During the production of 937, a group of innocent Jewish passengers face the wrath of a cruel ship officer played by sophomore Aidon Butler. The one act play cast embarked to produce a moving performance that spreads awareness of the injustice that occurred during World War II. They hoped that their message would be conveyed to both the judges at the competition and their peers in the student body.

“I want people to come away knowing that we should always remember that hatred has no place in this world,” said Hickok. “We should never let anyone suffer what these people endured because our differences are what make us unique and special.”

Some actors played characters that illustrate a very dark side of world history, which was a difficult and demanding undertaking.

“My role was very challenging because of the things I had to say,” said sophomore Aidon Butler who played the role of Otto, a hostile German ship officer: “When practices started and I first read my lines, I would stutter and couldn’t bring myself to say those words, but I had to get serious because we had a competition to win. The play has been in the works since August, and all of the months of hard work proved to be productive and worthwhile.

Top to bottom: The Color Guard takes to the streets of Waco in the annual Baylor University Homecoming Parade on a chilly Saturday, Nov. 10. Junior Tabby Ward, junior Seyyoung Yoon, junior Ashlyn Prater and 7th grader Zoey Matos perform in their new uniforms. Junior Kortney Fitke strikes a pose after the homecoming pep rally performance.

Nathan Cobb / Bifrost staff

Making history
One act play places 2nd in district, 6th in state with an emotional and historical piece

Stories from war
WWII veteran Morris Barker speaks to students about his experience as a prisoner of war

Fewer than one million U.S. veterans of World War II are still living today and one of them spent time with VCPS students on Monday, Nov. 13. In recognition of Veteran’s Day, the school welcomed 93-year-old WWII tail gunner Morris Barker. Not only is Barker one of the few remaining WWII veterans, but he was also a prisoner of war of the Germans.

Barker recounted some of his experiences with the audience who seemed to respond in awe and thankfulness.

“I was inducted into the military in March of 1943 at the age of 18,” Barker said.

His first assignment was in Harlem, Texas. As the war progressed, the air corps was sent overseas to bomb various targets and enemies.

As he was flying over Hungary in a B24 Liberator bomber, Barker and his crew were shot down.

“We had to parachute out to save our lives,” he said. “Six out of our crew were able to parachute out safely.”

They were immediately captured when their parachutes landed, and the crew was taken to Budapest for interrogation. They were then transported in 48 box cars to the Stalag Luft IV prison camp. The camp, surrounded by a barbed wire fence, was under heavy watch, with guards and vicious dogs patrolling the night, he said. They had the exact routine every day, so nobody was left unaccounted for.

“We had to put our hands behind our heads and stand still, while the Germans counted us,” said Barker.

“After we learned our numbers, we were taken to the food camp,” he said. “We were hung in the air so they could accomplish their custom of counting us.”

During the war, the OSS (Office of Strategic Services) was working on a project to gather information about the new war.(Continued on page 12)
Grades aren’t everything; learning is.

No matter how hard we try to avoid them, report cards will always be a part of our school life. Our parents want to look at our report cards to see the minute they are in. And, as students, we anxiously watch for their reaction.

Sometimes it’s a good reaction. Other times is it not so much. Even though we love our parents, at times it can be very hard to please them. Pleaseing our parents is important, of course, but in reality, it’s not the ultimate goal. And neither is perfection.

The most important thing in our education is the experience of learning and the opportunity of gain knowledge in different subjects. I wish parents could understand that when viewing our report cards. But when grades come out — and things don’t look as good as our parents had hoped — it can cause them to wonder if we’re putting in enough effort. But if our parents see that we are putting forth lots of effort towards school work, I think they should give us a break. Now I am not saying students should stop caring about their grades altogether or that we should not be punished at all.

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Grades: a universal measure of students

There are three things that a student dread most: grades, their report card and their parents’ reaction to said report card. For a long time, report cards have been a very important communica-tion component between the school and parents. The grades you get tell who you are as a student. Generally, good grades project a good student and vice versa. In a school like ours, grades are very important, since they are tougher to earn and maintain than at other schools. We cannot conceivably believe that report cards are the only thing that determine a grade. These grades do, however, help you figure out if you’re off to a good start on a certain subject. So, maybe have a conversation with your kids about how they can improve and if they need some extra help. But quarter grades don’t define your future. If anything, save the sweat for semester grades.

