

# The Warrior Word

## ISU shows S.H.S. students college lifestyle

Makaley Mikrut  
Copy Checker

Sterling High School takes on the Redbirds. Juniors and seniors who signed up loaded the bus with anticipation to visit Illinois State University on October 3.

The school is known for its educational program. ISU was originally an education-based school and as years progressed new majors were added.

Along with the variety of majors, the school has a great atmosphere. Regardless of it being a large college, it looks and feels more like a community.

Chloe Halverson, a former S.H.S student who now attends ISU, said, "I love all the people and professors and everyone does a good job of making it feel like home and everyone wants you to succeed."

Attractions that were shown on the tour were the rock climbing wall, basketball court, and the kind faces of college students.

Junior Cori Chavez stated, "The amount of resources and activities that they have provided for the students was what stood out to me the most."

Even with all the fun activities that are available, the education is the most important part. The classrooms were smaller which provides the possibility of

forming a relationship with a professor and the ability of being able to engage in the class by being able to ask questions.

Junior Zoey Paone mentioned, "The one thing I did like about it was the small class sizes and the professor to student ratio. They also have a high acceptance rate and that stood out to me as well."

The students were shown one out of four of the dorming units. The dorm room consisted of two beds, two closets, and two desks.

The room had plenty of wall space to express originality and a big window that provided great lighting.

The dining halls are a huge plus for the campus life. The students are provided with a card that holds points that get added every semester that pays for the food.

There was a cereal bar, ice cream machine, salad and fruit bar, grilling station, and a buffet of Mexican and Italian food. The variety is a great perk.

A college visit can easily be made on the ISU website by a quick, easy and free registration.

You can visit the school for two hours at any day of the week and receive tours from a student from the school along with learning about the classroom environment and the attractions of the school.



SHS seniors and juniors recently visited ISU.

## Student council learns leadership

Katelyn Grell  
News Reporter

On October 25, student councils throughout local districts will be coming together for a leadership convention. This year's leadership convention will be lead

at Abiding Word Church in Sterling.

Student Council President Connor Bland decided to take charge of this event last spring along with the guidance of student council leader Laura Miller. The two of them stay busy as they go right from homecoming planning to getting ready for over 100 student council

members to come to Sterling.

Bland says, "I'm excited to see schools from around our area come together to discuss and exchange ideas on how we run our student councils to make each school's student council more efficient and successful."

The convention is a great opportunity to connect with other surrounding schools. When they start, it will be about breaking the ice and getting to know each other. This will be an essential part of the day as they will have to interact and share their ideas with each other the rest of the day.

During some part of the day a speaker will be talking about how to deal with situations without being stereotypical or offensive to the person. This will be a

great learning experience for the kids as they will be able to approach interaction differently in their futures.

The rest of the day will contain activities and discussion. They will bounce ideas off each other and talk about different successful/unsuccessful events each school has had.

The last activity they are experimenting with is a "Kindness Rock Project." A rock will be given to each person in which they will be able to put anywhere. The rocks will have a positive message so when they are found they will hopefully brighten someone's day.

Overall, this will be a busy yet exciting day for S.H.S.'s Student Council members. Hopefully it is a successful day and brings our communities together.

## FCA attends Fields of Faith

Gretchen Gould  
News Reporter

Fields of Faith was a night filled with worship that brought the whole community together. Sterling High School's Fellowship of Christian Athletes, along with other FCAs and churches, came together at Rock Falls High School to listen to many inspirational testimonies and great music.

Senior S.H.S. FCA member Clarke Chapman even gave his testimony at the event. Many other students from the area, including Dixon High School and Erie High School, told their own stories at the event as well.

Senior FCA member Conner Bland experienced Fields of Faith for the first time on October 10. He thought it was "interesting to listen to others testimonies." Junior Grace Gould also attended the event and claimed that

"it was a cool experience to hear everyone's story about the struggles they faced." This is the second Fields of Faith event she has attended, and she thought it went well.

The band White Ribbonday from Iowa played at the event, and they made the night even more special. They played popular Christian music that brought everyone to their feet. They also talked about the experiences they had serving in many different countries.

Although the weather moved the event inside, it did not prevent people from coming out for a fun faith filled night. It was a great event for the FCA to be involved in, and the club is looking forward to attending Fields of Faith again next year. The group putting on the event has promised for the night to be even better next year.



Senior Clarke Chapman gave a testimony at the Fields of Faith. This is the second year Fields of Faith was hosted at Rock Falls.



# Connecting with college students

Rainbow Allen  
News Reporter

Saying goodbye is never easy, but when reuniting and connecting with S.H.S. alumni, it's always interesting to see how S.H.S. helped them in the obstacles they came across at college, and tips they wish they would have known going into the real world.

University of Iowa junior Sierra Strader reflects on her memories at S.H.S. and explains how this school has helped her college years run smoother.

Strader stated, "S.H.S. has prepared me for college because it taught me the basis of how to be a successful student. Turning in quality assignments on time, learning how to balance extracurriculars and schoolwork, how to push myself out of my comfort zone and get involved, learning how to work with other people, organization and most importantly how to take initiative when beneficial opportunities arise."

S.H.S. tries to ensure success for it's students and the tools to be great in the future. University of Indiana freshman Jacob Gebhardt explains how beneficial S.H.S. has been for his future, and said, "I think that S.H.S. prepared their students well for college by adding the MacBooks. Everything is online now so being able to learn how to work with a computer effectively has been a big help."

The school has many resources, but there are some things students had to learn by themselves. "Going into college, I had no idea how to apply for loans, where my money was

going to, how to budget my money in order to handle all of these college expenses, etc." Strader mentioned.

To seniors starting to look around for colleges, here are a few tips from S.H.S. alumni on how you can make the best out of your future and on what and what not to do. Listen to

these tips and don't take them lightly.

Gebhardt advised, "If you're looking for colleges and finding yourself stressing about deciding where to go to school next year, don't over think your decision. Take the campus visits and go with where your heart tells you. If you're struggling with a major to pick

there is no need to stress."

Unfortunately college is expensive and hard to afford for lots of families. Going to Sauk is always a great option for your first two years. I have many friends who have gone to Sauk for two years and now are at a big school but finished two years of college debt free.

Gebhardt says, "Any big university is going to be expensive so if you choose to go to one make sure you apply for as many scholarships as possible and try and get all the academic aid you can."

Strader recommends, "To seniors who are nervous, don't be. People aren't joking when they say college is the best years of your life. Although it can be stressful, there are so many resources in college to help you with transitioning, finances, how to prepare for classes, etc. When it comes to picking a college, pick one that you can genuinely see yourself being excited about and enjoying the next four years at. Pick one that feels comfortable/homey, but that you know will also challenge you to get involved and step out of your comfort zone and that has a lot to offer for whatever it is you want to do. As for picking majors, I've already changed mine twice and that's not uncommon. Just enjoy college and take it day by day because it goes by extremely fast."

S.H.S. has made an impact on students beyond the four years they have been here. College will be stressful, but if you use the tools given to you, have a positive attitude, and stay on top of all of the assignments you need to get done you will have a great experience.



Submitted

S.H.S. alumni Jacob Gebhardt runs track and cross country for Indiana University. Gebhardt sees S.H.S. as a benefit to many students.

## Revive after rejection

Miguel Huaracha  
Social Media Director

Dealing with rejection can be tough, especially if it's from the school of your dreams. So just remember, when one door closes another one opens. There are plenty of different paths you can take if you find yours blocked.

Community college is always a viable option. Getting turned down by a college does not mean your future education is done for. Sauk student and SHS graduate Mason Mobarak said, "I didn't have the best grades in high school, but Sauk has really helped me turn things around and I plan to attend a four year college when I graduate." Community college is a great compromise; especially with Sauk being so close.

With a community college, you can earn your associates degree for a largely reduced cost or even free with scholarships. Plus with the flexible schedule, it's easy to pick up a job and save up some cash. Once you graduate you can either transfer to a four-year school or head into the workforce.

Heading straight into the workforce is also a choice. College really isn't for everybody, and it's okay to realize that. There are trade schools where you can learn how to specialize in a field such as car mechanics, and there are plenty of good paying jobs that just require a high school degree.

School is stressful and it's okay to take time off to just do you. In Europe, it's common for students to take a gap year once they graduate high school, which really helps the feeling of getting burned out that many students suffer from.

If you are dead-set on going to a four-year college though, just remember there are over 5,000 colleges in the U.S. alone, so there is bound to be one for you.

