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UMA TODAY



Mrs. Leslie McNeely poses during the UMA Speech and Debate picture session. Coach McNeely lead the team to another Regional Championship this past weekend.

UMA Speech and Debate Rock at Regionals!

See the details on Page 4

The History of St. Patrick’s Day March 17

by Cadet A. Ellis

Researched and borrowed from <https://www.britannica.com/topic/Saint-Patricks-Day>

St. Patrick’s Day is a day of many names and meanings. For some people, it means a drink at the pub with your best friends. Or it could mean wearing green or getting a pinch on your arm. St. Patrick’s Day was originally celebrated in Ireland with religious services and feasts in honor of St. Patrick, one of Ireland’s patron saints.

Saint Patrick was originally born in Roman Britain in the late 4th century. He was then kidnapped and taken to Ireland as a slave. He escaped, but returned about 432 CE to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools in Ireland.

Many legends started to grow about St. Patrick. One of the many legends was that he drove all of the snakes out of Ireland. The fact is that snakes were never able to survive in Ireland because they couldn’t survive there.

It is said he used the shamrock (a relative to the clover) to explain the Holy Trinity. This led to people wearing clovers to symbolize the Holy

Trinity on their clothes as a statement of Christianity. Eventually, the practice led to wearing green on St Patrick’s Day.

It was emigrants, particularly to the United States, who transformed St. Patrick’s Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick’s Day parade in 1737, followed by New York City in 1762. Since 1962, Chicago has colored its river green to mark the holiday. (Although blue was the color traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the “wearing of the green”—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.



Did you know?

President Harry Truman was the first American President to attend a St. Patrick’s Day parade. Also, St. Patrick’s real name was Maewyn Succat.

Young UMA Marksmanship Team takes Aim at Success

by Major K. Workman, Commandant of Cadets

It has been a very busy couple of weeks for the UMA Marksmanship team as they are past the half way point of the season. This year’s top five shooters are all first year to the competing team. With all of last year’s Air Force Champion team gone, this young team has a lot to shoot for.

In a surprise, the team qualified for the Western JROTC regionals. Teams from all over the Western US, from Alaska to New Mexico, gathered in Chandler, Arizona the first weekend of February. For the young UMA team, this was their first time shooting at a match like this. The match was held over three days, with Thursday being a practice round, then scoring rounds on Friday and Saturday with the results being the addition of the two scoring days. Despite some pressure and struggles, the team did finish third in the Air Force and Max Chidester qualified for the finals. Overall, he finished sixth individually.

The season continued on February 19th with the Utah State JROTC Northern regionals held at UMA. This match brought together UMA, Ben Lomond, Ogden, and West High Schools. UMA and Ben Lomond were neck and neck going into the last position, kneeling, where UMA pulled away to be region champions. Max Chidester came out on top as the Region Champion.

The season is far from over with the State JROTC Championship on 13 March; the CMP Western Open Regionals in Sandy during Spring Break, and the Utah Jr Olympics to be held at the end of April. If they do well at regionals or in the Jr Olympics, the team qualifies for Nationals in Ohio in June.



Above top, the UMA Marksmanship team place third in the Western Regionals Match in Chandler, Arizona. Above bottom, Sophomore cadet Max Chidester aims for the target in the last round of the Western Regional finals. He placed sixth overall for the competition.



Above, UMA art teacher, Mrs. Mikayla Carter poses during the Back to School Night Sidewalk Chalk Activity.

ARTISTIC INSPIRATION! The life of UMA art teacher inspires us all

by Cadet M. Erickson

Drum roll please for the one, the only, Mrs. Carter! Everyone knows and loves our wonderful art teacher Mrs. Carter, but how well do you really know her? One thing I bet that you don’t know is that Mrs. Carter is one of four children in her family. She has an older sister, a younger sister, and a younger brother.

The schools she attended were: Orem Elementary, Snow Canyon Middle School, Tuacahn High School, and Dixie State University. The subjects she enjoyed the most in school were art and dance.

Story continued on page 3.

UMA CELEBRATES CADETS AND TEACHERS OF THE MONTH



March
JH Cadet of the Month
Maya Martinez



March
HS Cadet of the Month
J. J. Welch



March
JH Teacher of the Month
Mrs. Becky Daniels



March
HS Teacher of the Month
Ms. Kaitin Wells

Cadets of the Month - March

by Cadet R. Kaplan

This month, I had the pleasure of interviewing both our junior high and high school cadets of the month: Cadet Maya Martinez, and Cadet JJ Welch. Martinez, the younger sister of the accomplished Cadet Monica Martinez, was the first student I got to talk to.

March JH Cadet of the Month, Maya Martinez

Kaplan: “So to begin, how would you describe yourself to our readers?”