Here’s another thing: Some students are only capable of so much. And not every-thing you are good at studying; it increases the chances of getting Cs or Bs. If this is your case, it is important to know that your parents understand that you are not a bad student. One of the most defining characteristics of a student is their grade. Grades tell many good and bad characteristics about a student. If a student has good grades, they are generally smart and hard working. These are both good characteristics to have for people to think about you. On the other hand, lower scores show that you could be lazy and careless. Other people will make generalizations that you are a horrible student — one who does not care about what he or she is learning. Therefore, with a good grade, you are more likely to get into a good school. The grades you work hard towards helping us improve and achieve success if our parents could acknowledge the hard work behind the grades, no matter what they are.

Grades are the universal measure of students.

Grades are the best universal scale to show how good of a student you are. A person cannot judge a student and their study skills if there is not an objective evaluation unit. Grades are like using kilograms or pounds. Go find the weight of something or How heavy is something. Grades are the best universal scale to show how good of a student you are. A person cannot judge a student and their study skills if there is not an objective evaluation unit. Grades are like using kilograms or pounds. Go find the weight of something or how heavy something is.

Grades are important since they are a universal measure of something or how heavy something is. These are both good characteristics to have for people to think about you. On the other hand, lower scores show that you could be lazy and careless. Other people will make generalizations that you are a horrible student — one who does not care about what he or she is learning. Therefore, with a good grade, you are more likely to get into a good school. The grades you work hard towards helping us improve and achieve success if our parents could acknowledge the hard work behind the grades, no matter what they are.
All About Abby

curious . empathetic . individualistic .

VR: Who is Abby Deputy?
AD: Well, she’s me. Hello! I don’t really have an answer to the deeper side of this question yet, so I’m just going to say that she’s me.

VR: What is your favorite thing to do?
AD: That’s an unintentionally difficult question. I have lots of things I like to do, but I think my favorite thing is either singing, writing, or reading.

VR: What is your favorite movie? Book?
AD: I don’t actually have a favorite movie, but my favorite book... is it okay if I pick a series? I like the Licanius Trilogy by James Islington. It’s incomplete, but the third book is coming out near my birthday, so I’ll be able to read it soon and I’m excited about that.

VR: Who do you look up to?
AD: Anyone who has decided to not let the things of the past get in the way of them and instead see the future as an adventure. My mother comes to mind.

VR: What do you consider your greatest accomplishment?
AD: I haven’t cured cancer or anything, but I did write 50,000 words in a month and saved a few lives before.

VR: If you were on a deserted island and could have one person, real or fictional, to accompany you, who would you choose and why?
AD: I would absolutely pick that one guy from the Mo Ranch trip with the grizzly beard who’s this mountain man who knows every herb, berry, and outdoors survival technique. He’d probably be able to build the most-stable-deserted-island-boat-ever. We’d be able to get back home fairly easily, or we’d at least not be starving and cold on the island.

VR: What are the best qualities of a friend?
AD: Reliability, trustworthiness, and the enjoyability of their company. I like being around people I can laugh with and talk about serious things with but also don’t have to put up a front of desperate humor or seriousness or have to act invisible to be accepted. A good friend is a person who doesn’t make fun of you and doesn’t talk about you behind your back, because I’ve been there and it sucks. If a friend will take you as you are, that friend is one to last.

VR: What place would you like to visit someday?
AD: There are three places especially high on my list: England, Australia, and Japan. Yes, I’ve already been to England, but I’d like to live there someday for a period of time. I felt very much at home there in a strange way. Australia sounds like basically Texas but bigger and with a different accent, and I’ve made friends with several people who live there so I’d like to see what it’s like. Japan isn’t afraid to be colorful and weird and different, and I think we all need a bit more of that in our lives. I find it a very intriguing place and Japanese food is really good, so I’d like to go.

VR: What causes are you passionate about?
AD: Suicide prevention and sexual abuse awareness.

VR: What do you want people to know about you?
AD: When I was younger, I had the misconception that people would only like me if I smiled. So, I forced myself to smile. There was one particular social situation that I encountered in 7th grade that made me feel very depressed and like no one thought I had worth as a person. I felt so self-conscious about my smile that I kept running back to the bathroom to make sure I was still smiling so people wouldn’t know I was feeling left out. In retrospect, that probably looked very creepy, ha ha. Obsessing so much over smiling made one of the sides of my face tense up for a few years in a strange way when I smiled (even)

continued on Page 12
Fear — it’s an emotion caused by the belief that something is dangerous, may pose a threat or cause pain. It’s what causes our heart to race when we hear a noise coming from outside when we’re home alone. It’s what makes us think twice before jumping off a cliff into the river below. Fear can even make us feel uneasy or anxious when getting on an airplane.

