



THE VIKING SHIELD

RAINIER BEACH HIGH SCHOOL

DECEMBER 2016

VOLUME 5, ISSUE 2



MEET THE MEN'S BASKETBALL TEAM SEE PG. 2



MEET SOME VARSITY WRESTLERS SEE PG. 8



MEET THE WOMEN'S BASKETBALL TEAM SEE PG. 6

Winter sports edition

Men's Basketball Schedule

- 11/26 Jamboree @ RBHS, TBD
- 12/2 @ Chief Sealth, 8:30 p.m.
- 12/6 vs. Ingraham, 7:30 p.m.
- 12/9 @ Nathan Hale, 8:30 p.m.
- 12/13 @O'Dea, 7:30 p.m.
- 12/16 vs. Eastside Catholic, 8:30 p.m.
- 12/17 @ West Seattle, 7 p.m.
- 12/21 @ Long Beach Poly, 6:30 p.m.
- 1/3 @ Blanchet, 7:30 p.m.
- 1/6 vs. Franklin, 8:30 p.m.
- 1/10 vs. Lakeside, 7:30 p.m.
- 1/13 @ Garfield, 8:30 p.m.
- 1/16 @ Franklin (Oreg.), 5 p.m.
- 1/17 @ Bainbridge, 7:30 p.m.
- 1/20 vs. Seattle Prep, 8:30 p.m.
- 1/24 @ Ballard, 7:30 p.m.
- 1/26/27/28 @Montverde Academy Invitational, TBD
- 1/31 vs. Roosevelt, 7:30 p.m.
- 2/3 vs. Cleveland, 8:30 p.m.
- 2/6-10 Metro Playoffs
- 2/11-2/18 Sea/Kinco Playoffs
- 2/24-2/25 Regionals
- 3/1-3/4 State Tournament



Women's Basketball Schedule

- 12/2 @ Chief Sealth, 7 p.m.
- 12/7 vs. Ingraham, 7:30 p.m.
- 12/9 @ Nathan Hale, 7 p.m.
- 12/14 @ Holy Names, 7 p.m.
- 12/16 vs. Eastside Catholic, 7 p.m.
- 1/4 @ Bishop Blanchet, 7:30 p.m.
- 1/6 vs. Franklin, 7 p.m.
- 1/11 vs. Lakeside, 7:30 p.m.
- 1/13 @ Garfield, 7 p.m.
- 1/18 @ Bainbridge, 7:30 p.m.
- 1/20 vs. Seattle Prep, 7 p.m.
- 1/25 @ Ballard, 7:30 p.m.
- 1/27 @ West Seattle, 7:30 p.m.
- 2/1 vs. Roosevelt, 7:30 p.m.
- 2/3 vs. Cleveland, 7 p.m.



Wrestling Schedule

- Dec 1. vs. West Seattle @Roosevelt, 6:30 p.m.
- Dec 3 @ Chief Sealth, 10 a.m.
- Dec 8 vs. Roosevelt/Ingraham @ Ingraham, 6:30 p.m.
- Dec 10 @ Snohomish, 10 a.m.
- Dec 13 vs. Cleveland, 6:30 p.m.
- Dec 15 vs. Nathan Hale, 6:30 p.m.
- Jan 3 vs. Garfield/Ballard @ Ballard, 6:30 p.m.
- Jan 5 @ Franklin, 6:30 p.m.
- Jan 7 Panther Classic @ Snohomish, 10 a.m.
- Jan 10 @ Lakeside, 6:30 p.m.
- Jan 17 vs. Chief Sealth, 6:30 p.m.
- Jan 19 @ Eastside Catholic, 6:30 p.m.
- Jan 21 @ Willie Stewart Invite, Henry Frost, 10 a.m.
- Jan 24 vs. Odea, 6:30 p.m.
- Jan 26 vs. Bainbridge/Blanchet @ Blanchet, 6:30 p.m.
- Feb 3-4 Metro Champs @ Eastside Catholic, 1p.m./7a.m.
- Feb 11 WIAA regional Champs @ Chief Sealth, 7 a.m.
- Feb 17-18WIAA State Champs @ Tacoma Dome, 10 a.m.



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The mission of *The Viking Shield* is to facilitate a top-notch newspaper, to provide an in-depth view of our school, to enlighten our readers and to remain unbiased.

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Bryan Kevin "Spence" Porter Jr. heats up the court for the Vikings

BY GRACE WILLIAMS

Bryan Kevin "Spence" Porter Jr. is a junior at Rainier Beach High School. He's been going to Beach for all three years now and is known as a star basketball player all the girls want.