Martinez: “I’d describe myself as a little goofy, really nice to people, able to be a good friend, and growing as a person.”

Kaplan: “What do you consider to be your strengths and weaknesses?”

Martinez: “My weakness would be not being able to remember some important things, and my strength is that I can try hard and really get to my goals.”

Kaplan: “Why do you think you were selected for student of the month?”

Martinez: “Probably because I’m very noticeable to people by being Monica’s sister.”

Kaplan: “What interests you about UMA; what are your likes and dislikes?”

Martinez: “What interests me is that I can get a bunch of opportunities, a better career in life, and there’s a bunch of programs. I don’t really enjoy some of the cadets’ behavior, and how the school’s been having to do a bunch of shutdowns for the bathrooms.”

Kaplan: “What are your current goals?”

Martinez: “Being able to catch up on my grades, and being able to follow and join sports.”

Clearly, Maya Martinez seems to be following in her older sibling’s footsteps. She’s prioritizing kindness and hard work in her school life, and is a great example to her fellow cadets. Martinez was nominated by Cadet Mary Seipert, who said it best, “Cadet Martinez shows great leadership capabilities and is extremely kind to

others. She puts 100% into what she does.”

March HS Cadet of the Month, J. J. Welch

Last but far from least, I was able to ask a few questions of JJ Welch, the high school winner. Welch, a junior at UMA, gave me some insight into his future plans, and had some wise advice for his classmates.

Kaplan: “What qualities do you think they were looking for for cadet of the month that you encompass?”

Welch: “I always try my best to be reliable, like showing up on time or if another cadet needs help with something I’ll be able to help them out with that. I think it’s kind of like a slow burn, where you might not be doing ‘the best’, but you’re doing good for a really long time.”

Kaplan: “As a junior, what are your plans after you graduate high school?”

Welch: “I’m gonna take a gap year, and just kinda work on myself. In that gap year I’ll probably get bored half-way through, and collect a bunch of college classes that way I save a ton of money.

Kaplan: “How has UMA helped prepare you for your future?”

Welch: “I think because UMA is a small school, it really focuses on you as an individual, and they really like to help you out and give you the best position that you can get.”

Kaplan: “If you could give a message to the whole school, what would it be?”

Welch: “Wear your covers!”

Cadet Welch is devoted to upholding the principles our school stands for. In the words of his nominator, Cadet Kache Morris, “Cadet Welch is the perfect symbol of what our core values are. He takes pride not only in his appearance, but in those around him. Cadet Welch strives for success in academics, JROTC, appearance, and service. He holds himself to all rules, even when he knows no one is around. He volunteers for service projects and leads his flight in service. He not only strives for success for himself, but for those around him; whether it is their appearance, JROTC, or academics. Cadet Welch is one of the only cadets I know who has given up free time to help the cadets within his flight with academics. He is truly a symbol of what we should all strive to be, and is one of the most deserving cadets of the month.”



UPDATES

by Cadet R. Kaplan

March Service Projects

This month, we will once again bring you some amazing service opportunities. We’re already planning a museum cleanup to take place some time in March, and the details will be revealed soon. More service projects will appear on the JROTC board, and be announced in formation. Check the board regularly and pay attention during morning announcements to ensure you don’t miss your chance to get service hours. Make sure to sign up so you can promote, help out your community, and beef up your future resumes!

Trip to U.S.U.

On March 3rd, we’ll be having a curriculum action trip to Utah State University in Logan. This trip offers our cadets the incredible chance to learn about a day in the life of a ROTC cadet. Cadets will get to see the USU campus, watch real ROTC classes, and witness and participate in leadership labs. Clear your schedule and don’t miss this opportunity! Transportation will be provided, and cadets will return to the school at 18:00. The sign up sheet can be found on the JROTC board on the second floor, next to Major Gardenhour’s room.

Drill’s Time to Shine

The State Drill Competition will be held March 5th, at West High School in Salt Lake City! Utah Military Academy cadets are seven-time state champions, and are hoping to become eight-time state champions this year. Under the strong leadership of Cadets Erickson and Falkner, both unarmed and armed drill are sure to achieve greatness. Wish our drill teams luck so they can bring home yet another trophy, and keep our school’s record going.

Drill Season in Full Swing

by Cadet B. Kaur and M. Erickson

The unique, unprecedented female leadership of commanders Mikayla Falkner and Mikayla Erickson have resulted in making a dedicated, competitive team. Erickson, the first female armed commander in school history feels that the competition at Northridge on February 12th “went very well! I knew that the team was nervous about competing for the first time, but they did their best and it paid off. These kids put everything they have into this team and I couldn’t be more proud of how they performed.” Falkner, who replaced Senior Danaka McBride for commander this year and is a determined leader, feels this year’s competition “went super well because our team worked so hard after our previous competition got canceled. I feel proud of this competition being the first and they did amazing. Hard work shows and I can’t wait to show all of it in the next competitions.”