A phobia is another name for a fear. But a phobia isn’t just any kind of fear — it’s an extreme and sometimes irrational fear. While it’s perfectly normal for kids to be afraid of some things — like a Chemistry exam, a spider crawling across their leg or a loud thunderstorm — a phobia is an overwhelming and sometimes all-consuming fear. Phobias are a form of anxiety disorder that can cause panic attacks and even interfere with daily life. Common symptoms of phobias can include nausea, shaking, rapid heartbeat, feelings of being in a “dream” state and being overly preoccupied with the object of the fear.

That’s how you can distinguish a fear from a phobia. If your fear actually interrupts your regular activities — like going to school, eating or sleeping or being able to attend a meeting in a tall building — you may have a phobia.

More than 10 million adults in the United States suffer from some sort of phobia, according to the National Institute of Mental Health (NIMH). And women are more likely to experience phobias than men. A phobia leads to a compelling need to avoid a particular situation, and if that avoidance causes you to make bad grades, get fired from a job or lose friends, it might be time to get help.

The list of known phobias is in the hundreds, but the fact is, any object can become the source of fear, according to the NIMH. So creating a comprehensive list of phobias is not easy. Here’s a look at some common phobias and their triggers.

**Highest Heights**

Do you ever panic if you’re off the ground? Do you dread the thought of reaching the highest floor of a building? Does flying in a plane make your palms sweat? If your answer is yes to any of these questions, you might have acrophobia, the extreme fear of heights.

Some people with acrophobia avoid anything related to or involved with heights or that will get them involved with heights. For people with acrophobia, the sympathetic nervous system goes into overdrive — as if the body was preparing them for an emergency — when facing heights.

So are we born with the fear of heights? One theory, the evolutionary psychology perspective, suggests that fears and phobias are innate. That means people don’t have to have a direct experience with heights in order to be afraid of them.

Or do we learn to be afraid of heights? Some behaviorists believe we learn to become afraid of things by a process called classical conditioning. Classical conditioning is a learning process that associates fear with, for instance, heights. Imagine you are climbing a tree. When you first get up there, you don’t necessarily think of falling, but once you do you develop the fear of height on the tree, you see the tree and think of falling and eventually you associate tall objects with falling. It’s normal to feel nervous at the edge of a cliff or when looking out an airplane window. Panicking at the sight of a mountain or tall tree or cancelling a long-awaited vacation to a faraway place is not.

**Tight Spaces**

Oh no! Imagine you are in a small space — like an elevator or closet — and the walls start closing in on you. You panic! This is the feeling someone gets when they have claustrophobia, the extreme fear of being trapped in a small, closed in space. This phobia is a specific phobia, which means that it can only happen in a specific situation, for a specific reason. Some people with claustrophobia will go to great lengths to avoid small spaces.

But claustrophobia doesn’t just have to take place in small spaces. It also involves a fear of being restricted or confined to one area. For example, waiting in a line at a concert or the grocery store may also be a trigger for some people.

Claustrophobia can cause two main fears: restriction and suffocation. The fear of restriction can also be rooms without windows, locked rooms or small rooms. Fear of suffocation refers to a small space without enough air to breathe. Feeling slightly uncomfortable in a tight, crowded space is normal. Refusing to go into a closet or being unable to make an appointment on the third floor when the stairwell is closed for maintenance, is not.

**Bugs Be Gone**

AGGH!! Ever had that reaction when a bee flies by or when a cockroach runs across the floor? Many people think bugs are gross and would probably prefer not to be near them. But if it gets to the point where you don’t leave your house just so you won’t get bitten by a tick or stung by a bee, you may suffer from entomophobia (aka. insectophobia) and it is the extreme fear of insects.

Entomophobia isn’t just the fear of bugs in general, it can also include the fear of being bitten, infestation or contamination. Many bugs can carry diseases, so people with this phobia often take cleanliness to an extreme.

In addition, many people can suffer anxiety from the thought of being contaminated by an insect. We’ve all had a mosquito bite before, but having a phobia of being bitten by a bug can also be a part of entomophobia. This fear is from the pain or the illness a bite can cause. Most fears of being bitten are mostly out of proportion to what the severity of a bug bite can actually be. It’s not the end of the world unless you are severely allergic.