"I remember my first game being five years old," said Porter Jr. "I found out my love for the game going into the seventh grade when I asked people which sport I was better at, football or basketball? I found out it was a passion and something I could start a career in."

The one person that inspired Porter Jr. was his father also named Kevin.

"My father inspired me to play basketball," said Porter Jr. "Growing up I heard a lot of stories about how he was an impact on the game and how he did big things in high school. When I was younger I always wanted to build on his legacy and make it bigger."

A lot of people may be wondering why Porter Jr. came to Beach and not any other high school with his talents.

"My dad went to Rainier Beach so that's why I decided to come here," said Porter Jr. "I talked to my family and it was the best fit for me out of all of the schools."

Porter Jr. knew he had to make a statement coming to Beach.

"Coming to Beach my freshman year school-wise I knew I was going to be good," said Porter Jr. "Basketball-wise my first game I was on varsity and I didn't want to mess up, I just wanted to make the best out of my opportunities."

In Porter Jr.'s freshman year the team made it all the way to the State Championship game against Garfield.

"Going into my two semifinal games I had a lot of butterflies that I got out, but going into my first state championship game where my team could make history depending all on one game was still very nerve wracking," said Porter Jr.

Unfortunately, Beach did not win that year but that didn't stop Porter Jr. from trying even harder the next year.



"Winning my first state ring is a feeling that's indescribable," said Porter Jr. "A feeling that you never want to let go of. It's a moment with your brothers, coaching staff, and everyone that supported you that you'll never forget."

Porter Jr. and the Beach Boys won State in the year of 2015-2016. Now, many ask, what's going to happen this year.

"This season my goal as an individual is to improve and get more school offers," said Porter Jr. "My team goal is to win a 2017 State Championship and go back to nationals."

Porter Jr. currently has several offers from Division I colleges, but doesn't want to talk about them until things are decided.

For all the young boys that want to be like Porter Jr. when they grow up, his words to you are: "Never give up and pursue your dreams."

Saterfield on court

BY LILLIAN KING

Jorell Saterfield, is new to Rainier Beach High School, but has found his place as the only sophomore on the varsity basketball team.

According to Saterfield he has been playing basketball for quite a while.

"I mean, I started playing when I was like seven, but I never thought I was gonna play basketball, I was just playing because my friends did it," said Saterfield.

But after his friend got him started on it Saterfield ended up making it on the team in fifth grade and then continued to play basketball all through middle school.

Saterfield has lived in Chicago his whole life before moving to Seattle this year. When talking about the difference of playing here versus playing in Chicago he claimed that the competition in Seattle is not quite as tough.

After high school Saterfield aspires to play basketball professionally for a couple of years and then get a master's degree in business so he can start up a small business selling cars. He believes that school is very important and he thinks that getting good grades is a crucial element to success in both basketball and his future.



Saterfield does not play any other sports other than basketball; but when he's not playing ball or in school he likes to spend time with his friends and family.

Saterfield's goals for this season are to win state and nationals, and he says that to be able to do that he will need to work especially hard on communicating well with his team and also working on his defense, but he thinks that one thing that he brings to the table to for the team is his good offense.

Joe Saterfield strong for Vikings

BY NATHANIEL MURRAY

Senior Joe Saterfield is from the busy city of Chicago where something is always going on, but basketball attracted Saterfield's attention early. He started playing basketball at the age of seven for a team called the New Jersey little league team and he instantly fell in love with the game.

His dream was to play basketball and embarrass others by being the best basketball player. Progressing his basketball game and improving is exactly what he did and now he is better than most players.

His younger brother Jorell played along with him, and they both dominated in Chicago and were soon identified as nothing less than great.

Joe and Jorell now play for Rainier Beach High School as a senior and sophomore, Jorell being the youngest member of the varsity team. The Saterfield family moved to south Seattle this summer and this is their first year playing for the Vikings.

Saterfield is now a senior looking forward to doing his best this season and going to the state championship and winning a ring. Since this is his last year in high school he wants to finish out strong.

Saterfield is also looking to get college offers so he can play basketball at the next level. He's interested in the University of Washington, Arizona, the



University of Chicago, the University of Kentucky and Duke University, all top Division I colleges. Saterfield is hoping to get a full ride scholarship too.

After college Saterfield hopes for the NBA to be an option for him. He wants to be in the first possible draft which means he hopes to go to the league after his first or second year in college.