University of Illinois and SHS graduate Reid Blackburn said, "I applied to a lot of school, and even though I got into the school of my dreams I still got rejected by others. Getting rejected really humbled me."

Just because a school isn't nationally ranked in a certain field doesn't mean you can't get a valuable education from it.

## Cruising for a career

Samantha Spaulding  
co-Editor-in-Chief

Are you still unsure what career you want to pursue in the future? Well, the Johnson O'Connor Aptitude test would be the ideal first step. The Johnson O'Connor Research Foundation is a nonprofit scientific research and educational organization with two primary studies: human abilities and to provide people with knowledge of their aptitudes that will help them in their future careers.

This test opens your eyes to talents and strengths you never knew you had. It allows you to think about the careers that will best fit your strengths and weaknesses. Of course you are not obligated to

choose these careers, but it acts as a guide for the careers that will satisfy you the most.

Senior Sonia Chino took the Johnson O'Connor test last year and believes it has changed her views tremendously. "The test showed me what I'm naturally good at, and it opened a door of opportunities to help guide me in my future," Chino shared. Chino cannot wait to put her natural abilities to use for the rest of her life.

The results of the test will be useful for years to come. Whether you're career planning, in college, seeking employment or want to change your career, your results will be right at your fingertips for any of these moments. Even if you don't use them

## Friends forever?

Gretchen Gould  
Photo Editor

Feeling like you have been rejected or pushed away by a close friend can be hard to cope with but it could be for the better. Whether your friend moves away or moves on to a new friend group, adjusting to life without your friend can be difficult at first.

When you feel like a group of friends no longer accepts you, consider moving on and finding people you are more compatible with. It can be easy to gravitate toward old friends that you have known your whole life, but maybe they do not share the same morals and values as you. It is important that you feel comfortable around your true friends and do not feel like you are constantly trying to gain their approval.

When a close friend has to move away, it can truly test your relationship. In many situations the friendship is never truly the same, but in others the bond still continues the flourish.

Senior John Rahn had a long time friend move away in eighth grade. They are no longer close friends but still talk nearly every week. Rahn explains, "When we are together, it is just like old times."

Senior Jaylynn Razo also experienced a close friend moving away this summer. When Razo's friend moved away she found it hard to keep up with

her because they both have busy lives. Even though they have little free time they "still tell each other everything" and Razo believes "the connection has not changed much."

Friends may come and go but a true friend will be there for you till the end. It is important to remember there is a group of friends out there for you. Maybe you have just been looking in all the wrong places.



Submitted

Senior Jaylynn Razo and best friend Claire Stringer had to say goodbye this summer.

for your career, it's still fun to look back and see what your aptitudes are and how you compare to others.

Senior Maddy Anderson also had the privilege to experience the Johnson O'Connor test. She states, "I enjoyed the experience and it opened my mind up to new careers I had never thought of pursuing before." Anderson is now considering studying business and getting a degree in health administration.

The test is a hundred dollars. Yes,

it is expensive but it is definitely worth the money. It is an easy way to make knowledgeable choices about school and work. It is an experience of a lifetime that could help you find a career you will truly love. Like they say, "If you do what you love, you will never work a day in your life". This is the Johnson O'Connor Aptitude test's main goal. So, give it a try and see what talents are hidden within you.



# Seek success as seniors

Lauren Gearing  
co-Editor-in-Chief

Do you know where you want to go to college? Do you know what you want to major in? Have you applied yet? So many questions are being asked, and, let's be honest, it just stresses you out even more then you already are.

You're a senior in high school and college is fast approaching. I understand if you're stressed, but just remember that there is always someone who would be more than happy to help you figure out or start understanding the college life and where to start to make your future a success.

Many seniors pass up great opportunities and wish they could've done better. Former S.H.S. student and freshman in college Nick Ceruzzi explains, "I wish I would have learned to study more effectively and efficiently."

If you don't have a clue what you want to major in yet, then don't stress about it. Still apply for colleges and choose a general major that could lead you to many different careers later on. Just because you picked a certain major does not mean you have to stick with that major and graduate into that workforce.

Your first year of college is going to be mostly general classes like math, English, and biology

anyways, so if you do decide to switch majors you won't be pushed back or hindered in any way. Of course, if you're applying to a college or planning on going there, make sure you know you like the campus and atmosphere. Don't pick somewhere that you may end up regretting and paying way too much money to attend.

Going to college is a big deal and can be a lot so it is important to know good study techniques that work for you. Former S.H.S. student and freshman in college Carter Gearing says he'd "probably try more towards the end of senior year so I would've went into college with good habits."

It is important to visit the college S.H.S. provides college visits throughout the year, such as ones that brought students to visit Illinois State University, St. Ambrose, etc.

Another great advantage that Sterling High School provides to students is college representatives. If you have questions about a certain college or just college in general visit one of the representatives who are usually at S.H.S. around 12:45 on days provided by the counselors. Seniors, just remember to take a deep breath and know that everything will work out and that once you get all the hard work out of the way you can sit back and relax. As many people say, college was some of the best years of their lives so choose somewhere that you are going to love.



Katelyn Grell

Senior Devante Johnson works on his computer during study hall. He uses his time wisely and balances out school and football.

# Freshman focused on the future

Katelyn Grell  
Name Editor

Freshman students are probably not even thinking about college. They are all probably thinking they just got into high school, and that college is "forever away." However, freshman year is just as essential as any other high school year.

Freshman year counts. It will be the start of your cumulative GPA and will be the beginning of your college resume.

The number one thing an upperclassman will say is "I wish I would have done better or done more my freshman year." Don't let this be you. Work hard in your classes, take challenging courses, prepare yourself so you can take advanced placement classes in the future, and get involved.

Getting involved and volunteering throughout your high school experience is great when filling out applications for college. However, when that time comes it can be difficult to remembering dates and hours of what you did three years ago.

What is recommended is to have a notebook or paper set aside for your volunteer work. WRITE EVERYTHING

DOWN. This will make your life much easier as the time comes to applying to colleges.

Freshman year is the perfect time to start to experiment with different paths and see what you have a passion for. Although it is not essential to know exactly what you want to major in, even your senior year, it is important to know what you like and dislike. Try everything and start eliminating so you can start to get a vague idea of your future. It is never too early to start thinking about what your next step in life is. Consider what you want to commit to going fourth with: do you want an associates, bachelor's, master's, or doctorate degree? What is your starting goal?

Senior Gretchen Gould says, "I wish I would have looked into colleges more my freshman year and considered my major earlier."

Finally, start looking at colleges. There are thousands of options. Start considering size, location, programs, and even housing. If you start looking now, it will take a lot of stress off your senior year. You do not want to leave everything to the last minute. You want to find the perfect fit and that takes time.

So freshmen, take advantage of the time you have. Make wise choices now that will help you immensely in a few years.

Brooke Wilson  
Copy Checker

As a sophomore, you may not think college is close enough to worry about. However, it's important to start focusing on what you want to study or where you want to go.

Each year as you pick classes to take, the most vital thing to keep in mind is what you want to study in the future and pursue a career in. At this point in your educational career, specific classes become available to you. Even if you don't know what you want to do, you can take a wide variety of classes to see what might spark your interest. This way, you can try your hand in lots of different areas, all while getting credits.

A new option that has become available to you are AP classes. AP classes are very valuable; you learn useful studying techniques that will help you in continuing your career and have the potential to earn college credits that will help you out in the long run.

Junior Cori Chavez took two AP classes her sophomore year, and she believes that "taking AP classes

my sophomore year prepared me for the work load and the skill level of junior AP classes. AP classes take a lot of time and work, which would have been challenging to transition to had I not taken two AP classes my sophomore year."

The most important thing to keep in mind during your sophomore year is that you are heading into a very important time in your educational career and keeping focused and determined is more important than ever.

Keeping a high GPA makes you eligible for more things as you head into your junior and senior year. You become a more valuable applicant for things such as scholarships, National Honor Society, and ultimately college.

Work on forming close bonds with your teachers and counselor. They are there to answer question and help you out in anyway they can, so don't take it for granted!

Ultimately, sophomore year is a great time to get a jump-start on the college process. Use this time to get ahead, rather than fall behind!

# Juniors getting the job done

Rainbow Allen  
News Reporter

As a junior you might be thinking, "I don't have to worry about that right now, I'll worry about it next year." That couldn't be farther from the truth. As a junior you have very important responsibilities that should be taken care of before you're a senior. First you have to think about what you want to be for the rest of your life, what your dream job looks like, and what are the steps you can take to prepare for this goal? In answering these types of questions, really think about your likes and your dislikes.