Infection of the home or body is another concern of some with entomophobia. Phillip Weinstein, a researcher in the school of biology at the University of Adelaide, points out that infestation of bugs may not just be a phobia, but could also be caused by delusional thoughts. Running away from a bee or screaming if a butterfly flies at your face is normal. Missing a family picnic because of these fears is not.
VR: How long have you been teaching at Vanguard?
WP: This is my seventh year teaching at Vanguard.

VR: Where did you go to college?
WP: I went to Baylor University, where I earned a BA in Classics, with a minor in German.

VR: What classes do you teach?

VR: Do you find one language more interesting than another?
WP: I love languages, so picking a favorite is difficult, but I have a lot of fond memories from the semester I spent studying German in Freiburg.

VR: Do you speak any foreign languages outside the classroom or campus?
WP: I don’t often get a chance to speak foreign languages in Waco, but I do use them when I travel. I’m also lucky enough to have friends from all over the world, and I often use foreign languages when communicating with those friends on social media.

VR: What is the most exciting part of your day?
WP: The best part of my day varies from day to day. Any time that 100% of the students are engaged in the material will certainly be a high point.

VR: What is your go to lunch and or snack?
WP: My favorite snacks are tortilla chips Reese’s peanut butter cups (obviously not at the same time). For lunch, I usually have leftovers from dinner the night before.

VR: People in your classes might notice that you enjoy drinking tea. What kind of tea do you prefer?
WP: My favorite type of tea is Earl Grey, but I also love green and white teas, rooibos, and mint. I generally prefer loose tea over tea bags.

VR: What hobbies do you have?
WP: My hobbies include baking, knitting, cosplaying, and performing at Renaissance festivals.

VR: What is your favorite TV show?
WP: Choosing one favorite TV show is difficult, but I am quite fond of Star Trek: Deep Space Nine.

VR: What are your favorite foods and what is your favorite ice cream?
WP: I enjoy tacos, enchiladas and sushi. My favorite ice cream is Blue Bell Homemade Vanilla. It’s hard to beat a classic.

VR: What are your favorite colors?
WP: I like wearing shades of green, blue, and purple the most.

VR: And finally, what is your favorite holiday?
WP: Thanksgiving is my favorite because spending time with family is important to me, and the delicious food is a great bonus!

— Interview and photo by Emily Coleman
Role Models

Students are on a roll this year, looking up to their personal role models.

By Emma Lowe

Loyal. Hard working. Caring. Compassionate. Kind. Honorable. These are just a few of the qualities students said they look for in someone to be a positive role model in their lives, according to a November VR poll. A role model is someone who people look to as an example to be imitated. Everyone can benefit from a positive role model, whether it be a family member, teacher, church leader, professional or friend. No matter who it is, they can change one’s life.

Role models can be good or bad. They can inspire others.

HARD WORK & COMPASSION

Compassion and kindness are just two of the qualities Ethan Marsh, sophomore, sees in his personal role model: His dad. Dr. Jim Marsh, Marsh’s father, is executive director of counseling services at Baylor University, so no doubt he puts those qualities to work both at home and on the job.

As a father, Marsh’s takes seriously the responsibility of teaching his sons how to live a life of success, kindness and confidence. “He is patient and compassionate,” Marsh said. “He demonstrates these qualities at his job and also at home. He is willing to listen to all that I have to say, and he cares about the well-being of others. He shows that same care and concern for others.”

“Since my Dad has shown compassion to many people in need, including the underserved; his intentional humility has left a positive impact on me,” Marsh said. “Which inspires me to make a positive difference in everyone’s life.”

Hard work is an important quality Marsh said his father models for him. “One virtue he taught me is how to work hard at any task that I am given,” he said. “Also he’s taught me how to stand firm in what I believe in.”

As Marsh has grown up, he said he’s seen the relationship progress from father-son to trusted friends who can learn from each other in every aspect. “One of the many skills he taught me is how to fly fish,” Marsh said. “My dad has passed on his knowledge of the outdoors with me, which I very much enjoy.”

There seems to be no limit to the positive impression Marsh’s dad has left on him. “His influence has left a great impact on my life that motivates me to be a better person [and] allowing me to have a positive influence on others, just like the great influence he has on my life.”