Jorell, his younger brother wants to follow him going through the same process to get to the NBA. Their favorite basketball team is the Milwaukee Bucks because of the NBA player Jabari Parker. Jabari is what Joe and Jorell hope to play like he is their inspiration to go harder.

This is the final season in high school that you can catch the Saterfield brothers on the court together, but if their dreams work out, you'll see them again in the NBA.

The Shabazz show

BY TANFRED RUSSELL

Senior Khalil Shabazz is the starting point guard for the boys' varsity basketball team at Rainier Beach High School. Shabazz has been playing basketball since he was five years old.

After high school he plans to go to college, play basketball in college and to hopefully play in the NBA one day.

"No one influenced me to play basketball but when I was younger I always wanted to play every sport so I played basketball, football, baseball, swimming, ran track, tennis, and gymnastics, I just did it all," said Shabazz.

But out of all those sports he chose basketball because that's what he loved the most. Shabazz's goals for this season is to win every game in and out of the

state of Washington and he also wants to bring another championship to the Vikings and get his third ring. Shabazz's best memory was winning state.

"Winning state last year was just a feeling that can't be explained," said Shabazz. "I mean I won my freshman year but I was a freshman, I wasn't really a part of the team. I would like swing between JV and varsity so it wasn't really my championship but the last one last year was real special because I could say that it was my championship. I was the starting point guard and we won."

A lot of Shabazz's friends play football and he enjoys watching and playing football too. Shabazz also plans on running track this year for RBHS. But track

for Shabazz is not that important to him and he doesn't take it as serious, he just wants to run track to help him get better at basketball.

Shabazz wants all his fans and people that look up to him to achieve their goals as well.

"Just follow your dreams and work hard at whatever you do," said Shabazz. "Whatever it is just go for it and to the people that look



up to me I'm glad that I can be a person that you look up to and I hope that I can keep making you look up to me."

Kendall Williams Jr., the enforcer

BY SHAWNA PETERSON

Kendall Williams Jr. is a 16-year-old who plays on the basketball team at Rainier Beach High School. Williams Jr. has been playing basketball since he was in fifth grade.

“Playing basketball taught me discipline and it changed me,” said Williams Jr.

On the team at Beach he plays the four and five position, which means forward and center. Those positions get the rebounds and sets screens for the team.

”[The Rainier Beach team is good, we work hard, and I love the team,” said Williams Jr.

This season Williams Jr. wants the team to play hard and win state again, also he wants the team to go to nationals in New York this year.

On game days and before games, Williams Jr. goes to all his class and listens to music to prepare himself for the game later in the day.

Williams Jr. loves playing in front

of big crowds that’s why he loves to play sports. Williams Jr.’s favorite famous basketball is LeBron James.

Williams Jr. doesn’t only play basketball at the school, he plays football and he runs the chorus, also he’s in the drumline and he runs the sound at school events.

One year when Williams Jr. was playing football he had an accident and hurt his ankle. When he got hurt he wasn’t able to play football for a while when he was healing, which made him sad.

A big reason why he likes football the best is because he likes to hit people and he gets to play in front of a lot of people. In Williams Jr.’s opinion it is hard to juggle school, sports and a relationship together.

”It’s hard because everyone wants attention,” said Williams Jr.

Out of all the different sports Williams Jr. wants to play football. Williams Jr. would like to continue playing football after high school.



Returning varsity player Tijohn Rodde AKA “Mr 3-Ball”

BY KHALIL SHABAZZ

Tijohn Rodde is a senior at Rainier Beach High School and has been attending RBHS for all four years.

“I stayed at Rainier Beach because it’s actually a good school and I’m a basketball player so staying at Beach gave me more opportunities to go to college than going to any other school,” Said Rodde.

Rodde has been playing basketball since he was about five years old, playing for his community team. He started playing basketball because his mother didn’t want him to just stay in the house all day and she wanted him to play sports.

“I didn’t only play basketball but I played basketball, baseball and football but basketball had a special place in my heart,” said Rodde. “After my mom made me start playing I developed a passion for the game. I’ve always been kind of good at the sport but a lot of people continued to tell me that I could possibly play professional whether it’s overseas in a different country, in the D-League or the NBA. Once I kept hearing that I began to believe it and started to take it serious, meaning going to the gym to put up shots and going on runs or going to the weight room to get more bounce or get stronger”.

So far some big accomplishments Rodde has had is winning nationals in fifth grade and winning state two times

while playing in high school.

Rodde’s plan after high school is to stay involved in sports and fitness.