Don't wait until senior year to decide what you want to study in college. If you already know exactly what you are going to do, that's awesome, but if you become uncertain, explore more options and be open to other people's opinion and advice. Nothing is ever permanent and people are always changing their minds so don't be upset if this happens to you.

Also, start researching college terminology. College uses some pretty big and confusing words, so make sure when having that conversation you know what everything means and ask questions. Look up some colleges anywhere. Look up some local

colleges like, Sauk, NIU, or Augustana and do some research. If you're an athlete think about the sports certain colleges offer. If you're apart of any club or extra curricular activity look it up.

They might have everything you are looking for. The time to apply is not now, but at least you will

have an ideal school in mind for when you do get to apply next year.

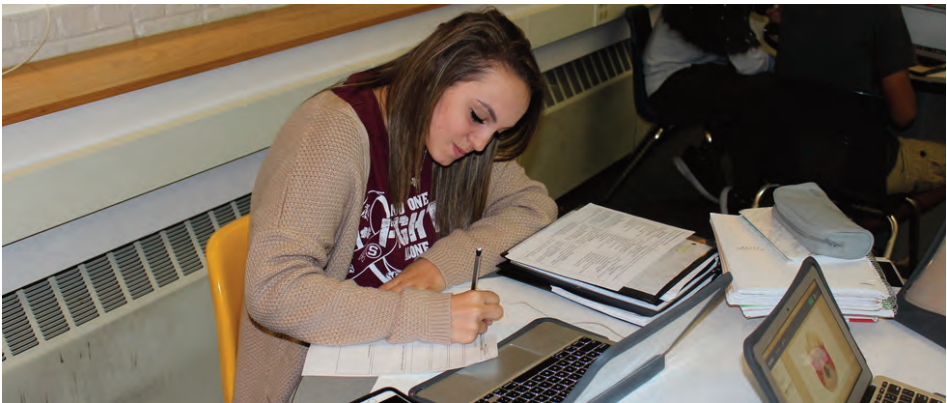
High school students always make that mistake when talking about college. They don't ask questions because they think it is a dumb question, but, that is not the case. You need to ask the questions

that you need to know or else you're never going to know the answer.

Meet with your counselor. If you really don't want to ask a question in front of other people your counselor is a key tool and know everything there is to know about college and hook you up with some resources and opportunities for you. They can talk you through the process of everything and can make sure you have a good foundation going into senior year so you'll be ahead of the game.

Also talk to some seniors you know and ask what they are going to do in the future and how they came up with that. It could open to your mind to an abundance of ideas. Ask how they came up with their area of study, ask what they are doing now to secure a spot at their school, and ask how they came up with that school.

There are plenty of other questions you can ask, but those our just a few examples of all of the answers they could potentially have. Just whatever you do, do not wait. Do not push it off until senior year. Start those conversations and start thinking. The more you do now, the less you will have to do later.



Katelyn Grell

Junior Brooke Cole works on study guide.



# Catching up with past presidents

While the hype of homecoming over, we cannot forget to thank the people who were in charge of putting on the amazing dances. The past student council presidents have gone on to do great things post high school, so we caught up with a couple of them.

Erin Ansusinha 2013-2014

**Where do you go to college?** I graduated from Augustana College this past May, where I majored in Neuroscience. **What is your current major or occupation?** I am now in graduate school at Northwestern to receive my Master's in Neurobiology. **What were some major accomplishments you had while being president?** When I was student council president, we participated in a fundraiser through Bergner's that helped us raise a ton of money for prom activities and decorations. We had also helped with setting up blood drives and other fundraisers, which benefited the community or larger associations, such as the Wounded Warriors Project. **How did being student council president help you in your future?** Being student council president helped me realize how much work leadership really was. I was able to develop new skills and identify the skills I already possessed in order to facilitate the most functional and efficient system with the rest of my colleagues. I went on to be the president of my sorority at Augustana, a first-year mentor for incoming students, and Augie's Welcome Week co-chair. My time as student council president was reflected in each of those roles I held throughout my time in college. Each role required adjusting my approach with the group of people I was working with in order to ensure my leadership strategies were most effective for the given circumstances. **Words of advice for future student council presidents?** I would advise future student council presidents to pursue a legacy of patience and selflessness. Being president of such an important group at Sterling comes with its struggles, but always remember the reason you wanted to be a part of such an amazing cause. Work with your peers to foster positivity and kindness in areas that you see are lacking. The little things count: sometimes the smallest projects are the most powerful and uplifting—for you, for other students, and sometimes the entire community.

Mariyah Martinez 2014-2015 **Where do you go to college?** I went to Sauk and then decided to go to massage therapy school at Capri college in Davenport. **What is your current major or occupation?** I am currently a licensed massage therapist and practice out of Sterling. **What were some major accomplishments you had while being president?** The major accomplishment I had as student council president was organizing and putting the homecoming dance and festivities together. It was a daunting task at first, but I ended up being really proud of. **How did being student council president help you in your future?** I would say being student council president helped me with my organizational skills and my ability to plan and get things done with important deadlines. **Words of advice for future student council presidents?** Some words of advice I have for future stuco presidents is to not get frustrated when things don't go your way, allow for flexibility and be ready to take on a lot of work. Have a good support system going into it because it can get stressful at certain times, but it is really rewarding to see all your work and organizing skills come to life! I was really glad I got the chance to speak at graduation because that's something I'll always carry with me, and it was nice for my voice to be heard.

Alyssa Noosbond 2015-2016 **Where do you go to college?** Augustana College in Rock Island, Illinois **What is your current major or occupation?** Psychology, pre-occupational therapy **What were some major accomplishments you had while being president?** While being president of student council, I not only had the opportunity to help change the day-to-day lives of

classmates, but I was able to build strong connections with my class and the classes below me. **How did being student council president help you in your future?** Student council helped my future and helped build who I am today for many reasons. I learned how to build connections with others, how to really stay organized with upcoming events and planning, and improved my communication skills. **Words of advice for future student council presidents?** My advice to future student council presidents or even members is to soak it all in. It may seem like chaos at times and like the long nights and planning isn't going anywhere, but your school appreciates all your effort. While it is a big responsibility, don't forget to have fun with it.

Sierra Leal 2015-2016 **Where do you go to college?** Sauk for two years and then transferred to Illinois State University **What is your current major or occupation?** I am currently a fashion merchandising major. I am going to school to be a buyer/stylist for a high end company. However, I would really love to open up a boutique right after school if everything plays out correctly. **What were some major accomplishments you had while being president?** Some major accomplishments I had while being president was pulling off homecoming as well as we did. My senior year of high school I was a drum major and a varsity cheerleader, so managing my time was a struggle. We however had a very successful homecoming. Also, that year we had let other schools know about Crazy for a Cure. It was awesome to see all the local schools participating in such an amazing event and raise money for local cancer charities! **How did being student council president help you in your future?** Being student council

president helped me in my future with college and jobs. It's a very good resumé builder, especially for college. When I transferred to I.S.U. I had placed that on my application, and it had lead me to being one of eight student ambassadors for the Department of Family Consumer and Science at Illinois State. It made me involved with the fashion show that I.S.U. puts on every year. Being president has taught me how to plan, work on creative tasks, and getting it done efficiently, as well as my ability to speak in front of others. **Words of advice for future student council presidents?** The advice I would give future president's is, always stay on top of things and make sure you are doing your roll well. It can be very hard to please everyone, and you have to remember that you are in charge and not everyone is going to love your final decisions, but it will work out in the end. Also, make connections with people in town! When it comes to needing donations make sure you are well known and can be classified as a well rounded/professional student.

Madison Corwell 2016-2017, 2017-2018 **Where do you go to college?** Lindenwood University **What is your current major or occupation?** Business administration and Spanish **What were some major accomplishments you had while being president?** We threw one of the best homecomings and had the largest attendance. **How did being student council president help you in your future?** Being president taught me how to effectively communicate with my peers **Words of advice for future student council presidents?** Always remember that everyone's idea is viable and delegation is key

Looks like the past president's have had a lot of success in and out of the classroom. Our future president's have some pretty big shoes to fill.



The Warrior Word staff



# From students to teachers

Claudia Garcia and  
Madison Morrison

Did you know that there are a few staff members currently teaching who were once students at S.H.S. before they began their journey into an educational career?

There are teachers who were once part of the classes at S.H.S. and now they contribute to the department such as musical education and having an athletic influence to the new generation. Choir teacher Weston Henry used to be involved in many activities when he attended S.H.S.