This year is the drill team’s “rebuilding” year- as the majority of cadets on the team have never been part of competitive drill. The result was that the cadets were very nervous for their first competition because they didn’t know what to expect. Regardless of the nerves, all of the teams did great and they are looking forward to their next competition!

At the Northridge competition, the Unarmed Team placed 1st in Exhibition and 2nd in In-
Continued on Page 4

LUNCH SCHEDULE - SAY PLEASE AND THANK YOU!

by Mrs. T. Green, Food Service Director

2022 March						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 Hamburgers/cheese Tom/lettuce/pickle Ranch Potatoes, Pears	01 Chicken/Cheese Quesadilla, Salsa Rice, Corn, Apples	02 Popcorn Chicken, Mac&Cheese, Berries/Cream, Peas, Goldfish	03 Turkey&cheese Pita, Pickles, Lettuce/Tom, Steamed Carrots, Mx Fruit	04 Corn dog, corn on cob Peaches, Sunchips	05	06
07 Meatball Marinara Sub, Green Beans, Peaches, Graham Snacks	08 Bean and Cheese Burrito, Spicy Beans, Corn, Mixed Fruit	09 Ham & cheese pocket, peas, Mandarin oranges, Chex Mix	10 Pizza Rippers, Carrots, Yogurt Pineapple, String Cheese	11 Hot Dog, Baked Beans, steamed carrots, Pears, Sunchips	12	13
14 Crispitos, Corn, spicy beans, Oranges, Doritos	15 Ravoli, Gar bread, Broccoli, Cinnamon Apples	16 Roast Beef&Swiss Sub, Curly Fries Apples, Cheezits	17 Chicken Gravy, Mashed Potatoes, Roll, Applecrisp, Corn	18 NO SCHOOL	19	20
21 Sloppy Joe, Baked Beans, corn, Mixed Fruit	22 Taco bag, Meat Lettuce/Tom/chez, Pears, Corn, Churro	23 Crispy Chicken, Lettuce/Tom/pick Fries, Mx Fruit	24 Pizza pep/cheese, Veggie Dipables, Pineapple, Cookie	25 French Toast, Hashbrown, yogurt, Sausage, Banana	26	27
28 Hamburgers/cheese Tom/lettuce/pickle Ranch Potatoes, Pears	29	30	31 Chicken Strips, Mashes potatoes, Gravy, Green Beans, Roll, Mx frt	01	02	03
04	05	he Choice of lowfat white, chocolate or strawberry milk is offered daily. Full salad bar is available daily. Menu is subject to change depending on availability. Lunch applications can be found at www.utahmilitaryacademy.org . This institution is an equal opportunity provider.				

UMA SPOTLIGHTS - LOTS OF PEOPLE TO CELEBRATE!



Student Spotlight: Noelle Falaschi by Cadet R. Kaplan

For this article, I was gifted with the opportunity to gaze into the mind of one of U.M.A.'s most accomplished students: Cadet Major Noelle Falaschi. A senior at our school, you're sure to recognize Cadet Falaschi from something, whether one of her many extracurricular activities, or as our current Inspector General giving announcements in formation. In the following interview, you'll get to see a snippet of Falaschi's life both inside and outside of school, as well as some helpful advice.

Kaplan: "How long have you been attending UMA?"

Falaschi: "6 years."

Kaplan: "Of all your many extracurriculars, which has been your favorite over the 6 years you've attended UMA?"

Falaschi: "I can't really pick a favorite. I had a lot of fun at the Sons of the American Revolution I did back a long time ago, Robotics, Advanced Kit Car, Film club, and Drama club were all fun; honestly all of them have their own perks and benefits and all of them have taught me a lot of fun things and fun facts that I'll bring into my future."

Kaplan: "What are some of your goals for the future?"

Falaschi: "I'm gonna go to Weber State University, and either become a politician or a doctor; we'll figure that part out later."

Kaplan: "Do you ever regret coming to the school?"

Falaschi: "While I like to joke that I do, I think that at the end of the day this school has done a lot more for me than a regular high school would have done. It's allowed me to have a more personal

Artistic Inspiration, continued from pg. 1

She was inspired by her art teachers Mrs. Scott and Mrs. Daily to teach art. Mrs. Carter said that she doesn't remember disliking many subjects in school, but she did struggle greatly in computer science.