“I want to have college paid for, for four years and I want to study Sports Medicine to become a personal trainer.”

When thinking about what helped him stay focused in school and basketball he credits family.

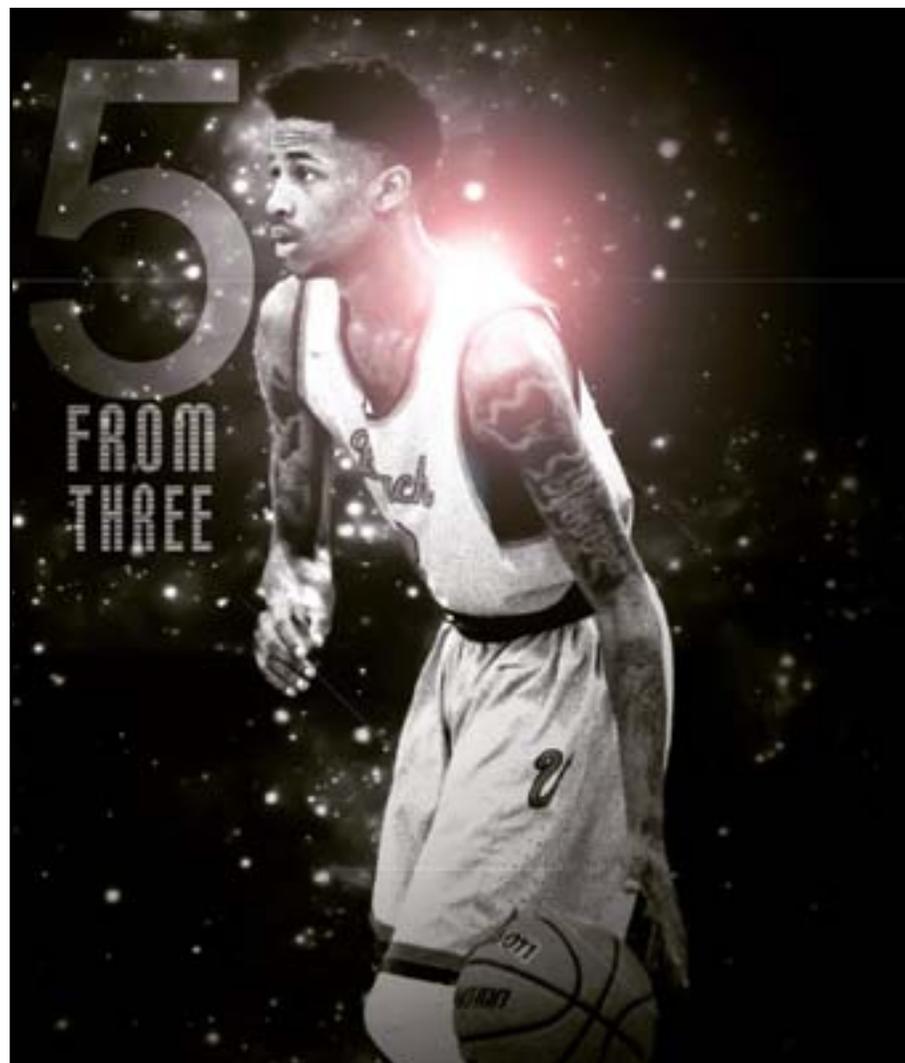
“Honestly my grandpa played a huge part in me staying focused, he is always on my case about how important school is and if I really want to be something in life I have to make that a priority and don’t let anyone stop me,” said Rodde.

Rodde feels that school is very very important.

“Without school you can’t play basketball, or graduate and without your education it will be nearly impossible to be successful in the future, and I plan on being successful,” said Rodde.

RBHS is well known for winning state (RBHS has 10 state titles, the most in the state of Washington) and Rodde is a senior who plays a role in helping the team achieve that goal. In order to do that Rodde feels that he must do certain things to help the team.

“[I must] play with energy and help the team out in every category on the stat sheet, which consists of points, rebounds, assists, steals, blocks and getting the win.”



Freddie Roberson dominates the court

BY AMINAH HUNTER

Rainier Beach High School junior Freddie Roberson is back for his second season with the Vikings men's basketball program. Roberson plays point and shooting guard as a backup for the Vikings.

"My job is to score and be one of the facilitators on the team," said Roberson.

Roberson has been playing basketball for 11 years and enjoys the competitiveness of the sport. He also enjoys getting to compete around the U.S.