Henry was involved in the musical department, and he participated in the band, orchestra, choir, and theater when he attended.

Henry was also a part of Key Club, National Honor Society, and sports. He played football all four years, swam for three years, and

played tennis one year.

While an S.H.S student, history teacher Dan Pauvre participated in sports. Pauvre was part of the basketball team for four years, the football team for three years, and the baseball team for two years.

As alumni, Henry and Pauvre are good resources when asking about changes that have taken place and technology is a big part while Henry and Pauvre were students.

Henry mentioned that now at S.H.S. there are "Apple T.V.s and Macbooks for every student," which caused the facilities to change tremendously. The school is capable of experiencing new paths of learning and teaching for both students and teachers.

Clubs have also changed at S.H.S. have drastically changed over time. While Henry and Pauvre were students, there weren't many clubs that interested the students,



but there are a variety of clubs that students can join.

S.H.S is a rewarding school that has made many feel comfortable and welcomed, which is why teachers have returned to teach after once being a Golden Warrior.

Top: Weston Henry (left) forms a pyramid with the members of the group interpretation team his freshman year. Bottom: Dan Pauvre poses with the varsity basketball team his senior year.

# Surviving a school slump

Kaya Stringer  
News Reporter

Everyone knows that feeling when you're finally hitting the middle of the semester, around homecoming time, and you start going into a slump. Once you hit the slump it's hard to come out of it, but here are some tips.

When you're finding it hard to get out of your slump, try asking a teacher for guidance on how to get you back on the right track. As junior Adrian Herrera said, "Teachers help me when I have fallen behind and can't find the motivation to continue."

Even teachers tend to get in slump such as when the weather is bad or they fall

behind on grading. Who are they supposed to turn to when they're in their slump?

History teacher Mrs. Taylor Jackson said, "I will usually give myself a specific time where I am completely focused on doing the task that I need to do. Lists also give yourself a sense of accomplishment once checked off."

Not everyone falls into slumps but chances are you might find yourself in one. Everyone's slump is different,



Sophomore Hailey Walters is suffering from a serious slump. Her difficult schedule has really challenged her this year.

and not everyone treats it the same.

Sophomore Stephanie Snitchler stated, "What helps keep me on the right path is to reward myself with something I enjoy once I accomplish what I'm supposed to do."

Rewarding yourself could be beneficial, as you know something good comes out of it.

When it comes time for the fun stuff, like sporting events or

any kind of club events, it's easy to get distracted by those types of things instead of what's really necessary to keep your grades up.

It's okay to slump it for a few days, but don't make it a habit. It's a hard habit to break for most. Make sure to keep up with your work, and turn it in when it's due. Spending some extra time outside of school will be worth it in the end.

## September students of the month

Maddie Adams  
co-Editor-in-Chief

The 2018 September Students of the Month are seniors Sierra Villarreal and Connor Bland. Students are chosen based on academic history, activities, and participation outside of school.

Senior Sierra Villarreal has been awarded many honors such as freshman student of the month, three time Rotary excellence nominee, academic letter and pin, and 30+ ACT.

Villarreal has also earned numerous awards and held leadership positions including: fifth place for math team, softball coaches award, softball Academic All-Conference, drum major, and secretary/historian for National Honor Society. Along with community service activities, Villarreal is also involved in softball, band, math team, mentor program and National Honor Society.

Outside of school, Villarreal enjoys watching T.V., reading, playing the flute and piano.

Villarreal plans on going to college to major in architecture.

Senior Connor Bland is the other Student of the Month for the month of September.

Bland is an honor roll student, National Honor Society member, and Academic All-Conference. Including community service, Bland is involved with Student Council, Fellowship of Christian Athletes, mentor program, football, track and field, and cross country.

Outside of school, Bland enjoys exercising, yard working, working, and anything involving his family. Bland plans to attend a four-year university and receive his degree in horticulture. He then plans to do something in landscaping and germination.



# "Nun" of your non-sense

Makaley Mikrut  
Copy Checker

“The Nun” hit the theaters September 6 and spooked all the horror movie lovers who watched it. The movie is about a priest and a novice being sent on a mission to investigate a convent after a nun commits suicide.

The longer the two stay, the more evil is revealed. The evil is a demonic nun named Valak. Before the movie broke out in theaters, Valak appeared in “The Conjuring,” “The Conjuring 2,” and “Annabelle: Creation.”

“The Nun” started the evil and ended the movie franchise. The reappearance of Valak in the movie franchise kept the audience intrigued. It makes them want to see if or how Valak will reappear. I am a horror movie fanatic. I have been watching them since I was in third grade.

Some may hate me for saying this, but I still haven’t seen the classics like “Friday The 13” or “The Shining”, I haven’t really given them the chance, but modern day movies are my personal favorite because of how creative the plotlines can get.

“The Nun” wasn’t good when it came down to scaring me. I preferred “The Conjuring” movies over “The Nun.” I’m hard to scare, and “The Nun” didn’t spook me as much as I would have liked. I like going home and being scared to walk inside and jumping at any creak that occurs on my hardwood floors in the middle of the night. The Nun didn’t really do that for me.

There were a few jump scares, but they were all predictable. The movie did start off slowly and didn’t pick up its pace until the literal end of the movie.

I am a huge fan of Taissa Farmiga, and she plays really a great role when it comes down to giving me the frights in T.V. shows and movies.

It was nice to see her playing that type of role again. I loved her in the first season of “American Horror Story,” and missed seeing her play that type of character after she quit the show.

The plotline is good though, even though it progressed slowly, it still kept me intrigued. Overall, I would give the movie six out of ten spooks.



Madelynn Adams

The newest iPhone is finally here and with some new improvements. Junior Kaya Stringer has the iPhone Xs.

# Getting an upgrade

Brooke Wilson  
Copy Checker

In September of this year, Apple held their annual keynote presentation to reveal the latest technology they’ve produced. Critics say Apple is lacking the luster they once had; however, plenty of fans harbor much excitement for the future of Apple’s technology.

Apple announced the newest addition to their line of Apple Watches: the Series 4. The fan-favorite of the new releases took an overwhelming lead over the three new iPhones. With a larger display, rounded corners, and a built-in EKG machine, critics and fans are head-over-heels over the respectable price and all the great features that come with it.

However, this is the downfall of the latest iPhones: plenty of average features for an outrageous price. Fans have been disappointed since the release of the iPhone X and hoped for something better with the new models.

With the Series 4 Watch came three new models of iPhones. The iPhone XS, the iPhone XS max, and the iPhone XR all left a poor taste in reviewers’ mouths.

For example, Apple has removed the adapters that come with their phones for items such as headphones and AUX cords and made them available for purchase for \$9. This is a cause of great concern for consumers everywhere.

The XS isn’t much different than the now discontinued iPhone X. For \$999, the XS is pretty much the same as the X, with the addition of

better wireless charging and a quicker Face ID system.

If size is what you’re looking for, look to the XS max. It has a 6.5-inch screen, which is the largest Apple has ever gone. However, the cheapest model is still going to cost you a whopping \$1,099.

If you feel \$1000 is excessive for a phone, look to the new XR. The slightly more budget-friendly \$749 device has the best battery life out of the three and is offered in a range of colors that varies from the classic black and white to striking new orange and yellow models. You’ll have to wait until late October to order this model due to a lack of supplies necessary for the high production rate anticipated by Apple.

With the new devices comes an update to the device’s software. Apple’s iOS 12 includes the much-anticipated update to Facetime, which allows for groups of up to 32 to video chat together. Additionally, users have been given the ability to create a personalized Animoji and use an app that allows for measuring an object in the real time.

Freshman Emma Wilson doesn’t find any usefulness with the new update. “To be honest, I didn’t even notice I had the update. It hasn’t really improved my phone,” Wilson shared.

Consumers everywhere were expecting more from Apple in this year’s launch. The general reception of the new devices was quite average, but sales seem to be consistent with past years.

# To all the movies I've ever watched

Amber Kuhn  
News Reporter

If you’ve been on social media recently, then you’ve heard all the buzz surrounding “To All the Boys I’ve Loved Before.” It’s a new teenage rom-com movie, currently available on Netflix. But is it worth all the hype it has been receiving?

The movie focuses on Lara Jean Covey who writes letters to all her previous crushes. The letters accidentally get sent out and she is confronted by the aftermath. The crushes of Lara Jean’s past, present, and future come back to haunt her.