Mrs. Carter was part of multiple extracurricular activities. She was part of a city basketball team, performed at Disneyland and Knott's Berry Farms with a junior high show choir, and was part of the Tuacahn Dance Company throughout high school. When asked "When you were younger what did you want to be when you grew up?" she responded with "I changed my mind a few times, I had always wanted to be a veterinarian, but decided I couldn't handle the tough parts of taking care of animals. I then discovered a love for psychology in high school and decided I would love to be an art therapist; however, I didn't love the long hours and LOTS of years of schooling. I later settled on being an art teacher and have never regretted it!" Though she wanted to be a veterinarian, her first actual job

connection with my teachers, make a lot of unique friends, and be a part of things I never thought I would be."

Kaplan: "What extracurricular do you think needs more attention?"

Falaschi: "The debate team. Since the seniors are graduating, there's gonna be like 3-5 people on the team next year unless some more people get involved."

Kaplan: "What do you do outside of school?"

Falaschi: "Outside of school I used to work. I also play two instruments, babysit a lot, help out my neighborhood, and take care of all my pets."

Kaplan: "What advice would you give to your fellow cadets?"

Falaschi: "Get more involved with things. I know we preach it a lot, but if you're even slightly interested in anything just show up and see if you like it."

Kaplan: "What are your plans after you graduate?"

Falaschi: "My plan after I graduate is to live my life to the fullest."

Kaplan: "How has UMA helped prepare you for your future?"

Falaschi: "I was able to have more personal connections here, and I was able to figure out what I really wanted to be in life via UMA teachers, (and a lot of T.V. shows to be honest). But yeah, UMA has taught me how to be a leader in more ways than one."

Kaplan: "Who or what has been your inspiration in your journey?"

Falaschi: "Mrs. McCutchan; it was her class that helped inspire me to become an environmental scientist. Also Mrs. Carter has helped me like art a lot more than I did when I was a child."

I hope you enjoyed reading that interview as much as I enjoyed giving it. Cadet Falaschi is an exemplary student, shown through her impressive leadership abilities, ambitious drive to succeed, and outstanding resume. Falaschi takes 13 classes including several AP and CE courses and still maintains straight A's. Her extracurricular record is worthy of awe, having done 10 years of basketball, (6 of which were at UMA), track, 7 years of softball, a year of being an SBO, 4 years of speech & debate, and 7 years total of yearbook. Within these teams, Falaschi has consistently risen to the top; she's been basketball captain, is the current debate captain and head editor of the yearbook, and worked her way up in our JROTC staff from flight commander all the way to Inspector General. This cadet not only finds success within our school walls, but outside as well, as she has already received 2 scholarships. There is no doubt that the future is bright for Cadet Falaschi, and all UMA students may be able to thrive if they follow the example she has shown.



Above, Mrs. Carter paints a picture during one of the community paint nights that she organized for cadets and their families.

was at a movie theater in Orem when she was 12.

In her leisure time Mrs. Carter likes to explore outdoors and paint (obviously). Her biggest accomplishment in this field has been having two of her cadets get accepted into two different art competitions. She states, "It will never get old seeing my students succeed!" As far as personal accomplishments/breakthroughs, she stepped out of her comfort zone and became an art vendor in local markets and shows. We are very proud of all she has accomplished!

Staff Spotlight: Ms. Kaitin Wells by Cadets N. Beltran and A. Skibiel

For this month's spotlight we decided to put a spotlight on Ms Wells. As most of you know Ms Wells is the study skills and Mythology teacher. Ms.Wells teaches junior high and high school classes.

Ms. Wells graduated from high school a year early as a junior to attend California Polytechnic State University. There she earned her bachelor's degree in political science with a concentration in global culture in San Luis Obispo College.

Ms.Wells first started her teaching career last year as a paraprofessional at UMA. After the experience, she decided to stick to teaching and started working on getting her teaching license. She was recently selected as Teacher of the Month by the student body.

One of the great things about Ms. Wells is that she is very helpful and understanding when it comes to class work and personal life. If you were to have a hard time with an assignment, she will take time out of her day to give you extra help with an assignment.

In Ms Wells' mythology class, you will learn about different types of mythology from around the world in small and fun projects or worksheets. Her study skills class, which is a study hall, is different from other study halls. The room feels comfortable to study in. You feel relaxed and comfortable in this classroom, however in different classes you feel tense and bored.

Staff Spotlight: Mrs. Shannon Seward



by Cadets C. Arzate and M. Cuellar

One of the most recognizable faces at Utah Military Academy is Mrs. Shannon Seward. Since UMA was founded, she has been the go-to person for anything someone needs. As a veteran employee of the school, she has had the opportunity to get to know our parents and community very well, and has led her to her position as Cultural Liaison.

