



The Bear Necessities

Edited by: Alison Shepherd

Designed by: Brecken Layne and Jaclyn Bauer

All it Takes

By: Aubry Aldrich

Be that person who is kind to all
 No matter WHO they are
 Keep a watchful eye to find
 Those in need
 Don't turn an eye that's blind
 We can all start with a change of heart
 Just by putting in your part
 Do your absolute best to try
 To be friendly to all, and say hi
 We can all start now
 We would all be saying "wow"
 It wouldn't have to be planned
 We just need to reach out that hand
 One person can make a difference
 It only makes sense
All it takes is effort to do and say
 Words of kindness to make someone's day
 Let this be our goal
 We can do this as a whole
 The price of kindness is worth more than gold
 So don't let your heart be cold
 We can be kind, this I know
 So let's let our kindness grow!

The Best Summer Vacation

By: Shaylee Anderson

Do you want to have the best summer yet? Well, if you do, you might want to contemplate about going to some of these places. If you aren't able to go, you might get to one day, so chin up. These are the Top Five places to vacation over the summer. At number Five we have Seaside, Oregon where you can surf the Pacific Ocean and hike Tillamook Head Trail. Next we have Dublin, Ireland where they have a diverse vibrant culinary scene. Up next in the number Three spot is Boston, Massachusetts. Its home to the first large free municipal public library and the first subway station. It is also a great place to go if you love baseball. Florence, Italy is in the number Two spot, and is a place you will want to go for Italian cuisine and to see their beautiful sunsets. In the number One position is Paris, France. This is a great place to go if you love shopping or if you want to take in the view from the top of the Eiffel Tower. These are only a handful of places that you could go on vacation to. Where do you want to go?

If you don't want to leave the state, here are a few ideas for places to visit in Utah. First off, we have Arches National Park. Here it has plenty of wildlife and contains more than 2,000 arches. Next up we have Zion National Park which has amazing geological features including waterfalls and colorful sandstone cliffs. A place that I would find fun to go to would be Homestead Crater. If you go here, you can scuba dive and swim in the warm water inside the crater. Another fun place to go to for summer is Bear Lake. It's tons of fun when you go with friends to swim or just to chill on the beach with a shake. Lastly, there is Monument Valley, and here you can go on hikes and see large buttes sticking out and separated by deep canyons. I think I would enjoy traveling to some of these places, what about you?

Most Embarrassing Moments

Danielle Nelson

Calib Walker's moment occurred at a family party last year. Calib decided to climb up this big tree. After he was done he started climbing down and when he hit the bottom his pants fell, because he wasn't wearing a belt. His whole family saw, including all of his cousin's aunts and uncles. Everyone was laughing, and he said it was embarrassing.
 Tyler Ramboz's embarrassing moment happened a couple of weeks ago. Tyler and some friends were at Kents getting lunch. He and his friends stood in the line. He accidentally knocked over a box into a pile of spaghetti sauce and one of them fell and broke. Spilling spaghetti sauce all over the floor and on one of his friend's shoes. Instead of cleaning it up they left it and paid.
 Keygan Ferguson's most embarrassing moment happened a year or two ago. He went to Porcupine Reservoir with some friends. There were some cute girls who he knew. He wanted to impress them so he decided to do some front flips off of a 60ft cliff. The first time he did it everything went just fine, however the second time around was not. He belly flopped and came up out of the water and said he sounded like a dying cow.

Golf Region Tournament

By: Kenzie Lee

Macy Newman, Rheagen Hartfiel, Kyla Braegger, Makensy Thompson, Brooklyn Stevenson, Morgan Rose, Cassidy Adams, and Kenzie Lee were the representatives for Bear River High School in the girl's golf region tournament. The girls started playing at nine in the morning and did not finish till three in the afternoon. When the girls finished they had hit one of their best team scores of the year. They tied for second overall and many girls made their ideal scores as well. Rheagen Hartfiel placed second individually and Macy Newman tied for sixth individually.

In a recent interview with the girls golf coach Jim Thomas, he said, "Bear River girls golf team has had an amazing season! Finishing up region, the girls put together another strong showing! I am so proud of the entire team for tying for second. The thing I'm most proud of is how close our team is and how each individual has played a part in making our season a success! We got better each tournament, now on to state!"

The Girls will be playing state on Wednesday May 16, 2018 and possibly May 17, 2018. The tournament will be held in St. George at the Sudbrook golf course, where the girls will be going against teams from all over the state. The current standings for our region is Ridgeline first, Bear River and Logan High tied for second, and Green Canyon for fourth. Good luck to our Bear River Bears!

Secrets 101

By: Brittnee Cutler

Boys, have you ever wanted to know the secrets of getting that dream girl of yours? Have you ever wondered what you can do to get her attention or to even help with your relationship? Here are a few things that girls like but will never tell a boy. They will just sit and watch if you fail or pass their test. Here are 10 quick tips to follow and I promise you will either get the girl or you'll definitely get her attention.

