

CARBON NATION



When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

--Henry Ford

CHS LIBRARY RECEIVES GRANT FOR NEW BOOKS

BY LUKAS ALLRED, STAFF WRITER

Carbon High School's new Librarian, Mrs. Baker, applied for a grant during the spring to purchase more relevant books for the current youth at Carbon High School. Students would give Mrs. Baker book suggestions and recommendations about their favorite book or a book they would like to see in the Library. As these books came in, she had to read through all of them to make sure they could be brought to the school, then catalog them. After she released all the books for students to read, there was a lot of excitement with new, more relevant books for all of the heavy readers at Carbon High School. Even students who aren't avid readers were excited. For example I interviewed Alexis Wood, and I asked her what she thought about the new library grant fund; "It's cool!" she happily replied.

Then I interviewed Leonard Livingston. When asked the same question, Leonard's response was, "I think its a good idea. I think we should continue to improve our library." We have many avid readers in the Carbon High School population, and these new books are proving to be a special treat for them. Anything that can open the world up for the students at CHS will certainly prove to be a positive addition.

When asked about the new books in the library, Mrs. Baker was very excited: "I think it's awesome because it gives up a chance to get over 200 brand new books, many of which have been award winners published in 2019 and 2020. That was a grant I applied for in the spring and we got \$3,000." Mrs. Baker is such a wonderful librarian and has improved the reading environment of Carbon High School, and will hopefully continue to improve it up into the future.



Photo courtesy of Lukas Allred, staff writer

POSSIBLE SHUT DOWN AT CARBON HIGH

By Shaylee Davis, staff writer

With the Covid-19 cases spiking in Carbon County, businesses and schools have started to worry about the possibility of another shutdown. Carbon School District has had fewer negative repercussions than most school districts in the state. All traditional schools in the Carbon School District are currently still open, and there has not been a threat of closure yet this year. For students to continue coming to campus and learn, the state set-up three new policies: they set a mask mandate, they set a restriction on the number of people allowed in a social gathering, and any student who might be sick, must be quarantined until test results show they are free of the virus.

The first policy that the school has doubled up on enforcing is wearing your mask above your nose and only taking it off to eat and/or get a drink while at school. However, if a student fails to do so, they get one warning from a teacher or staff member, and then if they do it again they will be sent home. Secondly, social gatherings will no longer be allowed so students must go from their class to the next and avoid gathering in the halls. Last most importantly, if a student is sick they must stay home and do online for the day; if it continues they will have to be tested.

"The administration has encouraged and pushed students to follow these rules not to be mean, but because we care about our students and want to keep the school open," states Principle Winfree. Although Carbon has no plans for shutting down anytime soon, they are enforcing the rules because with the governor's mandates, their policies are essentially law in public schools. If the school does happen to shut down, Principal Winfree says that the shut down should only be "two weeks or less unless the governor says otherwise." In the meantime, Carbon has been working together to keep the

school open by following a second mandate from the Governor and restricting the number of spectators who attend winter sports. Administration hopes that as long as we are vigilant in following the rules, school will be able to continue with little interruption.

Unfortunately, the possibility of a shutdown has been stressful on the staff as well as the students. Jasimen Christensen, a Carbon High student, pointed out, "If the restrictions get worse, it's going to be harder and a lot of students won't do it." This is one of the difficulties that the administration is trying to work through. Jasimen also mentioned a thought that is on the minds of many: "A part of the spike in COVID cases is because of the schools opening up."

Keeping track of the virus and where/who it is spreading to has been difficult for Carbon High, but they have come up with a way to keep track of the virus. Weekly testings are mandatory for the winter sports and the staff of Carbon High, so those who do test positive can be quarantined to help slow down the virus. Those who test positive will go online whether they are a teacher or a student, and they will be tested again when the two weeks are up to make sure that it is safe for them to return back to school/work. If the school were to be shut down, the teachers would still come to the school and teach in their classrooms while the students are online. Brianna Manning, a language arts teacher said something that many of the staff have thought about this rule and determined, "It will be more work for the teachers which will be stressful." Just like Jasimen's comment, it will be hard, and some students will not do it, but that leads to a final point from Manning: "It's up to the students as to whether the quarantine will be good or bad for them."