Roberson got started with the sport by watching his big brother. He said he made it look like fun, so Roberson decided to give it a try and is still playing 11 years later.

Aside from his brother his inspiration is Russell Westbrook, NBA point guard for the Oklahoma City Thunder.

Roberson has been lucky so far with his health on the court. The worst injury he's gotten while playing the sport was a hip strain. He hopes to continue with the sport as a career.

Roberson's goal is to play basketball through high school, then college and finally make it to the NBA.

During the season he tends to eat healthy, mainly vegetables and protein. In between seasons he eats light, things

like Subway sandwiches.

Roberson has no pre-game rituals.

When he's not at school or practice, he's still working on training his body for basketball and football. Roberson is also a runningback for the Viking football team.

Roberson started football around the same time as basketball, he's been playing both sports for 11 years.

"In my opinion basketball is the better of the two," said Roberson. "I also think that basketball will get me further in life."

Roberson also devotes some of his time to his relationship, but says it is not hard to balance a relationship, school and sports.

Roberson has high hopes for the returning State Championship team, but he recognizes that the team will have plenty of competition this season to try and hold onto that title.

"Nathan Hale is our biggest competition this year," said Roberson.

Hale has a new head coach, Brandon Roy, a UW alumni and former NBA Portland Trailblazers player. In addition to the new celebrity coach, Hale is said to have the number one player in the nation, Michael Porter, who transferred from Missouri with his younger brother, who's a junior on the team.



Beach coach looking for another title

BY OUMUNIQUE WILLIAMS

Rainier Beach High School men's basketball coach Mike Bethea is in the midst of his 25th year leading the Vikings.

Before Bethea started coaching two of his good friends coached, one was the head coach and one was an assistant. They always invited him down to the practices just to hang out and watch.

"But, when the old coach quit my old AD talked me into coaching down here and turning RB into a powerhouse," said Bethea.

One of the main things Bethea is looking forward to this season is defending their state championship title.

"Every year we come out with our backs against the wall no matter if we won the year before or not and just like every year the kids feel disrespected so I'm most looking forward to defending our title," said Bethea.

Something most people wonder is what drives Bethea to continue coaching at Rainier Beach. He said the thing

that continues to bring him back year after year is the young men.

"The molding of the young men, making them better young men for society and watching them grow as young men and I am able to do that through the game of basketball," said Bethea.

When Bethea's not coaching he just likes to enjoy his time at home with his wife and relax.



NiRae and the court

BY AMAYAH CLARK

Nirae Petty is an exceptional Senior student age 17 and an athlete for the Rainier Beach High School women's basketball team.

People refer to her as the ball handler and you can tell she is motivated and dedicated to the sport. She's been playing since the age of six, that's almost 12 years of hard work and the love of the game.

Petty's parents encouraged her to play saying that it would help her make longtime friends and help her as a person.

Petty's father is the head coach of the Cleveland basketball team along with her mother being the track and cross country coach. You can see that Petty comes from a talented background with her parents really teaching her the things she needs to be a great athlete.

Petty started playing basketball right here at the Rainier Beach Community Center along with her long time best friend and teammate Florene Jimmerson and her sister Shay.

In addition to basketball, Petty is the president of the school's ASB and vice president of the BSU. Petty is also on the honor roll and has two jobs while managing her school work and her basketball life. She did running start her junior year which she said did great things for her.

In her free time, she has a passion to draw. She's very creative and free spirited. Petty also spends a lot of time with her family and friends. "I plan to go overseas to play basketball after I graduate" –Nirae petty "some goals I have for the season is to make it to the finals and bring home the championship"



Grace Williams, super girls' basketball star of RBHS

BY AN NGUYEN

Grace Williams is a girl basketball star for Rainier Beach High School. She is a great point guard who tries to block balls of the opponent team, and has a mission of passing the ball to the right people.

In 2015 and 2016, she represented RBHS by playing 27 basketball games and brought back 20 wins with 172 total points. On average Williams scores 6.4 points, pulls in 5 rebounds, dishes 2.2 assists, grabs 4.1 steals, and knocks down 0.4 blocks per game.

Her role model is Allen Iverson, an American professional basketball player who played for 14 seasons in the National Basketball Association.

"Allen Iverson is an aggressive basketball player," said Williams. "He played shooting guard and point guard. I really admire his achievements, so I am practicing a lot to play well like him."

Williams is one of the best basketball players of RBHS, and if she keeps trying every day like she does now, she might achieve her goal of making the United States Basketball Women's National team in the future. "I really love basketball because it is fun and very competitive," said Williams. "I have played basketball since I was five. I practice every day to get better and better. I want to beat all these teams so we can go to State."