LOVE & TRUST

He might be living 1,000 miles away, but that doesn’t keep her big brother from being the personal freshman Abby MacLemore turns to as a mentor for advice and inspiration. Philip MacLemore, a 2017 graduate of VCPS and sophomore at Davidson College in North Carolina is someone who inspires awe and thankful ness in his younger sister, simply by the way he lives his life. “Philip is selfless,” she said. “He has always been my No. 1 fan and encourages me to do better in everything.”

MacLemore said her brother has taught her many important qualities, like how to be confident and how to always stay positive. She also looks up to her brother because he puts his mind and time into helping others in need. “Philip cares very much about the Cystic Fibrosis Foundation,” MacLemore said, “and his passion for it inspires me to help others.”

With their deep passions and eagerness to come to the aid of others, the siblings work well as a team doing their best to live a happy, successful and self-assured life.

“Philip shows me how important it is to be driven, to never give up on my aspirations.” MacLemore said. Although they may be far apart, the two have a very close bond and appreciation for each other in the long run. MacLemore is grateful for their good relationship and being her guide through her childhood and many years to come. “Philip has played such an important role in my life, and I cannot thank him enough for the guidance he has given me,” she said.

DISCIPLINE & HUMOR

Not an oboe, clarinet or saxophone, the bassoon is the instrument of choice for Lillian Lowe, 7th grade. However, without her 6th grade band teacher, Michael Devenport, she would not be where she is today without her love of music.

“He taught me how to play the bassoon,” Lowe said. “So I’m better than I would be if I didn’t have him teaching me.”

Lowe said especially enjoyed her teacher, because he made learning a new instrument a challenging, but enjoyable experience. With the help of Devenport, she learned even more than the basics after a single school year. There is a trick though, according to Lowe. “He pushes us really hard,” she said. “We wouldn’t get better if he didn’t make us get better. He was nice at the same time.”

Some mentees need discipline in order to succeed, and Devenport knows the successful ways of teaching a beginning musician. “He is strict sometimes, but it is good,” Lowe said. “Each time we’d finish a book, he’d give us 3 pieces of candy. We’d have a chair test every week, so we had something to look forward to.”

However, band class was not all heavy practice. Devenport made sure that his students had a great time, and he tended to show off his sense of humor to his class. “I love playing all sorts of jokes and telling stories,” Lowe said. “He would also always tell us stories we probably wouldn’t understand.”

By Emma Lowe
Throughout the school year, a role model for inspiration

By Emma Lowe

US and serve as someone to look up to for guidance in the world, or they can negatively influence us to do things that should not be done, like bullying or underage drinking.

With the help of a role model who does what is right, one can learn how to live a happy life, gain more knowledge, or believe what is true in our hearts.

In honor of National Role Model Month, the Vanguard Review brings you the inspiration and intriguing stories of five students and their personal role models in life.

**TENACITY & DETERMINATION**

Born in India, Ria Goyal’s mother and role model moved to America with only one small suitcase and went back to school after having her daughter — in order to earn her master’s degree in nursing and today is a nurse practitioner with the Baylor Scott & White Pain Clinic. Her road has not been easy, but that’s exactly what makes her so deserving of her daughter’s admiration.

“She has worked to become both parental figures for me throughout the years in order to provide me with a stable livelihood and significant opportunities not afforded others in a similar situation,” Goyal said.

Tenacity and determination to succeed despite her circumstances are qualities Goyal respects in her motherly mentor.

“After she came to America, she was actually studying in a PhD program at Notre Dame before circumstances caused her to drop out. Later, even though she already had several undergraduate and graduate degrees from India, she was not deemed employable as many businesses did not honor her degrees in the small town she lived in. Instead of accepting the cards she was dealt, my mom decided to go back to school and ensure a better life for her daughter, whilst also pursuing her own dream of working in medicine. That persistence, at a time of such personal strife, is something I will never be able to comprehend.”

Managing her challenging personal life while in school was no easy task, but Goyal’s mom persevered, she said.

“Trey is a great friend, and I thank him for always being there for me,” Holze said. “He also showed me the importance of being a loyal friend. Trey is a loyally good friend, he is the kind of boy who always has your back.”

It might seem odd that Andrew Holze, 8th grade, chose one of his older brother’s best friends as a role model. But after spending so much time together since he was in kindergarten — and sharing many of the same interests — it’s easy to see why senior and Eagle Scout Trey Hooker is Hooker’s “mentor and friend.”