- 1: Open the door for her ALWAYS.
 - 2: Be polite. Be polite to people, even if you really do not like that person show her that you can still be nice to them.
 - 3: Respect boundaries. Boys, if she says no then it means no. Don't keep asking they will lose interest real fast.
 - 4: Be friends with her friends. It will be very hard for her if you hate her friends or vice versa.
 - 5: Never disrespect her or her family.
 - 6: She doesn't care about money. If you want to buy her something or take her on dates than that is awesome and she will appreciate it 110% but girls don't care about how much money you have or don't have and girls don't expect anything from you.
 - 7: Don't yell at her because either she will probably yell back or it shows her that you don't care about hurting her feelings.
 - 8: She expects you to comfort her when she is down or if she's going through something, understand that she may not want to tell you quite yet but be patient with her and show her that you care and that you will hold her, be there for her and boost her confidence when she feels low.
 - 9: If you are in a relationship already don't quit flirting with her don't quit fighting for her once you get the girl continue to flirt, fight, and just be cute with her.
- And finally number 10: NEVER let her go to sleep mad!

Memorial Day

By Madison Winn

To some people, Memorial Day is just an ordinary day when they don't have to go school. But it's way more than that. Memorial Day is a day to remember all the lives that were lost in the wars.

It started just three years after the Civil War on May 5th 1868. The GAR (the Grand Army of the Republic) established Decoration Day as a time for the nation to decorate the graves of the wars dead with flowers. General John Logan decided that it would be held on May 30th. It is said that he chose this date because it is when all flowers bloom.

It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress. That was when they made it so it was on the last Monday of May.

TIPS ON TIME MANAGEMENT

By Sofia Galkina

In today's world, a successful person is often someone who manages everything, everywhere, all the time. The problem of effective time management is quite relevant, especially when the academic year is in full swing. If studying takes all your free time, you'll probably be happy to distract yourself in every way. Anything not to prepare a paper on physics or an essay on language arts. But it's time to start acting. Here are some great way to become better at time management.

1. Find a place where you plan your time. It can be a paper planner or an app on a mobile phone. Also you can use the desktop / wall calendar and make notes in it.

2. In the evening or in the morning for breakfast, take 5 minutes to organize all the things you need to do in 4 groups:

- 1) Important and urgent cases
- 2) Important and long-term
- 3) Unimportant and urgent
- 4) Unimportant and non-urgent

Structuring your day, you will be able to refuse to perform unimportant non-urgent cases in favor of important and urgent. Do the following in 1-3-4 order.

3. There is a wonderful rule: "To eat an elephant, you need to eat a frog every day." The elephant is a big heavy task, and the frogs are easier steps. The rule is that you do not need to plan a huge amount of work for a short time. It is much easier to allocate a limited amount of time and dedicate it to a large task, i.e. to eat a frog. For example, if you want to learn a foreign language you're going to have to take it one step at a time. Obviously, it's impossible to do this in one day, so you should spend a small amount of time, say 20-30 minutes, every day to learn 10 new words.

4. Learn not just to save time, but to spend it right. If you have free time during the day, dedicate it to something really important and useful. There are always a lot of things that need to be done.

What is Peer Pressure, and is it Dangerous?

By: Haley Teadt

The definition of Peer Pressure is influence from members of one's peer group. I asked fellow students how they would define peer pressure and if they thought it was dangerous, and if so why?

Audrye Larsen- Being influenced by the people around you, to do something you might not want to do, and yes it's dangerous depending on the situation, if it's illegal or against your personal standards.

Kyra Yeates- When someone is pressuring you to do something you don't want to, and yes it's dangerous because the thing they want you to do could be dangerous.

Mason Benson- Peer Pressure is the direct influence on people by peers, or the effect on an individual who gets encouraged to follow their peers by changing their attitudes, values or behaviors to conform to those of the influencing group or individual.

Braxton Burch- Peer Pressure can affect people in many ways but the most dangerous could be the effect of drugs, peers have more control over us than we realize, they can harm the way we think by making us think it is cool to do one thing but in reality it's very dangerous.

Amber Christensen- Pressure from your friends or people in your community to choose a certain way. Peer Pressure can be bad but it can also be good because it can lead to positive outcomes along with bad.

Summer Activity Ideas

By: Dallen Lamb/Jordan Diaz

Do you ever find yourself in a situation where you and your friends have nothing to do? Well it will start to happen a lot more often during summer. No one wants to be sitting around all summer, and many people find themselves doing just that. Therefore, I asked a few people to help me out with this predicament and help prevent people from having a lame summer.