It's clear how much Williams loves

basketball by the way she talks about it. She works really hard for her next target, the Washington State Girls' Basketball State Championship game in March 2017. Sometimes she gets painful injuries, but she never gives up on her passion-playing basketball.

Williams is not only a skilled athlete but also a great student.

"I love Grace," said RBHS Athletic Director George Foster. "She is a good girl. She is just like a daughter of mine. She is also a skilled basketball player. More than that, she is a good soccer player and a fast track runner, too."

Everyone knows her as a talented basketball player, but not everyone knows that she is actually a three-sport athlete at Beachy. Williams has been at Beach since her sophomore year when she competed for both basketball and track. This year she played soccer, is currently playing basketball and plans to either compete for the track or softball team this spring.



Jimmerson boosts Beach on the court

BY SHAYLA LOCKART

Senior varsity girls' basketball player Florene Jimmerson is a pretty chill and laid back person.

She started playing basketball when she was six because her mother was a coach and she liked to play with her. She continues to play because she enjoys the relationships you build with your teammates. She also likes that it keeps you busy and productive so that she's not out doing other bad things.

Along with basketball she has played softball and track. She tried soccer this year but decided that it wasn't for her. She found it to be quite boring and ended up only playing in one game this season because she never went to practices.

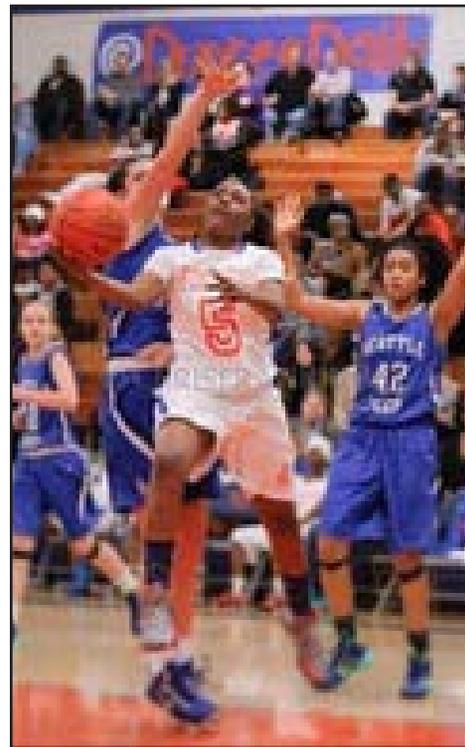
Obviously being a varsity basketball player, she's pretty good at the game, but she says that one weakness she has is being lazy and that's both on and off the court. But she is a strong shooter

with a dazzling personality to make up for her slothful ways. Her only goals for this season are to make state and help her teammates improve.

She thinks that school is very important to get where you need to go in life. Her plans for the future include going to a four-year college and studying business, and figuring out what she wants to do with her life. She plans on having fun and being stress free. She does not want to go into a professional career in basketball because she doesn't like the way that women are not treated equally in the sports world.

Outside of her bubble of sports she likes to go on adventures and explore new things. She loves to be lazy and listen to music or sleep. But she hates the sound of cracking knuckles and when utensils are scraped against plates.

She loves her teammates and the other students at Rainier Beach.



Lilly leads the Vikings

BY FATIMA ELMU

Rainier Beach High School Basketball and Running Start student Mari Lilly is a big contributor for the team. The junior point guard started playing basketball when she was eight years old and has continued playing basketball for the last eight years because she loves it so much.

Her goal for this season is to win in State in basketball. Her favorite part of basketball is that she's part of the team.

"[I like] building bonds with my teammates and because the chemistry makes us play better," said Lilly.

Lilly's favorite moment in basketball was when they went to regionals. She's planning to play basketball after high school. She plays other sports in addition to basketball, including soccer and track. After she finishes her running start classes she comes back to Beach.

She chose to be on the basketball team because 'she wants to be with her friends.

When she goes home right after school she likes to cook and watch TV at home. Her favorite color is red. On the weekend and when she has a free time she likes to play basketball and go out to eat some food with her family.

She organizes her study by starting with the class that has more work and she has a calendar to organize her time and her studies.

Lilly's mom encouraged her think about taking classes through running start because it's free college.

One thing that she likes in running start is picking her classes but her dislike in taking running start is that the college is really far from her Green river community college but she will transfer to south Seattle college.

She likes how RBHS is a good small school.

