weekend. Many may not know the history behind this long weekend.

Presidents' Day is a federal holiday celebrated on the third Monday of February. This holiday was originally established in 1885 for the recognition of President George Washington. Presidents' Day became popularly known after it was moved to be part of the 1971's Uniform Monday Holiday Act, as an attempt for a three-day weekend for workers. This also consolidated two February presidential birthday observances—George Washington and Abraham Lincoln.

Presidents' Day is a federal holiday which means schools and other government institutions are closed. The U.S Postal Service was closed and no mail was delivered that day. Also, most banks were closed on Monday, February 21st.

According to *History.com*, in 1932 Presidents' Day was used to reinstate the Purple Heart, a military decoration that was created by George Washington to honor soldiers killed or wounded while serving in the armed forces. Patriotic groups as well as Boy Scouts of America also held celebrations on this day. In 1938 about five-thousand civilians attended mass at Saint Patrick's Cathedral in New York City to honor George Washington.

So next year, on the third Monday of February, remember all the reasons behind this federal holiday.



Basketball seniors honored



D-W seniors Megan Forney, Dylan Bledsoe, and Keon Lindley were honored at the Riverview game.



The Science of Love



By Jessie Atteberry, *The Cardinal*
February 14, 2022

WAITSBURG--Science can explain almost anything, but can it explain the feelings behind love? It sure can.

True love is often identified as a strong and long lasting bond between two people that both want a passionate and fulfilling relationship. Love is a feeling that is unexplainable for many but not for Dr. Helen Fisher. According to her and her lab team, love can be explained with three stages: Lust, Attraction, and Attachment. Each category is explained by its own hormones stemming from the brain.

The first stage is lust and it's driven by hormones like Testosterone and Estrogen. Testosterone is the male hormone that helps boys develop male features like facial hair. Estrogen is the female hormone that plays an important role in the reproductive system. Lust is a psychological force producing intense desire for something or someone. You can be lustful for more than just love, there is also money and power.

The second stage of love is attraction, also known as the "love-struck" phase. This is driven by hormones such as Dopamine, Norepinephrine, and Serotonin. Dopamine is a nerve hormone, Norepinephrine is a hormone that acts as a stress hormone, and lastly is Serotonin, known as the happy hormone. Attraction is between two people which usually leads to friendships and romantic relationships. Some actions your body shows that indicate this feeling are loss of appetite, sweaty palms, and a fast heartbeat.

The third and final stage of love is called attachment. Attachment is defined as "affection, fondness, or sympathy for someone or something" by Dr. Helen Fisher. It can also be described as a deep and enduring emotional bond between two people seeking closeness to one another. The two hormones that drive this feeling are Oxytocin and Vasopressin. Oxytocin is a hormone associated with empathy, trust, and relationship-building. Vasopressin is a hormone that regulates the tonicity of body fluids.

Love is a hard emotion to explain in simple terms to people that don't understand what real love feels like. When you choose your person, most of the time you are looking for a physical and emotional attraction. Love is something we need because it gives your life meaning. It teaches you lessons that can help you in life too. Love as a whole gives you a positive attitude and it makes the best version of yourself come out. You can always give without loving, but you can never love without giving.

History of Valentine's Day



By Olivya McFarland, *The Cardinal*

WAITSBURG--Everybody knows Valentine's Day occurs annually on February 14th in America, but do you know the real story behind this day?

Valentine's Day origins are murky but we know in the US, valentines appeared in the 1500's and by the 1700's cards were commercially produced to celebrate love. One legend says the romance came from the medieval belief that birds selected their mates on the 14th February. Another legend says that Valentine, a priest who was believed to have secretly helped Christian couples get married, cured the girl's blindness and that his final act before being executed

was to write her a love message signed 'from your Valentine'. St. Valentine did not agree with the Roman ideology that single men were better and more dedicated warriors. He was then executed on February 14 in the year 270 AD. It wasn't until more than 200 years later, that February 14 was proclaimed as St Valentine's Day. Today Americans celebrate Valentine's Day with flowers, cards and sweets.