Mrs. Seward is not a native of Utah. She actually grew up in Italy where her father was in the Air Force and got stationed in Aviano in 1979. She finally left Italy when she was twenty-four years old and moved to Norwalk, Connecticut where she worked in a Wound Clinic. Mrs. Seward loved working in the medical field, so she moved to Long Island, New York where she became an EMT and worked at the hospital in the Oncology/Hematology department.

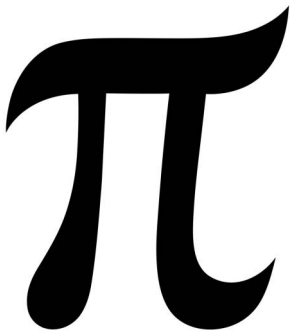
She moved to Utah in 2001 to be reunited with her high school sweetheart who she grew up with in Italy. Mrs. Seward worked for four years at McKay Dee Hospital in the Emergency Room and when her husband got deployed to Afghanistan. Because she needed to find a job with similar school hours as that of her five children, she was lucky enough to start working at Utah Military Academy in July 2014 as the secretary of the front office. Mrs. Seward loved working up front and getting to know teachers, parents and all the students. She now serves as the school's Culture Liaison. All of her children go to UMA and her oldest son graduated from UMA in 2018. Mrs. Seward said the best part about UMA is the relationships she has built through the years with teachers and cadets. She loves when former students stop by to see her. She is most proud that she has seen most cadets grow into young adults.

Utah Military Academy and the UMA Math Department Celebrate Pi Day

Math Teachers Double-Dog Dare You, too!



Every year on physicist and mathematician Albert Einstein’s birthday, March 14th, the world celebrates Pi Day to recognize the mathematical constant, Pi. This year, UMA would like to start celebrating this day as well and that is why we are planning a variety of fun activities and events. UMA and the math department will conduct an all day scavenger hunt, a pie-eating contest and an opportunity for some lucky students to throw pie in a math teacher’s face. **To sign up for the pie-eating and pie-throwing contests, you will need to sign up in the front office with Tanner starting March 2nd. The cost is five dollars a piece.**



Above top, cadets relax before drill competition. Above bottom, Armed Commander Erickson helps a cadet get ready for uniform inspection.

Drill, continued from Page 2
spection & Regulation. The Armed Team placed 1st in Inspection, 2nd in Regulation, and 3rd in Exhibition. Color Guard placed 3rd. Cadet Maples took 2nd in the Solo Special Exhibition and Cadet Innocenzi took 1st in the drill down!!
The UMA Competitive Drill Team is made up of Unarmed Team, Armed Team and Color Guard. Team Members are dedicated and practice hard to compete against other JROTC units. The armed and unarmed teams both compete in three different categories when they go to competitions: inspection, regulation, and exhibition. The color guard competes in the presentation of the colors.
The Drill Team has another competition on Feb 26th at Taylorsville High School and then our State Competition on March 5th at West High School.

UMA SPEECH and DEBATE REGIONAL CHAMPS!!

The Utah Military Academy Speech and Debate team had outstanding performances that resulted in a 1st place finish at the Regional Championships on February 26th at DaVinci Academy. Individual performances included:

Impromptu Speech	Radeyah Kaplan	1st
	Faith Davis	4th
	Jaxon Poe	7th
	Michael Storm	8th
Extemporaneous	Meg Kipnis	2nd
	Kache Morris	5th
Original Oratory	Noelle Falaschi	3rd
	Mallorie Andersen	4th
	KD Arguello	5th
	Edlena Mitchell	7th
Public Forum	Noelle Falaschi and Radeyah Kaplan	2nd
Spontaneous Argument	Kache Morris	1st
	Jaxon Poe	2nd
Congress	Edlena Mitchell	2nd
	Meg Kipnis	3rd
	Michael Storm	8th



Ninth grade cadets Leverton and VanWagoner aim for their targets during Archery class. Below, the archery class prepares for another round.

ARCHERY ON TARGET

Archery team has been hitting its bulleeyes

by Cadet M. Andersen
Archery at Utah Military Academy is one of the best kept secrets of our school. The team consists of almost forty cadets and has already posted great success at tournaments.
Archery is one the few sports that competes at not only a team level but also an individual level. Our amazing teams and individuals are well on track to bringing home trophies and the recognition they deserve. The competition team has been preparing all year for the state competition that is coming up on March 11th. In past competitions as a team, they have placed second and third place, which has the team continuously striving for first.
The team is led by Coach Mark Sage, a decorated and talented coach who is constantly reminding the team that archery is not about competing against everyone else, it’s about being better than what you previously were.
The two teams that will be representing UMA in state is comprised of twenty junior high and twenty high school cadets. “In both the Jr High and High school teams, I believe that we will have great improvements in this year’s competition.” A simple yet encouraging quote from Coach Sage.