Library photo courtesy of Lukas Allred, staff writer



Photo courtesy of Shaylee Davis, staff writer

CARBON HIGH TEACHER TALK SENIOR EDITION

BY KATIE JONES, STAFF WRITER

TEACHERS GIVE SENIORS THE ADVICE THEY WISH THEY'D RECEIVED:

Spend as much time as possible with your family. Soon you'll be leaving the nest, and you'll start adulting. Those who have helped raise you will miss you terribly. Nothing will be the same anymore, so make as many memories with them as possible while you're with them.

Spend as much time as possible with your friends. You're all going to go your separate ways and while you'll intend to keep in touch, your adventures will pull you in different directions; there's nothing wrong with that. It's part of growing up and striking out on your own path. Laugh, surprise, sing, and work together to make your senior year the best it can be. Work is not as important as you think it is. No, it really isn't. You have the rest of your life to work, so cut back on your hours.

If a teacher has made an impact on you, tell them. Write them a letter, send them an email, take a photo with them and give it to them, buy them a gift card... Just let them know how much they mean to you and why. Your appreciation goes a long way! Take photos and videos of your experiences no matter how mundane and normal. You'll want to look back at these last days of high school and remember all the people that helped you along the way. Be brave and courageous. Ask your crush on a date. Eat something new. Try something new. Have fun! This is it folks. These are your last months of high school. Whatever you've been wanting to do, do it. Your time is running out and you're not going to want to look back with regret at not doing something. Show gratitude to everyone that has helped you along the way: family, friends, employers, coaches, mentors, church leaders, and anyone else who has helped shape you. Tell them thank you for the assistance they have given you. Last, but not least, apologize. Say sorry to the kid you bullied. Make up with the friend you hurt or hurt you. Be humble enough to admit your faults. Don't leave things unsaid. Try your best to fix things and right wrongs.

MR. CILLI



KEEP MOVING FORWARD

Keep moving forward. Don't allow the challenges of life to break you or be any reason for you to check out early just because it's been hard or inconvenient. Think of what you've been able to accomplish so far.

If nothing else, take comfort and pride in progress and please don't make the mistake of comparing your progress with others. If you are moving along at whatever pace, you are still making progress no matter what anyone says.

The important thing to realize and take note of is you're moving in the right direction. Live, enjoy, and experience your senior year because I promise it'll be over before you know it. When that day does come that you move on from Carbon, be proud to say, 'I'm so glad I did,' instead of 'I wish I had.'

MR. MILOVICH



Local Happenings

The Carbon High Theater Department Responds to COVID-19

Should We Get To Stay Home On Columbus Day?

By Brooklynn Martinez, staff writer

People who work at the Post Office and at the bank don't have to work on Columbus Day, so why should teachers and students? There are many different opinions on whether or not students should attend school on Columbus Day. Why are so many government offices closed, but schools are open? They are closed because this is technically a federal holiday; some may argue that it is not worth celebrating, therefore, life should continue as normal on this day. Emma Holm, a student at Carbon High has an opinion on whether or not schools should be closed. she says, "I don't believe we should get the time off for Columbus Day, because the holiday as a whole shouldn't be celebrated." So, of all the different opinions, are there some who do believe that we should get out of school on Columbus Day? Mr. Snow, one of the Carbon High's teachers, says, "I think that Columbus Day is a worthy day to take a holiday, but I think they should trade it for one of the teachers' work days, so students will not have to attend an extra day of school to make up for it." Some schools do close, while others stay open, and they all have their own reasons.