Michelle King knocks the girls varsity basketball team up to new heights

BY AZIAH HAMPTON

Michelle King is one of the star players for the girls varsity basketball team at Rainier Beach High School. She is in the 11th grade, and she chose this sport because her sister played and she thought it would be fun too. She says the team is friendly and the team as a whole can stand a chance against any team they are matched up against.

"Some students play basketball because they want to get away from outside drama," said King about why she chose to play.

King uses basketball to escape the bad vibes that some people encounter when not occupying themselves. King says she uses basketball, so she can only focus on what's near her and not around.

Basketball, however, is not her favorite sport, but she still uses 100 percent effort in every game – even practice drills and exercises to help benefit and improve the entire team.

"I've never been to state, but the experience of being there would be indescribable," said King.

Even though she hasn't been to state yet, she believes that the girls varsity team can achieve the championship title just like the boy's team last year. Going to state is an enormous accomplishment for Rainier Beach sports teams. The women's basketball program at Beach

has grown more competitive over the years, so King thinks it's possible with the right mentality and amount of training.

King says that basketball is mainly about friendship, leadership and sportsmanship. No team RBHS ever faces against is a rival or enemy, in fact, at the end of every game there's always a tradition of shaking of hands with the oppo-

nents to show good sportsmanship.

King also has other useful hobbies besides playing basketball, like doing cross-country and softball in her free time.

King doesn't plan on playing basketball in college, but if she can get a scholarship for it, she may reconsider. If she does decide to play in college, she'll play differently there than in high school.



Deo - varsity wrestler

BY JENNIFER NGUYEN

Deo, given name Idris Yusuf, is a sophomore at Rainier Beach High School and wrestles for the varsity team in the 113 lb. weight class. He is 5-foot-7-inches and 14 years old.

More about him: he takes honors courses and is an outgoing person, with a cool personality and a big sense of humor.

Yusuf plans to wrestle throughout all of high school. The aim of joining wrestling was to get better at football.

His goal for football is to be able to not just only play offense, but defense as well. Wrestling helps him with tackling he says.

Wrestling requires a person to be fit and strong with a sharp mind all to avoid being taken down, very much like football.

Another goal he has for the wrestling season is state.

"I want to win states in my weight class," said Yusuf.

He wants to do really well in these sports in hopes that maybe sometime in the future he can support his family.

Yusuf was excited going into his first match of the season. He was confident he could win, and as a person of high spirits and optimism, turns out his positivity paid off because he came to win! He earned his first W of the season with many more to come.

When it comes to problems with wrestling, he says he has no struggles so far. He's really only worried that he might have to face "super big guys," but he's still not scared.

Practicing nearly every day has pre-

pared him and he's willing to face his challenges head on. Although Yusuf sounds like someone that is constantly working and prepping himself for every situation possible, he has fun too.

After practice he heads home to clean



and fuel up. On Mondays he watches *Supergirl*, Tuesdays is *Flash*, Wednesdays he watches *Arrow* and on Thursdays *Legends of Tomorrow*. Those are the fuels for his mind. After high school he plans to go to either University of Washington or Oregon University. And although he will be working hard to possibly become a technological engineer, he also wants to be a football player. Yusuf is a well prepared student and player. He expects to do great and even if he doesn't, his strong will and determination will drive him on.

The ending of fall brings winter sports and varsity wrestler, Royce Kelly

BY DANIELLE RIDDLEY

Royce Kelly is an athletic sophomore at Rainier Beach High School, who enjoys playing contact sports. In early November, Rainier Beach played its last football game and with that Kelly was determined to begin preparing for the next season. With his abilities and experience, Kelly passed others and claimed a spot on the varsity wrestling squad in order to stay in shape for football. Kelly says wrestling, in a way, is similar to football.

"Wrestling may not involve a ball, but you have to be in shape," said Kelly. "Unlike in football, there's no stopping. No half time or time outs. It's a contact sport, I still get to tackle people."

Being prepared for football isn't his only goal this season, he also wishes for him and his team to become Metro Champions and bring home a trophy for Beach. This would be the first wrestling trophy that Beach has seen in years, probably decades. To accomplish this, he goes to practice every day from 4-6 p.m., he keeps his grades up, and he has a high spirit during matches. Not wanting to let his teammates down, he prepares before all his matches by warming up and listening to music, this gets him in his zone and keeps him focused.

Kelly has an outgoing personality, he's the type to ease a tense situation by cracking a joke or two. He's the type of person that anyone could easily get along with; whether that's on the mat, the field, or in a classroom. Many students had positive things to say about him.