Bailey Firth: Hammocking, Stargazing

Kellen Murray: Late night adventures

Madison Cook: Swimming, Boating, Cliff diving, Drive-in movies, Concerts

Jordan Diaz: Hitting the gym, Hiking

Ryenne Wood: Golfing, Spiral Jetty

Ha That's Funny.

By. Kassidee Tapia

"I once saw a camel with no humps. His name was Humphry."

Whether you thought this was funny or not, you have to admit everyone needs a laugh now and then. Laughing makes us smile and feel fantastic. We've been laughing our whole lives. No joke, we knew how to laugh before we knew how to talk! So that must mean that laughing is good for us. Did you know that laughing is the best type of medicine? Yeah, it can help improve your sleep by relaxing your muscles and releasing endorphins. It makes you sleep better and feel better rested. Which is a good thing because I don't know about you but I'm always tired. It can also help reduce stress because when you're stressed your brain heats up. But, it's okay because you can cool it down just by laughing or smiling. This reduces stress hormones and then increases/ boosts the immune system. BAM! Just by laughing you can sleep better, stress less, and have a great immune system. Man who would have thought? Now onto some questions that are asked about laughing.

"Can you burn calories just by simply laughing?" Yes, you can indeed burn calories by laughing. It's like a mini workout because it raises your heart rate about 10 to 20 percent. It also decrease your blood pressure while increasing vascular blood flow and oxygenation of the blood. Just by laughing for 10 or 15 minutes you could burn 10 to 40 calories. This may sound like a good way to burn calories but you would have to laugh for an hour straight to have any meaningful effects. But other than that laughing gives your diaphragm, abdominal, respiratory, facial, legs, and back muscles a workout.

"Why can't you make yourself laugh by tickling yourself?" Now the reason is actually pretty simple. You can't surprise your brain. Your brain is what controls your body so it basically knows every move you're going to make therefore you cannot surprise it.

"Why is it hard to catch your breath when laughing?" Don't worry I have the answer to that.

The reason you can't catch your breath is because your diaphragm spasms. This is why you hear noises like haha or hehe when laughing.

Now you know more about laughter. And here are a couple of jokes that I hope make you laugh or just brighten up your day.

"What do you get when you cross-breed a shark and a cow?"

I have no idea but I wouldn't try milking it.

"What do you call a nosy pepper?"

Jalapeno business.

"What is Harry Potter's favorite method of getting down a hill?"

Walking... jk, rolling.

"What do you call fake spaghetti?"

An Im-pasta.

"Why did the lifeguard kick the elephants out of the pool?"

They kept dropping their trunks.

Clubs Word Search

Danielle Nelson

J J D F V G N R G D F H Y E D G S F D R I L L E Y H D F D C S D R G D N C E C S D F G S E B
 C F E T H I F E O L E F W V T E W S G H Y B R G N D D R L L C S F B G H J K B D E E B N A
 H R D A N C E S W E T U J D V D G E Y A A F D A S E F B B A S K E T B L S D G B S A D V S
 E R T U K D V H N S H Y I K G E R F G D V S F F V S D B H J F F S G H Y J B D C H R R R T E
 E G B F D G R G W Y H D F Y U J D V D R E J F K K H I L O P M H J T E E R A V G D G R E B
 R G S D B E E I G S E F O O T B A L L D E U B F R H U U N D E V G U U M H F D R G R Y A
 L J S A F M D A G F F A F E Y H D E G Y Y A T Y H E F G H Y U K H R R G G H Y U U I K L
 A I F B L A E W D G T U G W R U J K I O K L T G T E F V B J J K U H B B B D F G B B H L
 K S A F G B J Y R F H O F F G B D E D G G K F D E R T Y H H D F R Y H N G D R T G H H H
 D A S H D S F B H L D S T E A C H E R S C F E F V D B G H N D E S C B G T Y J H G F D C B
 J F D E F G S C D F G G T R V F D S G G H N E F G B B D D R F G H J G G R F A V B G R G
 F H Y R M D G B S R G G S V B G K U K F F E F G B V F R G H J F V D R G H B F L B F F R G
 C L U B S S B W F G G Y I H D D G S A J G E F G T G H J C D E T H H F O Y Y H R C C N J I
 M G G H J J L H G R T G G G T R H H B Y F R G H Y B F R V B N J J K L L L N B G G F C M
 F G F H J J U U Y H S F B H J I O P P P P B A L L F T H J U B F R V N O F R G B J I I N F
 B A S K E T B A L L D F T Y U I U G S S E T T B G E V G T H D S D G N J U T G E F B H H Y H

FOOTBALL	DRILL	ASSEMBLY
SWIM	DANCES	TEACHERS
BASKETBALL	FBA	L.I.A
GOLF	FFA	BASEBALL
CHEER	CLUBS	FCCLA