Schools could easily justify closing because of it being a federal holiday; however, they can also justify not closing. According to the website, Columbus Day by State, different states have different justifications for closing or staying open. For example, Alabama celebrates other state holidays, so they observe Columbus Day. However, there are states like Louisiana, do not observe Columbus Day because they celebrate Indigenous Peoples' Day. While everyone has their own opinion, it comes back to the same question. Should students and teachers stay home on Columbus Day along with postal workers and bankers? It seems the popular answer is no, while there are a few exceptions. For the foreseeable future, it appears that schools should just stay open on Columbus Day.

Update on the construction going on at the school

Staff Writer: Eric Chavez

Over the course of several months the construction of the new building has been going unexpectedly great. The workers are working hard and working fast. The construction workers have made lots of progress on the new building. The new building should be done within the school year, and if not it will surely be done over the summer. The building has a roof over its head and walls are being put in as we speak, the structure is huge and seems to have a more modern design to it compared to the rest of the school. I've talked to a student about his thoughts on the construction of the new building, and he replied, "I hope the new building will be done soon, so we can have some more parking spaces at the front of the school." Most of the students here at Carbon really don't care about the new building being constructed. The only thing they seem to care about is the parking spaces at the front of the school that are currently unavailable.

The construction to the new building has closed off doors, windows, and emergency exits in all of the classrooms on E-hall going all the way down to the cafeteria. Soon those emergency exits will either be blocked off or turned into hallways, and all of the windows will be permanently shut and covered up by drywall. Those teachers on E-hall will greatly miss having a window to look out of; having natural sunlight coming in everyday, now it's just blank and dark. The new building is going to have a more modern feel to it which is a bit strange considering its not going to match the rest of the building since the school was built back in the early 1900's making the new building a bit off putting because of the modern design.

By Madalyn Johnson, staff writer

"All the world's a stage." But what happens when your stage is shut down? For Carbon High's theater department, what happens next is uncertain.

No official guidelines have been released concerning theater departments and their productions. "It is up to me when I feel it is safe to put the students into a rehearsal schedule and get a show up and running. Right now, everything is on hold," says Mr. Pay, the school's drama teacher and Art Department Chair. The annual fall musical for the 2020 school year was canceled. "Right now I am in hopes of doing a musical sometime in the spring. It depends on what happens with the virus and the restrictions in place," says Pay.

The department narrowly wrapped up their production of Arsenic and Old Lace before Utah's government shutdown last spring. The play closed on March 9th, everything was cleaned up by the 12th, and school was dismissed on the 13th. The regional drama competition wasn't as lucky. Hopes of performing a well-prepared and huge one-act play were dashed. When it comes to this year's regional competition, it is still tentatively planned to occur in-person. "Region will be the 3rd weekend in March and state will be the 1st weekend in April. Carbon is hosting region," states Pay.

COVID-19 has thrown a curve-ball at the world this year, and while there have been some wrenches in the Carbon High's theater department's plans, they continue on strong. Jack Livingston, Assistant to the President of the Drama cCub, said, "The theater department is still as awesome as it ever has been!"



Photos Courtesy of ETV News

Halloween

By Lukas Allred, staff writer

This year, Halloween was a special type of holiday because of the COVID 19 restrictions that were in place. The possibility of school closures and then the cancellation of any sort of trick or treating didn't stop most Carbon County-ties from celebrating. However, Halloween was definitely different this year because of our situation, but the way people celebrated Halloween was not the only reason Halloween was extraordinarily unusual this year.

Halloween landed on a Saturday night, and to boot, it was the night of a full moon. On top of these already unusual details, at 2 am on the morning of Sunday, November 1, the state got an extra hour due to daylight savings time. The season of Halloween should have been super amazing, but COVID has definitely taken a big hit on what people were going to be able to do. I asked Amanda Kemple what she did on Halloween and if she was worried Halloween would be canceled due to Covid, but she told me of her activities: "I hung out with my family and went trick-or-treating with them. I didn't think Halloween would be canceled." Amanda's plans were realized, and she had a marvelous Halloween!