One in particular, Peter (Woah Woah Woah) Kavinsky, takes a special likeness to Lara Jean. The two eventually team up to make Peter’s ex jealous and one of Lara Jean’s other crushes who received the letter make him think that the letter wasn’t true. They pretend to date to accomplish this; however, they end up falling for each other.

The story is sweet, engaging, and gives a new hope to teenage romance. The only downside is that it isn’t very realistic, but then again, most romance movies aren’t.

Despite its unrealisticness, many teens can take away from the message it serves. Lara Jean gained a new confidence in herself by pursuing what she wants, which youth can learn from.

Earlier in the year, a similar movie came out entitled “The Kissing Booth.” It follows the same plot and message with main character, Elle, falling in love with her best friends brother. However, “To All the Boys I’ve Loved Before” highlights a more believable story and characters to relate to. Both movies were based off of books written before.

Lana Condor plays Lara Jean and Noah Centineo plays Peter, who also played Dallas the cell-phone-accessory-cart guy on Disney show “Austin and Ally.” The chemistry betwixt them was undeniable and contributed to why this movie is such a hit. Who knows, maybe I’ll write love letters next.



# News

## Spooky suggestions for scaredy cats

Madison Morrison  
News Reporter

On October 1, the spooky season started and the chilly nights have frosted our

noses. Everyone has a different perspective on Halloween and how they celebrate the holiday. From a scary movie marathon night to carving pumpkins and eating caramel apples, this is the scaredy cat survival guide for all of you spooky go-getters.

A few Halloween movies that are family friendly to binge watch are the "Addams Family," "Hocus Pocus," "The Nightmare Before Christmas," and "Ghostbusters."

For all of the people that love to get scared or enjoy movies that could possibly give you nightmares, I recommend watching "A Nightmare on Elm Street" or "Carrie" by Stephen King.

If you love being creative, carving pumpkins and decorating your house is the way to go to show your spirit. A few designs for pumpkins could be a skeleton hand, a black cat, or a creepy jack-o-lantern face. Decorating your house could include a

skeleton head that is a candy holder, a tombstone that says "beware" in the front of your lawn, or leaf bags that turn out to look like pumpkins.

Junior Whitney Garriott loves to decorate pumpkins. "I like to paint on my pumpkins rather than carve it because you can be creative without making a mess," Garriott shared.

Haunted houses are filled with people

that enjoy scaring others for their own entertainment. I personally love haunted houses, and the course is changed drastically to surprise the public with a new experience every year.

One thing I've learned when going to a haunted house is to remember to relax and to keep an open mind. Be sure to wear warm clothes and get ready to

scream your head off when a clown jumps out from a corner.

Freshman Madison Zigler went to the haunted house in Selmi's, "Before I went inside the haunted house, I had someone hold my hand and help controlling my breathing," Zigler said.

Trick or treating can be tough when costume choices are limited due to the constant weather changes in October. Try to wear a costume that is comfortable to walk in and make sure to embrace your outfit.

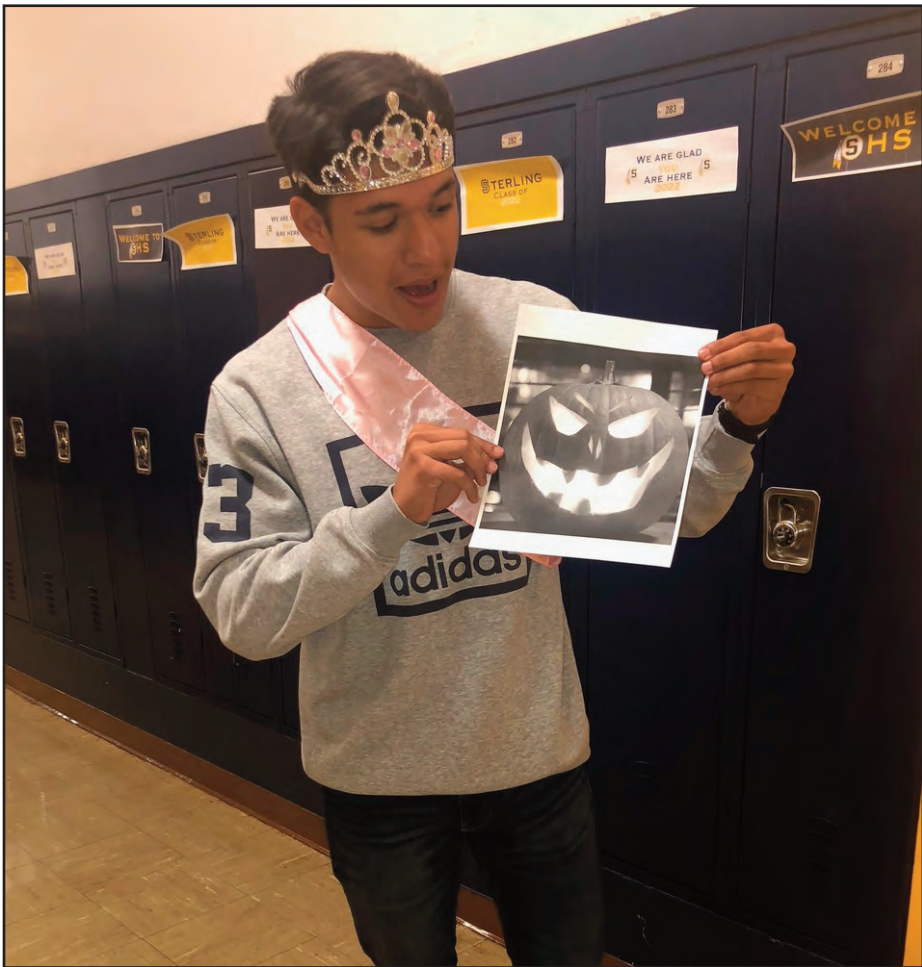
Halloween isn't always about the treats; there are also tricks to play such as pranks on family members or friends. Pranks could include wearing a scary mask to jump scare your mom to putting a fake spider in someone's bag. These pranks should

never harm anyone and are used to just revive the spirit of Halloween alive.

No matter what you do in October to express your Halloween appreciation, don't forget to listen to a few spooky songs in the car while eating caramel apples. Say trick or treat and enjoy the candy you receive.

"If you love being creative, carving pumpkins and decorating your house is the way to go to show your spirit."

Madison Morrison



Sam Spaulding

Senior Miguel Huaracha wears his Halloween costume terrified by the jack-o'-lantern. Jack-o'-lanterns have been a tradition for centuries.

## The foremost needs for fall play

Amber Kuhn  
News Reporter

If you have any of the theater kids on Snapchat, then you've likely seen, and heard, the rambunctious rehearsals of the fall play, "Play On!" From trying to beat "The Impossible Quiz" to smacking heads on the stage, the cast has a lot of fun in practice.

However, Senior Emalia Dunkel says, "rehearsals have the perfect balance of work and play."

So what really goes into the making of the play?

A lot of factors contribute to the process of putting together a cohesive show. One of the most prominent factors is practice. Monday through Thursday the cast practice from seven to nine, sometimes even later depending on how focused the cast is.

Junior Jaguer Heier says, "Rehearsals can be fun, exhilarating, tedious, stressful, and rewarding all in one. Some rehearsals are easier or harder than others, but by tech week, you'll be able to see how far you've come since your first rehearsal."

Tech week, also known as H-E-double-hockey-sticks week, is the week of rehearsals before the show. Practices start at five and don't end around ten thirty. This is the most intense time in preparing for a show, but it also helps the show fully develop and reach its potential.

During this time, the cast also gets costumes, lighting, and stage crew. Tori Duffin, a speech coach and Sterling alumni, is in charge of the costumes. Usually for the musicals the theater orders costumes, but since it is a play, Tori puts together each character's costume from the warehouse or thrift store.

Technical director Ian Wankerl coordinates the lighting shifts and adds all the technical elements that are needed for the show. The stage crew comes in as well and helps move set pieces if needed and helps the ensemble backstage with props and directions. But before tech week, the other biggest contributors are memorization, character development, and commitment.

Junior Mark Gatz admits, "I think the biggest factor is the commitment. It's hard to

explain that outside of school and outside of rehearsals you're still working on memorizing, nuances, and generally polishing our parts. The more time the cast and crew spend on the show on their own accord, the better it ends up being."

There are a lot of factors that contribute to putting a play together, from character development to costume details. Now that you know all the details of the production, make sure you come see the finished product of "Play On!" October 26, 27, and 28.

## The NBA is on it's way



Carter Lehman  
News Reporter

The NBA: It's back after a rollercoaster offseason that's becoming an NBA trademark, the games are about to begin again.