From learning life skills to sports to passing along family traditions, Trey’s love for sports and helping others to preserve the beloved family traditions of their Indian heritage.

On top of the many social issues my mom cares about, one thing she always maintains is our family traditions and Indian culture,” she said. “While she has not been able to return to her home in over 20 years, she never forgets the special customs and beliefs our family has held for generations, and she makes sure to pass them along to me to keep them alive in America.

Her faith is another quality Goyal admires in her mother.

“The level of her adherence to her faith is definitely something I strive to emulate in my relationship with God. Her struggles also help me to put mine in perspective, to contemplate if the issues I am dealing with are really as troubling as I sometimes make them out to be.”

Though she said she tries to show her love and appreciation each day, she’s not sure she adequately expresses it, Goyal said.
**Gobble ‘til you wobble**

Enjoy tasty Thanksgiving dishes with the whole family

**Old-Fashioned Pecan Pie**

**Ingredients:**
- 1 cup of Karo (preferably dark corn syrup)
- 3 eggs
- 1 cup of sugar
- 2 tablespoons butter (melted)
- 1 teaspoon of vanilla extract
- 1 (9 inch) unbaked deep dish pie crust
- 1- 1½ cups of pecans

**Directions:**
Start by preheating the oven to 350 degrees F. Now get out your corn syrup, eggs, sugar, butter, vanilla extract, and, obviously, pecans. Put all of these items in a medium sized bowl, and mix it all together. Now, pour the mixture into the pie crust. Put it in the oven and let it bake for 60 to 70 minutes. Once the center of the pie is 350 degrees F, it is ready. If you like, you can place the pie on a pretty platter and decorate with pecans on top! Enjoy!

**Southern Style Dressing**

**Ingredients:**
- 1 cup of diced onions
- 1 cup of diced celery
- 1 cup of diced green bell peppers
- 1 cooked chicken breast, shredded
- 3-4 cups of chicken broth
- 2 eggs
- Seasonings of choice (preferably pepper)

**Directions:**
First prepare your cornbread (store bought mixture of homemade, any recipe for cornbread works). When the cornbread is done, crumble it up in a large bowl and set it aside. Next, in a saucepan, sauté the onion, celery, bell peppers and just a bit of butter. Now, add the sautéed veggies into the bowl cornbread crumbs and the cooked chicken and stir together to combine. Little by little, add in the chicken broth and only add enough to make it a bit soupy. Now, sprinkle in the pepper. Lastly, add in the 2 eggs and stir all together. Pour the mixture into a 9 X 13 inch casserole pan and let it bake for 45 minutes.

**Black Panther ★★★★★**

If you’re up for a fierce, cutting edge movie I recommend Black Panther. This movie gave me a couple of laughs and really had me at the edge of my seat because it was really action packed. This movie takes place in Wakanda, a technologically advanced Africa nation, and Black Panther is the king. One of the most interesting things in this movie, to me, is that Black Panther’s bodyguards are all women. Normally, when people think of bodyguards, they think of big, strong males. But Black Panther chose girls to protect him, which I thought that was really different and cool. Black Panther stars Chadwick Boseman.

**Incredibles 2 ★★★★★**

We’ve all been waiting so long for the Incredibles 2 to come out — and it only took about 14 years! Once it did, we all rushed to the theaters to see it. And I wasn’t disappointed. In fact, Incredibles 2 is probably my favorite movie of the fall because I thought it was so funny and family friendly. I love that in Incredibles 2, Elastigirl is given a lot more of the hero work than in the first movie. In the first movie, it was all about Mr. Incredible, but now the tables have turned and Elastigirl is the one saving the day.

**To All The Boys I Loved Before ★★★★★**

This was the cheesiest romantic-comedy movie I have ever seen — and very predictable. The storyline was good, but the way the director set it up just wasn’t the best. A good movie always has a surprise element or something different than your expectations, but that wasn’t the case here. IM not going lie: The movie wasn’t horrible, but it wasn’t great. I do think it was relevant and relatable to all teens though. However, it was just too cheesy.

**Black Panther在校表现 improving your typical high school experience**

**Crazy Rich Asians ★★★★★**

This film was hands-down hilarious. I liked this movie a lot because it was a wife and mother-in-law relationship and we all know how that usually goes. So, when Rachel Chu goes with her boyfriend Nick to visit his family in Singapore, things get crazy and the plot twist is that he is well, crazy rich. Nick’s mother doesn’t approve of his girlfriend and that is sometimes relatable in real life and it obviously made a great movie. I think the movie had an all-around great plot and set up.