One of Carbon High School's very own teachers, Mr. Higgs, told of his Halloween experience: "We watched the history of witches; I stayed home watching movies with my wife, my cats, and my grandma. Halloween was only canceled if you're not creative enough to make it happen."

Mr. Higgs is just one example of the creative teachers we have here at Carbon High. Just like him, the *Carbon Nation* staff hopes everyone had a safe and happy Halloween!

Are You Voicing Your Opinion Correctly?

By Ashlee Bennett, staff writer

It can be difficult to voice your opinion, especially if you are trying to voice your opinion without coming off as ignorant. Lots of people think what they believe is right and what anyone else believes is wrong. Most of society confuses opinion with fact, so that can cause conflict in many aspects. It seems that in 2020, there were more arguments and opposing opinions than we have been faced with in awhile. Political debates, protests, and even COVID-19 have caused some uproar in arguments. Even recently, Trump supporters became very upset when President Donald J. Trump did not win the election and they actually stormed the U.S Capitol. So Americans must ask themselves, "Do people really know how to voice their opinions?"

When voicing their opinions, many people can come off as disrespectful. There are many ways to prevent this from happening if one can properly voice his or her opinion. Here are a few basics on how to voice one's opinion while also being respectful. First and foremost, stay calm. If a speaker gets too excited and 'freaks-out' their opinion won't come out as clear. The next thing is to be careful of body language. Stand up straight and look the person in the eyes. Remaining calm and using the appropriate body language won't matter if the timing isn't right. Be careful not to say anything at an inappropriate time. The third way to properly voice one's opinion is to not get defensive. It's okay if the listener does not agree with what he or she is hearing because that's the point of an opinion; not everyone is going to agree with it. Voicing an opinion offers an opportunity to persuade another person; if an opinion is voiced correctly, at the very least, the person will more likely be respectful while listening to you. Finally, the speaker and the listener will change roles. One cannot simply say what he or she wants to say and then walk away. They must stay and listen to the other person's opinion.

Most people have said that 2020 was the "worst year ever!" At the beginning of the year the famous basketball player, Kobe Bryant died in a helicopter crash. Then in late May George Floyd was killed by a police officer after he used a counterfeit \$20 bill. After this event happened, many protests broke out chanting, "Black Lives Matter." BLM protesters crowded the streets in many highly populated cities. Then a new chant was being yelled among the crowd and on social media, "All Lives Matter." This is where the conflict started. The American public started pointing fingers at who was racist and who wasn't. People started associating if BLM supporters as being against police officers, and ALM supporters as racist. Fingers are still being pointed at those who will not listen to other points of view.

In December 2019, the COVID-19 pandemic started its course. It first affected China, but it slowly moved its way all over the world. Countries started quarantining, wearing masks, and closing stores. When the masks became a big part of the picture people started turning them into a political statement. The masks were becoming a part of politics as the new election was coming up. In the public's eye, whether one wore a mask or not determined to which party one belonged. Unfortunately, it seems that anything we do will cause conflict with one another. When citizens are basing

each other's political affiliation on the simple health protocol of mask wearing instead of conversation and debate, the basic fundamental of democracy, courage, is gone. As Winston Churchill said, "Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." If people actually sat down and listened to one another, they would be able to find a middle ground, but when they are judging one another before a word is even spoken, the democratic process is unable to be fulfilled.

On January 6th the whole world was watching America as angry Trump supporters stormed the U.S capitol. They broke widows, stole things, and wreaked havoc. All officials had to be evacuated from the capitol. One woman climbing into the building through a broken window was shot and killed. As all of this was happening, police officers were trying to push back the crowd and get rioters out of the building as quickly as possible. It's shuttering think all of this happened because of a disagreement over the Presidential election.