February: Heart Health Month



By Ben Ingram, *The Cardinal*
February 18, 2022

WAITSBURG--February is a time when all people can really focus on their cardiovascular health. Heart Health month has been officially recognized as the month of February since 1963, and is aimed at raising, and spreading awareness for heart diseases, as well as taking the time to learn about how you can keep your cardiovascular health up.

President Lyndon B. Johnson introduced National Heart Health month under presidential proclamation 3566, to bring more awareness to the issue of cardiovascular disease. Johnson's approach was extremely pivotal in the nation's pursuit of heart research. After it was announced that February would become National Heart Health month, the surgeon general came out with the first evidence that smoking had negative impacts on health.

Since the first report by the surgeon general, there have been many advancements in the research of heart health. Right now, the Division for Heart Disease and Stroke Prevention is shining a light on hypertension, or very high blood pressure. Hypertension is the leading risk factor for heart disease, and stroke in the US right now.

The American Heart Association has been partnering with American schools for nearly half a century now, to create the kids heart challenge program- or better known as "Jump for Heart." The program is based for kids K-5, and is designed to teach them about whole body wellness, health improvement, and also raises lifesaving donations

to benefit kids fighting heart disease. During Jump for Heart, the kids are given options for many different physical activities that improve health, such as; jumping rope, shooting hoops, dancing, and an obstacle course. Waitsburg Elementary participated in this program on Friday, February 18.

As we end the month of February, remember that every month should be a time to live a healthy lifestyle to protect your cardiovascular health. For more information visit heart.org.



**WAITSBURG HIGH SCHOOL'S
CHAPTER OF THE NATIONAL HONOR SOCIETY
WILL BE HOSTING A BLOOD DRIVE WEDNESDAY,
MARCH 2 FROM 12 NOON UNTIL 5 PM. IF YOU ARE
INTERESTED IN DONATING BLOOD, PLEASE
CONTACT MRS. LEID FOR AN APPOINTMENT.**

BUSINESS

Spokane Ag Expo

By Caleb Barron, *The Cardinal*
February 10, 2022

WAITSBURG--The Spokane Ag Expo: a place where agricultural professionals meet to collaborate, connect and create new relationships within just a few short days was recently hosted in Spokane, Washington at the Convention Center. The 2022 Ag Expo was held February 1-3.

During the Ag Expo you can see tractors, sprayers, combines, pickups and even implements for the tractors. All of these things are showcased next to the sellers' booths, all crammed into the Spokane Convention Center. At the booths you can receive additional information in regards to the equipment and or implements. If you are not into the equipment farming side of things, there are also other booths at the Ag Expo, such as Miller and Lincoln welding booths.

At the Ag Expo you could also see college booths talking about programs they offer that relate to the agricultural industry.

While at the Ag Expo there are lots of goodies being handed out. You can also buy good quality things that you may want to get. Just a few things that you can purchase include: hats, flags, stickers, and, knives.

During this event there are also speakers talking about things that professionals have to say and maybe help you in your journey in a future in the field of agriculture.



Photos courtesy agshow.org

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ENTERTAINMENT

Alaskan Nets coming to WHS

By Brayden Mohney, *The Cardinal*
February 10, 2022

WAITSBURG--*Alaskan Nets*, a film based on the story of a high school basketball team overcoming hardship and struggle on the small island of Metlakatla, Alaska; a team coached by Waitsburg High School alumnus Tony (TJ) Scott, is set to come to Waitsburg High School at 6 p.m. on Saturday, March 19, 2022.

In this documentary you will see a small native village prove they have what it takes to play basketball, as well as the struggles they go through in their everyday lives. According to the *Alaskan Nets* website, "Watch as cousins Danny Masden and D. J King, fisherman and stars of the high school basketball team, lead their team and town toward their first state championship in over 30 years. This may be the only thing able to bring the

town of Metlakatla back to life after undergoing unimaginable tragedy."

Thanks to Alaska Airlines, various high schools across the nation have the opportunity to show this movie as a fundraiser. Tickets will be \$5 and can be purchased at the door. The tickets price will support WHS ASB activities. The Class of 2023 will host a hamburger feed, beginning at 5 p.m. These proceeds will go towards the 2022 Prom. Finally, students who will be traveling to Alaska in June on the Biology trip will be having a fundraiser as well.

Come support the students of Waitsburg High School by having dinner in The Cage and watching an award-winning film.