**Black Panther在校表现 improving your typical high school experience**

**Black Panther在校表现 improving your typical high school experience**

**Black Panther在校表现 improving your typical high school experience**

**Black Panther在校表现 improving your typical high school experience**
Freshman athlete talks about teamwork and how he prepares for competition

VR: How long have you been playing basketball?
PG: I have been playing basketball for 6 years.

VR: What is your favorite thing about basketball?
PG: I love the intensity of the game and how great the competition is. I also love the fast pace of the game. You can not let your guard down or you fail the game.

VG: What songs get you hyped before a game?
PG: Rap music gets me hyped. Any type of rap that has a lot of pace.

VG: What's your favorite snack before a game?
PG: I like oranges because they rehydrate you and stop your cramps.

VR: What motivates you to play basketball?
PG: What motivates me is all of my competition. I go out and practice to be the best. It gets to the point where I want to be on the top spot. All of the competition really pushes me to play better and to focus harder in practice.

VR: Is practice fun or serious to you?
PG: Practice to me is really serious because it is the main thing that gets you better for your games, but also it can be fun because you get to have bonds with your teammates that cause better game play.

VR: Do you plan to play in college?
PG: I'm not planning to play in college. I'd rather run track in college, but basketball has a big impact on that.

VR: What is your favorite sport?
PG: I don't have a specific favorite sport. They are all equal to me and I push myself to do better in all of them.

VR: Is sleep important to you?
VR: Sleep is very important to me because I feel like if you don't get enough hours of sleep you won't be at your full potential.

VR: How do you think basketball will affect your character in high school?
PG: It causes you to create a big work ethic, and it makes you work harder. On a social level you form bonds that make school easier.

Interviews by Marly Chaparro Photo by Nicole Robles, Bifrost staff
Catching some ZZZzs

10:55 p.m. to 6:38 a.m.
The times the average U.S. adult goes to bed and wakes up.

100,000
The number of Americans who crash their car each year due to dozing off to sleep while driving.

4000 B.C.
The year the Egyptians created the first recorded dream dictionary.

2 a.m. & 2 p.m.
The times when people become the most tired, which explains why they feel so sleepy after lunch.

8 to 10
The number of hours teenagers should sleep every night.

5
If it only takes you this many minutes to fall asleep, you may be sleep deprived. It takes a normal person about 10 to 20 minutes to fall asleep.

2
The number of hours the average person spends a night dreaming, even if they do not think they dream or remember the dream.

Sources: American Sleep Association, National Institute of Neurological Disorders and Stroke, Dream Dictionary, National Sleep Foundation, Cleveland Clinic: Health Essentials

Winter Break:
December 24 - January 7th

Don’t Forget it!

Celebrating 57 years of
Making Beautiful Homes Happen.
Vikings are renowned for their perseverance and dedication to their endeavors. These traits make them a fitting school mascot. The Viking spirit is deeply ingrained into Vanguard’s core values of rigor, respect, and responsibility. This spirit is also embedded in Vanguard traditions. Students are well acquainted with Victor the Viking - who makes his appearance at sports games and pep rallies. The majestic war horn is also displayed at school events, and images of the Viking warriors adorn the campus.

“The Viking mascot is something that’s interesting and uncommon for a school mascot, but for Vanguard, it’s another way of showing our integrity and determination to succeed at the highest level possible,” said senior Branden Black.

Freshman Avery Haynes agrees. “I think the Viking mascot really gets the students involved in participating and cheering,” said Haynes. “It definitely spreads school spirit.”

As it turns out, the Viking mascot has been a facet of Vanguard since its founding. “It was the first semester, right after the first month the school started,” said Joe Flowers, Dean of Upper School, Director of Technology and a Vanguard veteran of 43 years. “In 1973, the students voted on the mascot and the colors in an election.”

The name ‘Vanguard’ also holds some significance, even though it was selected a year before the mascot was named. A vanguard refers to the highest rank on a battlefield or the furthest advancement in a subject, which makes it a suitable choice for a high school that aims for nothing less than excellence.