Students and faculty at Carbon High have differing opinions about the correct way to voice one's opinion, but they can all agree the something needs to change in the way Americans communicate with one another politically. I first interviewed Mr. Snow, Carbon High English teacher: when asked, "Why do you feel we are becoming so aggressive with our opinions?" He answered, "Society has lost the ability to listen. We change the channel or go to a different venue if we don't like what someone is saying." He continued with a cutting remark: "We have lost the ability to take constructive criticism from other people."

I then interviewed Morgan Innes, a student from Carbon High School if she feels we are slowly becoming more opinionated or less opinionated, this is what she had to say: "As a society we are becoming opinionated, and we are nitpicking. She said that she feels "we are becoming more opinionated to fit in with a particular crowd." She feels that if you don't voice your opinion there are people who will say that you don't have an opinion.

A third person I interviewed was Mrs. Rukavina, a CHS History and Government teacher. I asked her what it was like being a teacher and not having the ability to voice her opinion during class. Her answer was quite informative: "It is important to teach students how to analyze information and find information from which they can formulate their own opinions." She thinks it's important to teach students how to research things, and she thinks it's good for students to hear about opinions with which they don't agree.

America is a country where citizens have the ability to peacefully protest, say what they please, wear what they want, love who they want, voice their opinions, and be who they want to be. Americans have the ability to voice their opinions whenever you want to voice them. It seems that lately, many are just screaming at a brick wall. Nobody listens to one another or stays calm. Many Americans have become immature and lost respect for the opinions of others. But America is supposed to be great right?

COVID Causing Christmas Chaos

Written by Katie Jones staff writer

All around us snow falls, festively decorated trees grace our front rooms, and carols ring through the radio waves in triumphant cheers of joy. However, the festivities within our homes are continuing hesitantly this year as a global pandemic wreaks havoc across the world. Schools, sports, and usual business have all cautiously stepped into a new normal, but each of them still carry the weight of a possible shutdown. We have finally been able to find a semblance of a new normal, but with the holidays drawing closer, we are met with more roadblocks than maybe we had foreseen. Communities, families, and people all around are having to cancel flight and trip plans, create new traditions, and forego being with those they love during the holiday season, all because of COVID 19.

Grace Stewart, a member of Carbon High's student body says, "Before the Governor's State of Emergency Announcement, we were going to go to Cheyenne, Wyoming. Now, we are staying home, unfortunately."

Another member of the student body, Amya Prettyman, agreed with grace saying, "Her family had previous plans to go out of state, but they, too, had been canceled due to the pandemic." The last student, Lyndsey Madrigal, was particularly upset about their ruined holiday plans saying, "My grandma got COVID and now we can't go visit her. And my uncle can't come down from California to come and visit them."



Photo courtesy of iheartradio.la



Photo courtesy of Katie Jones

Thanksgiving During COVID

By Eric Chavez, staff writer

With the approach of Thanksgiving, the COVID virus was spreading rapidly throughout Utah. Hospitals and ICUs were nearing full capacity and healthcare providers were unsure whether they would be able to care for the citizens of Utah in the coming days of this pandemic. The governor of Utah placed a new set of standards on the state; these included a statewide mask mandate, social gathering limits, and cancellation of all extracurricular activities. To date, these rules remain in place, although health officials in Eastern Utah have begun to allow more spectators to attend extra-curricular events. The timing of these new mandates was most troublesome because the holiday season is a time where family and friends get together to simply have a fun time. Time will tell if the mandates were followed and the public will be able to heal from this pandemic sooner than later.