Above, the entire Speech and Debate team poses for a picture. The photo includes junior high, high school and coaches. The second photo shows the leadership of the debate team including captains and chairpersons.

PROMOTIONS INSIGHT

Hear What Qualities the JROTC Instructors are looking for

by Cadets J. Williams and C. Arzate

As we all know, integrity, accountability, and humility are all qualities that make a good leader. These qualities really shined in our future leaders during this term’s promotions. Some might say a leader is born, but some qualities have to be taught and some can be developed. There isn’t a magic pill that can turn you into a leader. JROTC strongly believes that anyone can be a leader and a useful part of their community.
Ranging from the first rank of Airman to Colonel, the highest rank in AFJROTC, there are many ways you can become a leader. Volunteering is a great start to developing skills as a leader. Trying out and participating on a team also teaches how to be a part of a team which leads to skills in leadership.

Though volunteering and joining are essential, promoting is a little different. The leadership in JROTC looks for certain traits when promoting cadets to a higher ranks.
In an interview with Major Gardenhour, Major G indicated that they look for cadets that are well behaved in class. Is a cadet a disruption or do they help teachers and students by being a good model in class? The JROTC leadership also looks at whether the cadet is involved in the cadet corps or not.
The promotion requirements ranging from airman through senior airman require at least a 2.0 GPA, no more than one F, and at least five hours of community service. For NCO promotion, staff sergeant through tech sergeant, cadets are required to have a 2.0 GPA, no more than one F, and five service hours. Senior NCOs require a 2.5 GPA, no more than one F, and five community service hours, Basic enlisted ranks require a teacher recommendation.
Major Gardenhour reminds all cadets to “do better than you did yesterday.” When asked what was a motivating quote she’d like to share, she went on to explain that the quote she favors the most is, “don’t compare your progress to that of others. We need our own time to travel our own distance.” This is her favorite quote because Major G has an ongoing love of competition, especially competition within.

Culinary Corner - Irish You Good Eats!

by Cadet D. Jennings
reprinted from Foodiecrush.com

Crockpot Corned Beef and Cabbage



Ingredients
3 carrots , peeled and cut into 3-inch pieces
1 yellow onion , peeled and quartered
1/2 pound small potatoes , halved
1 corned beef brisket (about 3-4 pounds), plus
pickling spice packet or 1 tablespoon pickling spice
2- 8 to 12-ounce beers
6 sprigs fresh thyme
1/2 head cabbage , cut into 1 1/2-inch wedges
1/2 cup sour cream
3-4 tablespoons prepared horseradish , to taste
To Cook in the Slow Cooker:

In a 5-to-6-quart slow cooker, place the carrots, onion and potatoes. Place corned beef, fat side up, on top of the vegetables and sprinkle with pickling spice. Pour the beers over the vegetables and bris-ket. Sprinkle with the sprigs of fresh thyme. Cover and cook on high until corned beef is tender, 5-6 hours or 10-12 hours on low. Arrange cabbage over corned beef, cover, and con-tinue cooking until cabbage is tender, 45 min to 1 hour (or 1 1/2 to 2 hours on low). Thinly slice the corned beef against the grain and serve with the vegetables and cooking liquid with the horseradish sauce. For the Horseradish Sauce: Mix the sour cream and horseradish together in a small bowl. Refriger-ate for up to 1 week.

Irish Soda Bread



[https://thestayatho-mechef.com/irish-soda-bread](https://thestayathomechef.com/irish-soda-bread)

Ingredients
3 to 3 1/2 cups all-purpose flour
1 teaspoon baking soda
2 teaspoons salt
1 1/2 cups buttermilk
1 cup raisins (optional)

Instructions
Preheat the oven to 425 degrees Fahrenheit. In a large bowl whisk together 2 1/2 cups flour, salt, and baking soda. Add in your buttermilk and raisins (if using) and stir until it just comes together. Turn out onto a lightly floured surface and knead until it forms a smooth ball. Gradually add more flour as necessary to achieve a dough that is firm and not sticky. Dust the outside with flour and place on an ungreased baking sheet. Use a sharp knife to slash a 1 inch deep cross on top of the loaf. Bake in the oven for 35 minutes or until golden brown.

Looking for a Relationship?

by Cadet M. Storm

Do you not have anyone to call your own? Do you think you could never get anyone? Well you’re wrong! You’re just not looking in the right places, or you think too low of yourself. In this article, I’m not going to tell you any cool tricks on how to get any person to fall for you, because there aren’t any. No matter how much you think nothing is going to give you an edge on asking someone out or finding “the one”. I’m here to tell you how to find someone that is right for you and who you will be right for too.