After a season that was dominated by the Golden State Warriors, many teams and players felt the need to adapt and change to be able to take the Warriors off their throne in the upcoming year.

Watching the Western Conference and all of the powers and new superstars that are rising will be a fun race to watch. One of the most intriguing storylines in the West this season will be watching the new look Lakers and their new leader LeBron

James and seeing how far they can go.

Many believe this is the Warriors year again as they have added even more talent to an already stacked roster by adding DeMarcus Cousins.

Even though the Warriors look to be the favorite in the West, they will still have to work for it as they go up against powerhouses like the Houston Rockets who added Carmelo Anthony, and Russell Westbrook's Oklahoma City Thunder who were able

to keep superstar Paul George in the offseason, the new look Spurs who added DeMar

DeRozan in the offseason, and young Donovan Mitchell and his Jazz.

The East will be just as fun to watch, as it will be interesting to see who comes out on top. Many believe the Celtics, with their abundance of talent, will be the ones in the finals, and it's hard to argue that they won't with the amount of depth they have.

A team that won't make it easy for the Celtics will be the 76ers; after an exciting playoff series between the two, they will battle again this season for the eastern conference crown.

Seeing Joel Embiid and Ben Simmons going against the team who made it to the conference finals without arguably their best two players Kyrie Irving and Gordon Hayward will be quite the battle.

Other teams to look out for in the East will be the Raptors with their new leader Kawhi Leonard, the Indiana Pacers with their additions of Will Barton and Tyreke Evans to all star Victor Oladipo, and Giannis Antetokounmpo and his Milwaukee Bucks.

This NBA season is going to be a great one; no matter who you're rooting for, there are many reasons to watch and to see who will become the champions.



# A week to remember: Homecoming 2018

Madelynn Adams  
co-Editor-in-Chief

The “night under the stars” was surely one to remember. This year’s homecoming theme was night under the stars and definitely took the cake for being extraordinary.

Homecoming week started off with the dress days, which consisted of PJ day the Friday before, Monday was twin day, Tuesday was cartoon day, Wednesday was Scrabble day, on Thursday, upperclassmen were old people while underclassmen were babies, and finally Friday was spirit day.

Freshman Mason Adams tells, “The funnest part of homecoming week was the dress days because I got to see all of my friends in funny outfits.”

On Wednesday, the yearbook dedication took place and during the picnic the 2018 homecoming court was announced.

The freshman attendants were Kaya Strohmayer and Owen Maxwell, sophomore attendants were Emilia Aguilar and Walter Reter, the juniors were Diana Dillion and Luis Vargas, and senior attendants were Molly Jacobs and Conner Bland. Finally the king and queen were announced and they were seniors Lauren Gearing and Hunter Carrell.

On Wednesday night, the annual numbers ball game, where the seniors won against the sophomores, and the freshman won against the juniors. After number ball everyone was welcome to go over to the open practice field and enjoy the bonfire.

On Friday, an assembly in the auditorium where S.H.S.’s loyalty was sung followed by the cheerleader’s homecoming

performance. Some games were played involving a boy and a girl from each grade and a staff member, a teacher parody video, and the poms performance.

The games that were played were, a whipped cream game, a scavenger hunt which students had to find various items and everyone’s favorite, pop the balloon game.

After the assembly, students gather outside where their floats were. Then the homecoming parade started. The finalists floats that were called to the track was the cheer float, J.V. soccer, J.V. tennis and varsity tennis. The varsity tennis float was the winner of the best float.

The football game was against the Ottawa Pirates, who took a big L against our Golden Warriors. At halftime the cheerleaders took to the field and rocked their routine, following them the poms left the crowd wanting more and finally the band played some sweet tunes that left the crowd ecstatic.

At the dance on Saturday, there were many ways to capture memories. There was a photo booth, standees of a starry night, and Persona taking pictures along with the actual dance itself.

The music at homecoming was some of today’s hits along with so banging classics. Needless to say, everyone was on the dance floor dancing their worries away. Senior Jocelyn Enright shares, “My senior homecoming was super fun! I loved going to the photo booth with my friends.”

This year was certainly one to remember with all of the good times that the 2018 S.H.S. homecoming week had to offer.

“My senior homecoming was super fun! I loved going to the photo booth with my friends.”

Senior Jocelyn Enright



Publications Staff

Students love to participate in the dress days at S.H.S. Homecoming week includes dress days, which include: twin day, character day, etc.

# The Warrior Word Guidelines

The Warrior Word Staff

The Warrior Word is a school-sponsored publication of Sterling High School, 1608 Fourth Avenue, Sterling, IL 61081. The Warrior Word Office is located in room 136. Phone is (815) 625-6800. Advertising rates are available upon request. The Warrior Word editorial staff reserves the right to edit all ads and letters for clarity and grammatical errors. The editorial staff reserves the right not to publish any ads or letters that are libelous or that contain nonfactual information. The Warrior Word editorial staff also reserves the right to nullify contracts at any time without prior notification. The Warrior Word also refuses ads that promote activities illegal to a majority of the student readership.



Lauren Gearing

Madelynn Adams is a co-Editor-in-Chief for publications.

Reader response is welcomes in the form of letters to the editor. Letters should be less than 300 words signed by the author and sent to room 136. Names may be withheld upon special request. The Warrior Word editors will decide whether to honor such requests. The Warrior Word staff recognizes that the administration of Sterling Schools controls the curriculum and, thus, sets the parameters of the production process of school publications. The Warrior Word staff also recognizes its own responsibilities to inform, enlighten and entertain its readers in a way that reflects high standards of journalism, morals and ethics.

# Hot or not: October edition

The Warrior Word Staff

- Hot:
- Cold enough to wear sweaters
  - Winter sports starting soon
  - New Halloween movie
  - Going to the pumpkin patches with friends
  - A week off for Thanksgiving
  - Getting a few days off of school because you’re sick
  - Getting accepted into the college you applied for
  - Gaining an hour of sleep because of the time change

- Not:
- Sweating by the afternoon because of your cute new sweater
  - Training for winter sports means sore muscles everywhere
  - Not being able to sleep at night because you’re afraid Michael Myers might attack you

- Getting your cute new shoes muddy at the pumpkin patches
- Having awkward gatherings for Thanksgiving
- Coming back to school and realizing you have a ton of make up work
- Having an application fee to apply for college
- Loosing an hour of daylight



Lauren Gearing

Sami Spaulding is ready for the fall weather.

# 10 ways to know you are unprepared for fall

The Warrior Word Staff

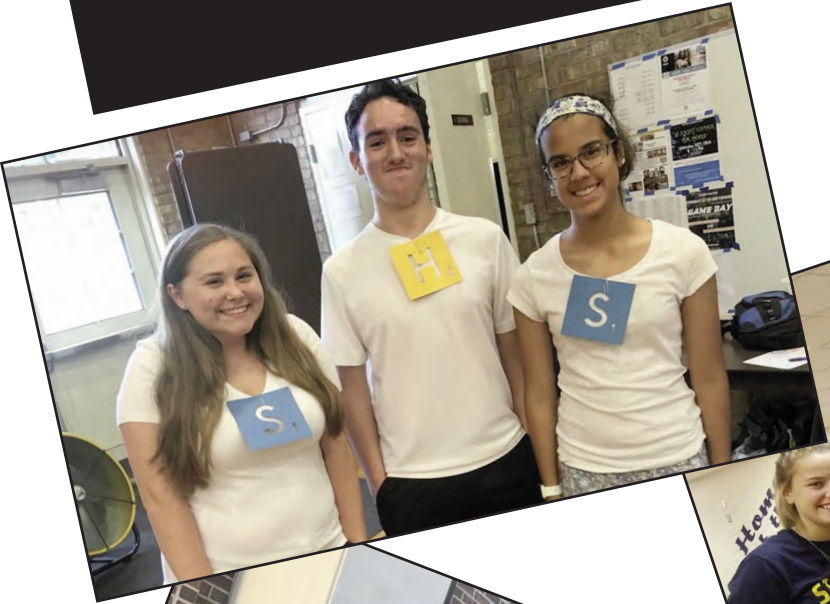
- You’re still rocking the sandals with your chipped summer pedicure
- You trying to drive with a frosted windshield is your biggest nightmare
- You realize that you gave your winter coat to your younger sibling
- You haven’t made the flavor switch from watermelon to pumpkin spice
- You haven’t replaced your