The governor of Utah stated in the mask mandate: "You must wear a mask in public and when within six feet of anyone you don't live with." This implies that we are not allowed to visit friends or relatives while this pandemic is still in effect. The governor also stated in the mask mandate: "This mandate is also enforced

in business settings, which must require employees to wear masks, request patrons to wear masks, and post signage to that effect." During this pandemic, we must remain conscious when it comes to people who are sick; we must stay clear of the virus and try to stay indoors to avoid getting the virus. After interviewing students about what their plans are for Thanksgiving, one of them said, "Since my family can't really travel anywhere after we heard about the state of emergency, I'll be spending Thanksgiving with my parents in the safety of my own home." Most families are going to be staying home this holiday, hoping that this virus will soon depart so we can get things back to the way they used to be.

This virus won't stop people from celebrating Thanksgiving, in this day and age people are able to communicate with other people online and make it feel like they are in the same room as each other and try to make the most of this holiday ignoring the current events to simply have a good time with family and friends. Those students who are in clubs or sports are unable to participate in those extracurricular activities until the governor of Utah says otherwise. The governor stated, "Youth and high school

students must not participate in any extracurricular activities, including athletic and intramural events, for the duration of the order." For now those students have to stay at home rather than participate in the things they enjoy, it's a little sad really. The governor also said that "mask wearing and physical distancing requirements are enforced" if there were to be any extracurricular activities happening you must keep in mind that these rules still apply.

Celebrating virtually or with members of your own household poses the lowest risk for spread of the virus. This can include roommates or people who are unrelated to you. People who do not currently live in your house, such as friends or distant relatives visiting for the holidays, must stay in their own homes and figure out some other way to communicate with each other. Just remember that in-person gatherings that bring together family members or friends from different households pose a very high level of risk for spreading the virus. With that being said, be careful, stay safe, and try to enjoy your Thanksgiving and other holidays that are yet to come.



(photo courtesy of eating well)

State of Emergency

COVID-19 is spreading rapidly throughout Utah. Hospitalizations and ICUs are nearing capacity and healthcare providers will be unable to care for Utahns in the coming days if this surge continues. The situation is dire and unsustainable. We must take action now to protect our hospitals and healthcare workers and to avoid further devastation on our families, communities, and businesses. [Read the order at https://coronavirus.utah.gov/state-of-emergency.](https://coronavirus.utah.gov/state-of-emergency)



Statewide mask mandate

- You must wear a face mask indoors and outdoors anytime you are within 6 feet of someone you don't live with. The mask mandate will remain in place for the foreseeable future, and does not expire when the State of Emergency expires.

The following restrictions are effective through November 23, 2020.



Social gatherings

- Only gather socially with people who live in your home.



Athletics, sporting events, and extracurricular activities

- No organized or school-sponsored extracurricular activities, including sports and intramural events. Currently scheduled high school football games are allowed to continue with increased restrictions.
- No private recreation, or club sports and athletic events.
- After November 23, 2020, weekly testing of participants in high school sports will be implemented.
- Intercollegiate sporting events are allowed.



Schools

- K-12 schools are open for in-person learning.
- College and university students who live on campus or attend an in-person class will be tested for COVID-19 each week. Testing is encouraged to begin as soon as possible, but must be implemented by January 1, 2021.



Businesses and event hosts

- Require employees to wear a face mask.
- Businesses must promote mask wearing among customers, event hosts must require it.
- Require at least 6 feet of distance between household groups or seating parties.
- Bars must close at 10 p.m.
- Post signage that lists COVID-19 symptoms and face mask and physical distancing requirements.



(photo courtesy of UTAH.GOV)

We Are Enough

By: Morgan Innes; staff writer

The ads on television, in the store, and in the magazines never show someone real; they never show someone with marks and scars; they never show someone with texture in their skin or fat on their legs. The people I grew up seeing in the world became a standard for me. Not just for me, but for thousands of others too. The television stars and the magazine icons became a standard for boys and girls, men and women, people of color, and so many more. The people we saw on television were not like us in the slightest, and we believed that it was okay.