The Viking spirit is deeply ingrained into Vanguard traditions. Students are well aware of this, and they prefer to unsheathe their swords rather than attempt peaceful negotiations. With their nautical proficiency, it was easier for them to tap into the powers that be through the snow for hours on end. The Vikings also found skis to be a way to hunt more efficiently, and this particular function of the skis is emulated in Norse mythology. The Vikings worshiped a deity known as Ullr – the god of skis. Additionally, Skadi, the Norse goddess of hunting and mountains, is often depicted as a huntress who travels on skis.

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One act play

“I love watching all of the actors and actresses display the stories of the individual characters during the Holocaust,” said junior and crew member Devin Palet. “It is a difficult story to portray, but I believe our entire cast and crew has worked extremely hard to do it properly and teach audiences about the struggles these people absorbed the ship had to face during these horrific times.”

Palet was named All-Star Crew at both the district and state competitions, and the actors brought in their own host of awards. Trevor Hickok, Mahti Maldonado and Waylon Smith were recognized with Honorable Mentions at the district competition. Aidon Butler earned

“All-Star Cast in district and Honorable Mention in state. Abby Deputy earned All-Star Cast in both district and state, and the awards culminated with Jackson Kelly, who not only earned All-Star Cast in district, but also received Best Actor in state. “I was very, very excited to get All-Star Cast. It’s proof that in the eyes of someone completely unrelated to the play or our school, my acting has improved since last year’s play, and that means a lot to me,” said Deputy, who played the role of Elise, a young Jewish girl who plays violin and misses her father dearly. “As with any acting, I enjoydisappearing for a few hours into the mind of someone else and not having to worry quite so much about things that bother me. I also really like Elise’s skirt for some reason. I think it’s a very fitting piece of her costume.”

The cast and crew of the one act play are very proud of what they have accomplished this year. “Our program is a very young program when you look to other schools,” said Hickok. “We have only been in existence for four years and have qualified for state three times. We were happy to advance and have another opportunity to perform our play.”

Abby Deputy

-likely that made it look unnatural and weird. I guess what I mean is, if you’re struggling with something… maybe you think people will only like you if you’re “skinny” or if you’re “pretty” or “funny”—please, for the sake of everything good in this world, don’t obsess over that! Don’t force yourself to become any of those things, even if it’s something as trivial as “someone who smiles,” because it’s never a good thing. That doesn’t mean that losing weight or wearing makeup is bad at all; you just need to make sure you’re going about it in the right way.

VR: What are you planning to study?

AD: I love biology and English; I’ve also thought about law. I’m going in an undecided unless I suddenly figure myself out in these next few months before college.

VR: What subject do you like the most in school and why?

AD: Choir, because of the people there. I love singing random songs with a small group of people who are all trying their hardest to learn how to sing well.

VR: Is there a certain teacher that you feel has provided the greatest positive influence on you during your time at Vanguard?

AD: This is also a very hard question. Every teacher I’ve had has been a good influence on me in some way or another. There are so many I’d like to list but I don’t think the newspaper would very much appreciate if the entire issue

Phobias

Socially Speaking

Have you ever felt really terrified to be at a social event? You get all anxious and sweaty you don’t even think you can make it through the rest of the night. Almost everyone has felt awkward at a social event, but if you are too shy and self-conscious to go out in public or speak to people, you could have a social phobia. These extreme feelings of shyness or self-consciousness can turn into a paralyzing fear. A social phobia is much more than not wanting to attend parties. It can impact many areas of a person’s life. This kind of phobia can make it difficult to go to school, get a job or have any kind of human relationship. Often people with social phobia have to decline invitations, job offers and other opportunities because they fear interacting with other people in a social setting. Social phobia can take a real toll on a person’s life: not being able to get an education because of the fear of interacting with others at school, missing out on sharing talents and skills with the world; and loneliness caused by missing out on friendships and fun times. Feeling a little nervous to meet someone new is normal. Avoiding all social situations out of complete fear is not.

WWW

continued from page 1

“Many prisoners died due to malaria, malnutrition and many other causes,” Barker said, but despite the harsh conditions, the prisoners did their best to not give up hope. Barker remembered a special time on Christmas Eve when the men all sang “Silent Night” and even

Socially Speaking

Continued from page 4

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continued from page 1

Finally arriving at the new camp, Barker

had no idea what his future would be. Luckily, he was able to find a friend for a short time.

“I ran into a high school classmate who had cooked for me in some way or another. There are so many I’d like to list but I don’t think the newspaper would very much appreciate if the entire issue

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