"He's full of energy and always prepared to share his ideas," said sophomore student, Cynthia Rangel.

"Royce is a very competitive person who tackles every obstacle that stands in his way on and off the mats," said another sophomore student, Khansa Ali. "He's always ready for a challenge."

It's said that trust is the most important thing to have when on a team and this is no problem for Kelly. With his personality, it's easy for him to get and give trust to his teammates, which gets the job done so they can collect a win.

Outside of school, Kelly thinks about his dreams; college and the NFL, or National Football League. Louisiana State University and University of Washington are his top two choices, but making it Division I his top goal. DI schools are the largest universities. They have world-class facilities, get the most attention from the me-

dia, and gain the top athletes. Getting into something as big as this can lead to big things for Kelly, including him making it into the NFL. Many athletes let fame go to their head, but not Kelly. He is thinking about his family.

"I want my family to be financially supported," said Kelly.

Although, he enjoys wrestling it's not something he wants to stick with after high school. He'd rather be a quarterback in football. Being successful at football and taking care of his family are very important things to him. With his abilities, any team in the League would be lucky to have him. They'd be gaining a valuable, hard-working, determined, team player. These qualities can be rare to find, but with Royce Kelly, they'd be getting them all-in-one.



“Rock Solid”

BY AIDA ASANBEKOVA

Abnezer Hailemariam is a sophomore and a wrestler for Rainier Beach High School. The 16-year-old is from Ethiopia. There are a lot of reasons why he started wrestling

“Last year I found a random article about wrestling benefits, and how it can change your lifestyle,” said Hailemariam. “The article was saying that ‘once you have wrestled, everything else in life is easy.’ I think this quote pushed me to try wrestling.”

Every day after school he goes to practice until 6 p.m. During practice he and his teammates are doing squats, push-ups, pull ups and a lot of exercises to build their leg muscles.

According to Hailemariam the hardest thing in wrestling is to cut weight. He explained that there are two effective ways to cut weight.

“The first way to cut weight is to drink green tea one, two or more days, the second way to cut weight is to run wearing warm clothes, not just jog, literally you should run, run and run a lot,” said Hailemariam.

In addition, Hailemariam said, you have stop eating white bread, bacon, and a lot of food with a lot of calories for weeks. If a someone wants to be a pro in wrestling they have to eat white meat like chicken and fish because these white meats have a lot of proteins and proteins help build healthy muscles. Also if someone is not meet eater, they can drink a protein shakes and eat a lot of vegetables and fruits.

The is a lot of rules, hacks and tips how to build your body in a healthy way, but don’t use steroids because they can causesomementalillnesses.

“Never give up because someone said something, or there is no one who is supporting you, or because it is too much work for you. Everything in the beginning is hard, but be patient and things that were hard are going to be easy in the future”, says Hailemariam.

Moses’s life as a wrestler

BY ALEX MOORE

Moses Howard, a sophomore at Rainier Beach High School, is a really big fan of the sport wrestling. Wrestling allows him to show off his super strength in every way. The enjoyment that Howard feels when wrestling is because he is one out of many young teenage wrestlers that is able to do anything. He feels extremely invincible when he is wrestling because he gives his very best.

In the area of wrestling, Howard’s goals are to never give up and he gives his very best. He uses his full potential at every wrestling match, even though he has won against five opponents and lost against two opponents.

There is a risk for Howard to get

really hurt during wrestling like having broken arms, broken legs, and having concussions. When he wrestles, that depends on whether the person that he wrestles knows what he is doing on the wrestling mat or if he doesn’t because lack of skill can be dangerous.

Howard really loves wrestling more than anything in the whole world. In each and every wrestling match, the wrestlers must decide which one of the wrestling moves they need to do to defeat their opponents; like the bear hug, the crab walk, the shoulder rolls, and the bear crawls, but one of the wrestling moves that Howard likes to do in wrestling is the leg ride, because that’s when a wrestler grab the wrestler’s leg with

their own to do the move. It is not easy for him, so he practices the move more than any others.

Howard works to keep his strength up for every wrestling match practicing all the time, no matter how much pressure that he is in on the wrestling mat. Howard is a very tough wrestler, maybe even a lot tougher than any other component on the wrestling mat. His coach trains him and the coach is very proud of Howard for the wins that he gets in every match. The good news is that Howard is going to wrestle again next year.

His advice for all of the wrestlers at Rainier Beach is to practice for wrestling matches every day.