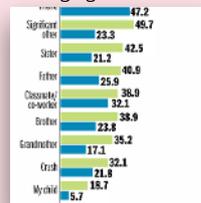
I interviewed two people who were willing to tell their stories and share their experiences with body shaming. The first person I interviewed was Ali Huggard, a 20 year old student at Western Governors University, who has dealt with body image her whole life. She had these cutting remarks to say about body shaming: "I have a genetic hormonal issue that causes me to retain weight and makes it harder for me to lose weight; there have been many instances where I have been judged for my size, but because I've been like this since day one, I've had to learn how to deal with it differently than those who gain a lot of weight later in life."

Ali went on to talk about how she's done theater most of her life and how the costumes given to her never matched the others or had to be custom made and altered. "I've always felt horrible and misshapen about the costumes because I can't lose weight and I'm not pretty enough to wear beautiful costumes and dresses." I asked her opinions on why body shaming is NEVER okay and she replied, "Body shaming is never okay, because you never know what someone is going through, or in their life situation, people need to remember that if it's not directly affecting their lives, they don't need to make comments about it. It's not their problem and there's no need for them to make anyone feel bad about themselves." Ali concluded.

I also interviewed Kaycee Pratt, a senior at Tooele High. She talked about her experience with body shaming as well. "From being body shamed, I became very self conceptualized and picked at every part of my body until I eventually hit a breaking point." Kaycee talked about how sometimes it's hard for her to get out of her own head, her thoughts constantly take negative turns when it comes to body image. The rest of us have these thoughts sometimes: "My love handles seem bigger than normal today." or "My arms jiggle more today than normal." Kaycee, on the other hand, has these thoughts all the time! Here's what Kaycee had to say about why body shaming is never okay and how damaging it can be: "Body shaming is not okay, it teaches people that they need to change something about themselves that is not so easily changed. Personally I am a very religious person, and I believe that God made each one of us different for a reason. God wouldn't have made me with extra weight if he didn't think it was perfect. When you body shame someone, you take away a part of them that they can never get back, you take away their individuality and their ability to think clearly for themselves, which creates problems later in life."

It's not just women that deal with body image issues and body shaming, it's men too. Men on television and in books were always portrayed to have a six pack and a chiseled jaw, but with so much toxic masculinity in the world, men are told to just deal with it instead of opening up and getting help, they deal with their own insecurities without the help and support that is so readily available for women. Men deal with this for fear of being called gay, or "not being man enough." I heard my own brother who is in the 7th grade talk about his insecurities. He said, "You know if girls went for guys with personalities rather than looks, girls would like me more." What are we telling young men? We are telling them the same thing that society tells women; that you have to look a certain way to be loved.

Bullyingstatistics.org showed that 94% of teenage girls reported having been body shamed at one point in their life. This statistic also showed that 65% of teenage boys have reported being body shamed as well. Bullyingstatistics.org showed that body shaming starts when people are young and it doesn't ever fully go away; it has lasting impacts on those who have experienced it. I started being body shamed in elementary school. I was made to feel lesser because of my weight or my height, and I sometimes still feel the negative effects of the comments made so long ago.



Picture sourced from: [Deseret News Graphic](#)



Picture sourced from: [MYNEDA.org](#)

A study done by WaldenEatingDisorders.com talked about the many ways that body shaming manifests itself and why. Number one: we compare ourselves to others. Number two: people criticize others in front of them. Number three: people criticize others behind their backs. We body shame others and ourselves because of pressure to fit in with friends, so we don't lose a friendship and pride. The article states that our "friends" sometimes make fun of how we look, and instead of saying how much it hurt us we laugh it off and continue to do it to ourselves and others. Or we do it because of peer pressure: if someone "cool" does it then everyone else should too. We body shame ourselves because of pride as well, we've grown up in a society where being confident in yourself is being cocky, and having self pride is making others feel bad, so we bury our pride and cover up the insecurities with self deprecating humor and actions; we do this so we don't seem prideful when really we should be.