- worn out booties from last year
- 6. Your favorite hoodie has been living in the trunk of your car for four months
- 7. You’re still rocking your shorts because you realize that your jeans are two inches too short
- 8. You only have left gloves because you lost all of your right ones last winter
- 9. Your mom is still trying to revive her dead plants
- 10. You’re not ready to give up your ball caps for stocking caps





Hoco best dressed





# Farewell to fall seniors

**Volleyball:** "This is our last year to prove to others and ourselves that we can make it to state. 'Grind to forty' isn't just a phrase to us. It's a goal. To conquer that goal, we put in the time and effort by focusing in practice and advancing our skills. We've got the determination and dedication to reach our goal. Now it's up to us to make that dream turn into reality." - Jaylynn Razo

"We are having an amazing season and to think it is my last year is kind of exciting. To know that I am ending my senior year volleyball career with my best friends by my side is something very special." - Genea Garza

"It's emotional because it's my last ever volleyball season and probably the last time I'll ever really play or touch a volleyball." Mikaley Smith

"It's pretty sad knowing that I won't ever touch a volleyball again in my future or play with these girls again, but it's also exciting leaving and knowing that I got the opportunity to compete with them and gain some memories along the way." - Zia Meier

"It's a little upsetting that it's my last volleyball season here, and that it's my senior year, but hopefully we are able to achieve the undone that will make it worth the while!!" - Josi Borum

"It makes me sad this is my last volleyball season, and my last time getting to play

with all of these girls. I'm glad I've been able to make so many memories with them this year." - Jordan Thormeyer

"It is sad that my volleyball career is coming to an end but what an amazing ride it has truly been. I am glad I got the opportunity to enjoy this sport with many of my friends and we have made so many memories that we will never forget. I believe that we have potentially saved the best season for last!" - Gretchen Gould

## Tennis:

"It's definitely bittersweet for me. I love my teammates and I've grown so close to them over the past four years but I know that it's great to move on from high school and start a new chapter of my life." - Lauren Humphreys

"This team has definitely become a close family to me. It's been a great four years and it's sad to think that it's done already. It's been my best year and I can't wait to see what the next chapter is for my life." - Alyssa Marquez

"I'm happy and sad all at the same time. I made a close connection with some of the juniors since they were my double partners and it makes me upset knowing that this was my last year of tennis and I won't be able to play with them again. But at the same time I'm excited for the next chapter of my life and experiencing new memories after high school." - Madisen Battles

"It's really weird to think that this was my last season. I've come along way since my freshman year, when I couldn't even hit the ball, and have made so many new friends these past four years. I will always cherish the memories and laughs shared with my teammates." - Amber Kuhn

"It has been a crazy last four years. I have grown and learned so much about myself since freshman year. I would not have

changed anything. None of the wins or losses, none of the stressing, and especially not the memories. This team will always hold a special part in my heart and I can't wait to see how successful they all become in the future." - Katelyn Grell

"I only got to experience the wonderful game of tennis at S.H.S. for two years, but they were two of the most fun years of my high school career. Everyday I spent time with great people who will be lifelong friends and coaches that taught me everything they could. I wished I would of started tennis my freshman year because I have found that I truly love the game. My doubles partner for two years has become one of my best friends. She pushed me to my limit and we succeeded together. I will never forget the experience I had with tennis and all that came with it. I am sad to say goodbye, but things happen for a reason. Tennis is a game I can play my whole life that will bring back the memories I made in my youthful years." - Samantha Spaulding

"Knowing it was my last season was bittersweet. Every match I gave it my all, and I left it all on the court. However, it will be nice moving on from tennis and seeing how all my teammates go their own way." - Sonia Chino

## Girls Swim and Dive:

"With senior year being here, and it being my last season of diving, I definitely feel the pressure of all my accomplishments from last year leading into this year. Although at times practices and meets are a bit stressful, I have made each moment I have in the pool a moment that is worthwhile. I hope the rest of this last season goes as great, if not better than last season, and I hope I can make the most of the last moments that I have with my amazing team!" - Zaina Rumbolz

"It's super bittersweet that it is my last season being a swimmer. I can't wait to move on and go to college, but our

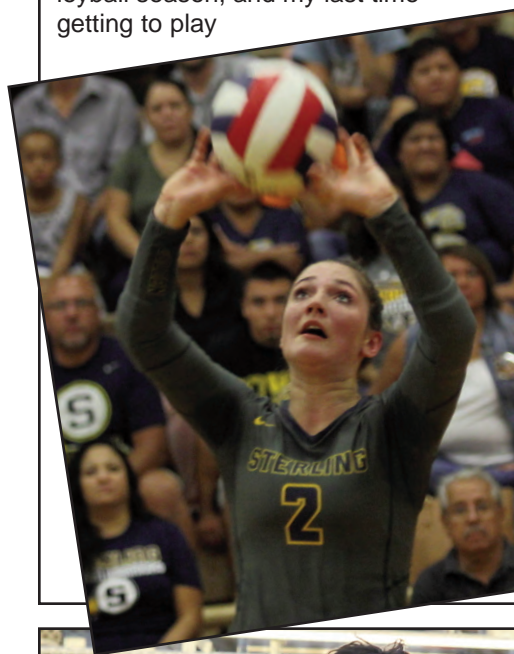
swim team this year is special. We have all created a close bond that I really hope we keep after the season. It's definitely not going to be the same next month when I don't see the coaches every day after school and have team dinners." - Jayme Eilers

"Being a senior is really cool. I get to experience everything one last time. It being my final swim season makes me sad that it's all coming to an end. The season flew by, and it's crazy to think we're already in our final weeks." - Jazmend Chattic

"I can't believe how fast the season has gone. Swimming has allowed me to challenge myself mentally and physically. I am very grateful for our coaches and the dedication and time they commit to our team. Senior year is going by really fast and I am taking in each moment knowing that many of these special times will be the last of my high school career." - Madison McMahon

"It's been a really long and difficult four years of swim, but it's definitely worth the struggle. This team has become a family to me, I've met some of my best friends in swim, and I'm so happy to have been part of it. Being captain is something I've been set on since the moment I joined the team, and achieving that my last year is a great way to end my high school career. I'm gonna miss my team and my coaches a lot though! - Sarah Page

(Continued on page 11)



The Warrior Word  
Staff



# Farewell to fall seniors

(Continued from page 10)

**Boys Cross Country:**

"It's pretty disheartening. I only started running cross country my junior year and the only regret I have is not running sooner. It's not even just the running aspect that is the best part; the team is. The amount of fun and camaraderie that envelops and surrounds the team is amazing and it is truly the best part about cross country." - Hunter Carell

"It feels like all of the hard work I put in my freshman, sophomore, and junior year is finally paying off." - Isaiah Moorman

"The relationships that have grown from my participation in cross country are immense. There's just something about running miles upon miles with your team that builds the bonds between everyone. When cross country ends, we're not just leaving the team, we're leaving the family we've created by the miles we've ran together." - Trevor Carell

"This last season of cross country has been a blast. I wish I could keep running in the off season to get better. I know that if I plan on running more I need to do so in the off season. If anything I can take away from this season is that no matter what happens, I know that I can keep doing better and that means I need to run after the season is done. It

is upsetting that this will be my last season of cross country for awhile. I know that with time we can all get better. But I guess this is the year I should have actually put the most effort into and now I am regretting not doing that. I am glad I got to run with all of the guys it has been really fun, I hope I get to see each of them in the future." - Kadin Wolf

"I'm sad it's over, but happy I don't have another year." - Andrew Ivanson

"This was my first season, and to clarify my first season of doing a real sport. I'm really glad that I went out for the team and my only regret is that I didn't start sooner." - Carter Kenney

"During my last season as a Golden Warrior, I've been the most mentally and physically prepared to succeed, as I have ever been during all four years of high school. It's easy to be motivated knowing I have been on a team that supports me on and off the course. Shout out to Isaiah Moorman especially for being my biggest competitor." - Mikio Martinez

"I'm ready for track season." - Marquez Brown

"The actual running part of cross country is awful, so I'm glad it's ending in that sense, but the camaraderie of the team will be missed. I've made some pretty great friends, and laughed the most I've ever laughed while being on the team." - Connor Bland

"I feel that it went by so so fast, it was a fun time becoming friends with all of the kids on the cross country team. We had a lot of laughs and it's sad that I won't be running with these guys again, but I'm looking forward to grinding hard this winter and bouncing back stronger when track season comes." - Ruben Leal

"As cliché as it sounds, the ending of cross country is really a bittersweet time. I'll never forget all the memories I've made, the good

and the bad ones. The friendships that I have formed and the others that have only grown stronger. I'll really miss playing frisbee every day before practice and even the grueling hill workouts. I really can't imagine what would have happened if I never met the broski's." - Miguel Huaracha