I always thought that I would get rejected. It was very hard to even talk to the people I liked. It took me a while until I realized something. “Who cares if it doesn’t work out? It’s not the end of the world.” I allowed myself to focus on friendships more than relationships, and I made those strong connections with people. I was able to share my feelings without fear because I knew I could tell them. If they didn’t feel the same, I wouldn’t have to worry about how they will look at me or what they will think of me. It isn’t great to be rejected, but it could be just as good to be friends.

Now really you don’t have to do anything big. Actually, try not to do something too big or spend wild amounts of money. I’ve seen it all happen before where a friend spent a lot of money to ask someone out and it blew up in their face. The person they asked took all the stuff anyway. You should just go up to the person you like and tell them how you feel. You will take out the risk of spending all your money before it to all goes to waste.

Relationships will always be a confusing and difficult thing. But as long as you keep hope and take every chance to get the person you like, you will increase your chances to find the one you want. So the next time you think about asking the one you like out, don’t think about what to do or what they will say, just tell them and see what happens. You may be surprised.

Relationship between Study Skills and Student Achievement Proved

reprinted from Dove Press, “Relationship between study habits and academic achievement in students of medical sciences in Kermanshah-Iran” <https://www.dovepress.com>

Academic performance of students is one of the main indicators used to evaluate the quality of educa-tion... Academic performance is a complex process that is influenced by several factors, such as study habits. Study habit is different individual behavior in relation to studying and is a combination of study method and skill. In other words, study habits include behaviors and skills that can increase motivation and convert the study into an effective process with high returns, which ultimately increases the learning. This skill is also defined as any activity that facilitates the process of learning about a topic, solving the problems or mem-orizing part or all of the presented materials. Study habits are in fact the gateway to success and differ from person to person.

According to previous studies, good study habits in-clude studying in a quiet place, studying daily, turning off devices that interfere with study (such as TV and mobile phones), taking notes of important content, having regular rests and breaks, listening to soft music, studying based on own learning style, and prioritizing the difficult contents. Some of the worst study habits include procrastination, evading the study, studying in inappropriate conditions, and loud sound of music and television during studying.

Study habits are the most important predictor of academic performance and global research has re-vealed that study habits affect academic performance. In this regard, medical students are faced with a large amount of information that is difficult to organize and learn, and requires knowledge and application of study skills. Evidence suggests that learners who do not have enough information about study strategies do not attain effective and stable learning, and therefore will not have an appropriate level of academic achievement. In other words, students with better academic achieve-ment use these skills more than those with lower academic achievement.

MARCH EVENTS

March is Women’s History Month!

by Cadet B. Kaur

- 1- Women’s History Month
- 2- Ash Wednesday & JH Girls Basketball Home Game V.S Ogden Prep @4:30
- 3- JH Girls Basketball Away Game V.S Highland @4:15
- 4-
- 5- State Drill Competition @ West High School
- 6-
- 7 - Boys Lacrosse Game V.S Clearfield @4:30
- 8-
- 9-
- 10- Girls Softball Game V.S Rowland Hall @3:30 & Boys Lacrosse Game V.S Provo @4:30
- 11-
- 12
- 13- Daylight Savings Time
- 14-
- 15-Girls Softball Game V.S Draper APA @3:30 & Boys Lacrosse Game V.S Judge Memorial @4:30
- 16-
- 17- St. Patrick’s Day & Third Quarter Ends
- 18- No School & State Debate Competition @ Sa-lem High school & Boys Lacrosse Game V.S Juan Diego @4:30
- 19- State Debate Competition @ Salem High school & Girls Softball Game V.S Panguitch @1:30 & 3:30
- 20-
- 21- Fourth Quarter Starts
- 22-Girls Softball Game V.S St.Joes @ 3:30 & Boys Lacrosse Game V.S Salem Hills @5:00
- 23-
- 24- ACT Juniors Only (no school for other grades) & Girls Softball Game V.S Rockwell @ 4:30
- 25- Boys Lacrosse Game V.S Woods Cross @4:00
- 26-
- 27-
- 28- Boys Lacrosse Game V.S Mountain Crest @6:00
- 29-
- 30- Boys Lacrosse Game V.S Waterford @4:30
- 31-