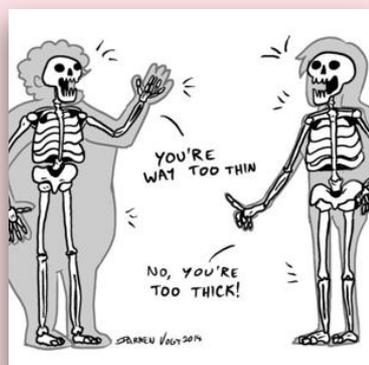
Ali Huggard had some additional comments to add when asked about how the world could change and why body shaming still exists. "I think body shaming still exists because even though we have such a progressive society in general, what we see on television, in movies, or in print is still that look of being thin, which in turn we have made the only thing people can be beautiful for. I do believe that in my short twenty years, I have seen a difference in the shows I watched as a child and the shows I watch now when it comes to how our bodies are represented. This is a step in the right direction, but it's really up to us to make everyone feel loved and included."

We live in a new world, a world that is more progressive than it was in the 1950s. We've seen a lot of changes in things that should've been changed a long time ago but with body shaming we're still a long ways away from making a real change.

I asked my interviewees to give advice for overcoming body shaming and insecurities to move forward and here is what they said. Ali finished with; "I don't think I'll ever truly overcome my self doubt or struggle with my weight, but I have learned that I can be pretty, and that I can be beautiful in my own way. If I could give younger me any advice it would be the cliché saying; 'love yourself before you can let anybody else love you;' you are always going to be there for yourself, you can count on other people to love you for who you are. My weight will always be a trial for me to deal with but I have to not let people's words or actions weigh me down, at the end of the day it's always going to be my opinion and love for myself that is pushed through."

Kaycee finished her thoughts with something similar: "If you are struggling with body shaming, body dysmorphia, or any insecurities just remember that you are not alone in this and that having insecurities isn't necessarily a bad thing, it means you are aware. There are others who feel the same way as you do, so know that you're not the only one feeling it and it's normal. Push past others and find your own voice again. Gain footing in your own mind."

Thousands of people in this world struggle with body image, myself included, but it's time for the shame to end and it's time for **us** to start loving ourselves and others. It'll take awhile, but **we are enough**. Despite what others say, the change starts with **us**.



Picture sourced from: [Wkuherald.com](#)

BE kind TO YOUR BODY.

Teacher Focus

Nunley Winter Driving Tips

Staff Writer: Maycee Fivecoat

Mr. Nunley, a Driver's Education teacher at Carbon High School, always tells students to be careful during the winter months. Students think that snow means they can go out and do donuts in an empty parking lot, but snow means one needs to be extra cautious while driving in big snow storms, black ice, and wet roads.

A Carbon Journalism correspondent sat down with Mr. Nunley and asked how to be cautious during the winter months for safe driving. "The first things you have to remember are the 3 G's. Gentle with the brakes, gentle with the accelerator, and gentle with your steering."

Nunley followed with, "Don't push too hard on your brakes when coming to an intersection; you want to gradually stop with your brakes. You want to gradually slow down before the intersection, about a block - block and half away to avoid you going into the intersection." Gradually slowing down your car to a complete stop will help you in the long run because your tires will not lock up resulting in sliding.

The second G is "gentle with the accelerator." This means after a driver comes to a complete stop, to resume driving, do not want to press down on the accelerator too hard. A driver should gradually get back up to speed.

The last G you must know is to be gentle with the steering wheel. In snowy situations, the steering wheel plays a huge part. When doing a turn, do not turn out too narrow as that usually results in you spinning out of control. A driver must also be careful not to pull-out too far where the tires can leave the pavement and cause even more trouble. By steering gently, a driver will be more inclined to stay in the middle of the road where there is the most traction and therefore, the most safety.

Mr. Nunley, Coach Howa, Mr. Wilde, and Mrs. Mead are the drivers education drivers, while Mr. Nunley, Mr. Wilde, and Mrs. Mead do the in-class learning.