**Girls Cross Country:**

"I almost can't believe that it is actually my last season. I feel like I just started running cross country. However, I am excited that our team is doing well. I'm glad that during my last season I was able to see some of my closest teammates reach the PRs they have been trying to reach throughout multiple seasons. Overall, this cross country season has been a memorable one, and I wouldn't have my last season any other way." - Madison Anderson

"It is kind of surreal. Trying to swallow the pill that every practice is my last, every meet is my last, is really hard. Saying goodbye to the girls that have been there since I started and who have pushed me to run my best is hard. Saying goodbye to a great coach that I have been lucky to have and who has pushed me to be the best runner I can be is hard. Even though leaving it all behind is hard, I appreciate everything that has come from this cross country season and I'm so lucky to end my cross country career with such great people." - Tiara Munoz

"I feel incredibly sad, as I am in love with cross country and everything it has done for me. I show up to practice every day with a sense of confidence and determination; this is my last opportunity to be the absolute best I can be." - Jenna Truesdell

"Running my last season is a bittersweet feeling. I am disappointed that this is my last season to be a Golden Warrior, but I know that my experiences that I have had with my team will open up new opportunities for me and for that I am thankful." - Shayla Moorman

"I feel like it went pretty well. It could have been better but I'm okay with the way things ended" - Joshua O'Brien

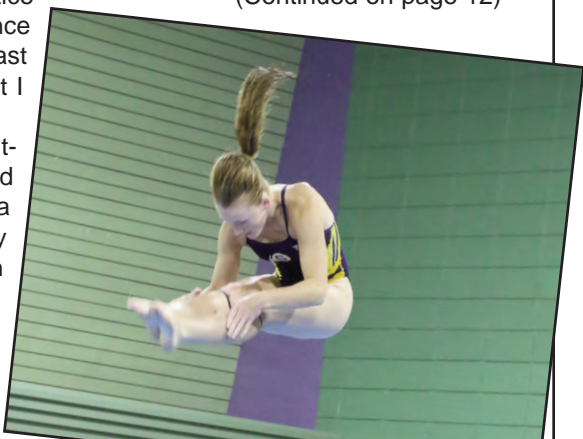
**Boys Soccer:**"I really appreciate that they let me be on the team even though this is the first time I've ever played in my life. I remember when Lucas Sotelo and Danny Garcia gave me the opportunity to be on the team, and I bought my first cleats 20 minutes later: ready to play. The coaches were kind to me. They gave me precious time on the field, and I appreciate it. I hope they saw me as just as good of a teammate to them as they were to me." - Fritiof Fagergren

"It has been amazing to play with my long-time friends and see them develop after all the years I have spent at S.H.S." - Ethan Edmondson

"It's really sad. I had a lot of fun playing with my friends for the past four years and it also made some of the best high school memories." - Eric Davila

"My last year of soccer has been rough throughout the season. It's been a struggle, but it amazes me how almost all of our seniors and some juniors, I've been playing with since we were in seventh grade. To know that sooner or later I will be playing my last game with these kids whom I've been playing right along with on the field for five years now is crazy. Even though we struggled all year, it's been a fun experience to play with them throughout my years of playing soccer." - Daniel Garcia

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# Farewell to fall seniors

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“The year might not have gone how I wanted it to but I can still say that I was able to enjoy playing with those that I consider my brothers. I’m going to miss getting to play with them; I’m going to miss being able to play just in general.” - Mateo Uresti

“We’ve had some tough losses but wait until we go game speed in regionals.” – Isaac Garcia

“Playing all these years with these guys really made my high school experience. It’s sad to see it all come to an end.” - Andy Jones

**Poms:**

“I’m upset that senior year is here already. High school really did fly by. I’m thankful for all the amazing experiences poms has allowed me to have. I’m definitely going to miss dancing with my favorite people.” Gracie Trader

**Cheer:**

“It honestly feels unreal. I feel like just yesterday I was on J.V. cheering for my first game. I will definitely miss being in the middle of all of the action, cheering on the football team and being under the lights of the field. I’m glad that I got to spend my last four years with the people I love the most.” - Madelynn Adams

“It doesn’t feel real right now. It hasn’t really hit me that this is my last time for a lot of stuff and I just feel honored to have made it this far. I feel excited for the future, but sad that this is the last chapter in my high school

cheerleading career.” - Rainbow Allen

“To me it doesn’t feel like senior year. But the further along in the season we get the more I realize that this is the last time I will get to stand on S.H.S.’s track and cheer on the football team. It’s bitter-sweet.” -Lauren Gearing

“I am feeling many different emotions! Both happy and sad feelings. Happy because I can’t wait to start a new chapter in my life but also sad because I am going to miss cheering at the football games.” - Becca Totten

**Football:**

“Playing my last few games of high school football stinks because after this I’m done. Being hurt and not playing a game against Kaneland really hurts but it feels good being able to cheer on my brothers on the Field.” - Ethan Przysucha

“These next couple games will define us. I’m excited to see what we can do in the next couple games.” - Camden Bailey

“This is the last time I get to put my heart and soul into something I love, with a lot of the people I love.” - Savonne Hughes

“I feel sad that it’s coming to an end but also excited to see what’s in store after football is over.” - Ezra Torres

“Saying goodbye is never easy, especially to a sport you love. Over the years football has become my favorite sport. That being said, I’ll miss the grind with my brothers, coaches, and family. Nothing compares to Friday night lights in Sterling. The atmosphere while running out of the tunnel while the student section is jumping and the crowd is screaming is truly unforgettable. The only true expression to feel is a sense of sadness, but I just want to thank the game I love for giving me so much.” - Isaiah Ryan

“It’s a mixture of sadness and happiness. Happy for it being the end of regular season and moving into playoffs to see how hard our team can push to make it all the way, but sad because all of us seniors know that it’s our last for everything. Our last

homecoming game and our last regular season home game. Looking back I would have never thought my last anything with this sport would’ve come so fast.” - Andres Olalde

“I feel honored to play my last games at Sterling High School. I missed out on a year because of my knee injury. So it feels great to be back out there in blue and gold.”- Matthew Greenfield

“I already played my last few, but my boys are about to do some big things and I’m excited to see the hard work they put in pay off in the postseason.” - Jerett Harrington

“It is exciting, but a bittersweet moment. Every game is another chance to play football, but the season seems to go by faster every year. I just keep thinking that I need to take it one day at a time and enjoy everything about it. It will be sad when it is over, it has flown by.” - John Rahn

“I’m sad that we are approaching the last part of my senior season, but I’m happy that I get to experience it with my closest friends.” - Jacob Capes

“It feels weird to me. The football season went by too fast. We are already in week 8, and it’s crazy to think about how short 8 weeks is in football terms. I remember week one against Marengo vividly. Hopefully we will still be playing football in November.” - Marquez Williams

“Playing our last games makes me realize not to take any of it for granted. It was a crazy road to get here and an experience I’ll never forget. I have to enjoy every game as this is my last year with the people I have played with my whole life.” - Dylan Bryant

“Just the realization of these being my last football games drive me to play harder and better than I ever have before.” - Joseph Thompson

“Playing my last high school football games is very saddening. There is really no comparison to high school football. Practices are tough and the coach is crazy, but I wouldn’t change anything for the world. I will miss my dawgs

and gorillas. #114” - Marquise Williams

“114 is more than just a team. It’s a family.” - Vince Vasquez

“As time is winding down on our senior season I begin to realize that football at Sterling High School for me is getting closer and closer to an end, and I begin to value the few moments I have left wearing Sterling across my chest, with my best friends, in front of thousands of people. I realized that all good things really do come to an end, and all I can do now is give everything I have to this community and the guys running out onto the turf along side of me.” - Alek Duran

“It’s kinda crazy to think that I’m playing my last few football games in high school. You look back to think, ‘Oh, football season’s not going to go by fast, I still have a couple games to play,’ but now that I’m actually thinking about it, it’s almost over, it’s almost to the point I put up the cleats, I don’t get to put that helmet on, or run out from the tunnel with my brothers. It’s been a journey with them and I’ve played the sport we all love since 5th grade with most of them.” - Dakota Cantu

“Well we made the playoffs so the last days of football could be any day after next Saturday. It’s crazy to think four years can fly by so quick. There’s nothing like rushing out of the tunnel with your team and the energy from the crowd. It’s been a unique and crazy experience I’ll never forget.” - Negil Bruce



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