MARCH BIRTHDAYS

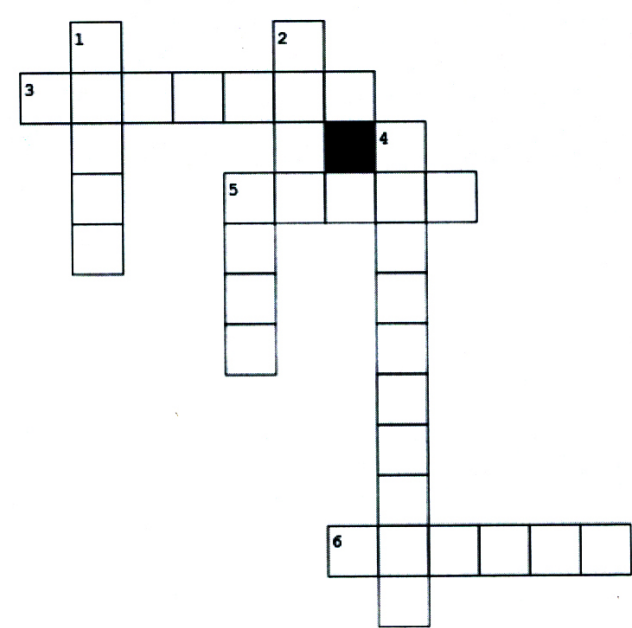
- 1- Jacson Christensen
- 2-
- 3- Cierra Wright & Tom Naylor & Lilly Phan & Izabeau Keller & Cooper Glover
- 4- Dominic Stamp & Shane Stamp & Kyler Hawkes
- 5-Hunter Heslop
- 6-
- 7-
- 8- Steven Pevoroff
- 9- Roman Rivera & Kendall Prieto
- 10- Gabriel Gonzales
- 11- Zyeied Bufkin
- 12- Mary Seipert
- 13-
- 14- Emiliano Navarro Cuenca & Lilly-Beth Troke
- 15-
- 16-Dominic Lynch
- 17- Ian Rasmussen
- 18- Emily Ramirez
- 19-Crue Kendrick & Sydnie Breakbill & Riley Agee & Ryler Ulibarri
- 20-
- 21-Noah Garza
- 22-
- 23- Kanyon Storey & Gai Gai
- 24-
- 25– Ryan Sullivan
- 26-Brennon Schofield & Kiley Mccabe
- 27- Jonathan Sato
- 28- Arthur Mattos
- 29-
- 30- Samuel Zimmerman & Alex Flores
- 31- Nathaniel Geasler

ENTERTAINMENT SECTION - Pinch Me!

St. Patrick's Day Crossword

by Cadet E. Gruwell...Crossword Guru

Me Lucky Charms



Crossword Clues

- ACROSS:
3. A colorful reaction in the sky caused by rain and the sun
5. What color do you need to wear in order to not get pinched on St. Patrick's Day?
6. What do you hold gold in?
- DOWN:
1. The month that St. Patrick's Day occurs in.
2. How many leaves of a clover do you need to be a luck clover?
4. The little people in green that protect their gold.
5. Found at the end of the rainbow.

Word Search for the month of March



Did you know that March is Women's History Month? See if you know these women!

- Who became the first female Secretary of State of the United States, appointed by President Clinton in 1997?
- Who took over management of Columbia Sportswear Company in the late 1930's, when it was near bankruptcy, and turned it into the largest American ski apparel company worth \$4 billion in 1972?
- Who was the first American woman poet whose poetry was published in London in 1650?
- Who was the United States delegate to the United Nations who championed and won approval of the Universal Declaration of Human Rights in 1948?
- Who wrote the path-breaking book, "On Death and Dying" in 1969 which educated and supported helpers who provide compassionate care?
- Who was the U.S. president's wife who saved historic paint-

- ings when the British army burned the White House in 1814?
- Who is the longest-serving female U.S. senator, elected in 1986?
- What woman met Elizabeth Cady Stanton at the International Anti-Slavery Convention in London in 1840 and worked with her for women's equality for the next half century?
- Who introduced America to French cooking in her books and television series from 1963 through the 1990's?
- What woman has won a total of 56 Grand Slam tennis competitions events and 9 Wimbledon women's singles titles?

ANSWERS 1. Madeleine Albright 2. Gertrude Boyle 3. Anne Bradstreet 4. Eleanore Roosevelt 5. Elisabeth Kubler-Ross 6. Dolley Madison 7. Barbara Mikulski 8. Lucretia Mott 9. Julia Child 10. Martina Navratilova

Joke Corner

by Cadet J.J. Welch...a.k.a. The Riddler

What do you call a leprechaun prank?
A saint pat-trick.

Why shouldn't you iron a four-leaf clover?
You might press your luck!

Why do we wear shamrocks on St. Patrick's Day?
Because real rocks are too heavy.

How did the leprechaun win the race?
He took a short cut.

How does a leprechaun work out?
By pushing his luck.

What kind of spells do Irish wizards cast?
Lucky charms.

How do you know an Irishman is having a great time?
He's Dublin over!

What instrument does a showoff play on St. Patrick's day?
Brag-Pipes.

What do you get when two leprechauns have a conversation?
A lot of small talk.

Why can't you borrow money from a leprechaun?
Because they're always a little short.

UMA Sudoku

by Cadet M. Cuellar...Semper Sero

