



FEATURE



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NICK HANDY:


Nick Handy is the new Highland High School SBO President. Students hope he will give them a hand this year. **Read more about it at the Rambler online.**



THE SNOW-CONES OF SALT LAKE



ALOHA SHACK


4 out of 5 high 

Flavors gotten: the pink lady, pomegranate + orange

While a little bit on the pricey side, the portion sizes are worth the money.



JOLLEY'S


5 out of 5 high 

Flavors gotten: peach razzmatazz, malibu barbie.

Snow cones from Jolley's are some of the best. With low prices and soft ice, you're bound to enjoy any flavor.




OH MY HECK!

3 out of 5 high 

A little bit expensive for the portion sizes, and the ice is kind of crunchy. Although the selection was limited, the flavors that they do have are interesting.



SNOWIE SHAVED ICE


4 out of 5 high 

Flavors gotten: vanilla + tiger's blood + lime, coconut + peach + vanilla

The concept of this stand is really cool, as you can pour your own syrup. The combinations are endless!



JUST-A-CRAVING

5 out of 5 high 

While a little bit of a drive, this place is totally worth it. Their signature combinations are incredibly tasty, and the quality of ingredients is proven in the taste.



A CLIMBING IQ

Highland English Teacher Creed Archibald Lives For Climbing

Eli Adams

Rambler Online Associate Editor

Nothing pleases a crowd more than seeing someone take on an impossible challenge, defying all odds, then emerging victorious. Highland English teacher Creed Archibald has, over the course of several years, risen from humble beginnings to the completion of one of the world's most challenging accomplishments in rock climbing.

Recently, through popular movie streaming services such as Netflix, viewers have had access to some extremely influential rock climbing films, such as *The Dawn Wall*, *Valley Uprising*, and most popular, the Oscar-winning documentary *Free Solo*. These movies have been popular with rock climbers and non-climbers alike. Because of these movies, there has been a massive jump in popularity for the sport. Archibald was attracted to the sport of rock climbing before it became a fad.

Archibald always loved the outdoors. He loved backpacking, skiing, fishing and just being in nature, but when he moved to Oklahoma about eight years ago, his options were limited. He found a small climbing gym called New Heights, which was not more than the size of a few Highland class rooms. After spending some time at this gym one of Archibald's friends told him about an area with good rock climbing only a three hour drive away. This was his start to a vibrant and nearly life-consuming hobby. He later spent hundreds of dollars acquiring the gear and equipment he needed to be ready to face the rock climbing world.

This spark quickly grew into a flame. Since then he has climbed many famous climbs all over the western United States and Canada. Most notably, Archibald has climbed in Yosemite National Park, the climbing Mecca that all of these climbing documentaries are set in. The specific climb that Archibald and his wife conquered was the park's most famous route, and the first route on El Capitan to ever be climbed, The Nose.

This 3,000 foot climb takes most climbers two to three days to complete fully, and even then only about 60 percent of climbers make it all the way. Archibald and his wife set out to complete this climb in one 24 hour stretch, a feat that not many non-professional climbers can do. They completed the climb in full in 22 hours, beating their goal by a large margin. Although they did not free climb this route, they did a more common method of climbing big walls known as French Free Climbing. This method allows the climber to pull up using bolts or cams placed into the rock when natural handholds aren't available. This amazing accomplishment drained them so much that they nearly collapsed at the top of the cliff.

"When we got to the top, we were so tired we

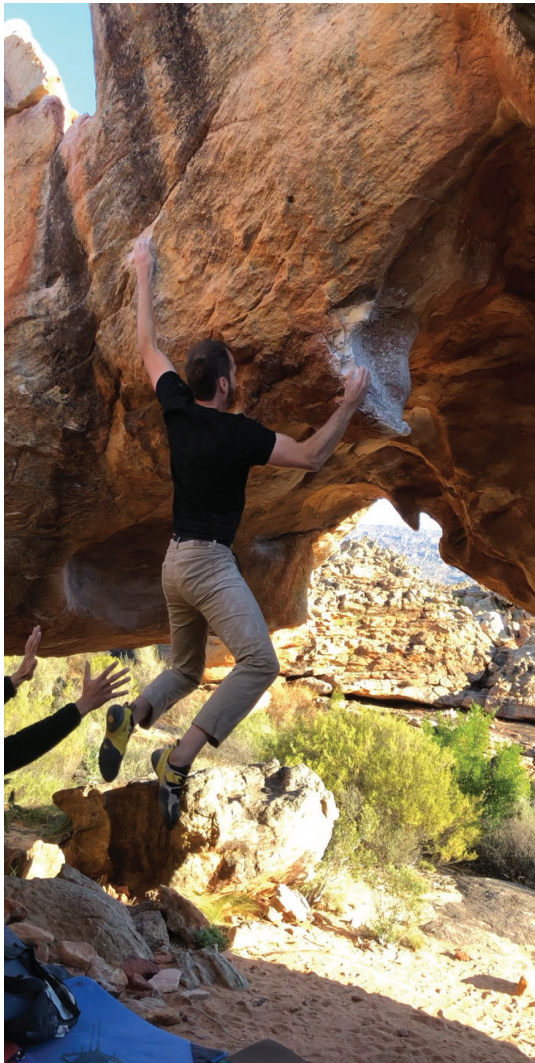


Photo Courtesy Creed Archibald
Creed Archibald hangs from a boulder problem in the Cederberg Mountain in South Africa.

slept at the top of the mountain. We shared a jacket and slept on our rope before making the hike down," Archibald said.

Archibald has seen first hand how these climbs can be completely life consuming and knows that a task like this is one is to be taken seriously. The increased attention that popular films have brought to the pastime have been both a blessing and a curse. While climbers are happy to see new people taking an interest in their sport, they are worried that these movies have set unrealistic expectations of what climbing is really about. Newcomers underestimate the amount of preparation and conditioning it takes to complete these world-class routes.

"These professionals spend years mastering one climb. It makes me feel like I have never really had a project because the most preparation I have ever put in is about six hours," Archibald said.

Over the summer of 2019 Archibald and his

wife spent a month in South Africa to face the climbs they had there. Most of their excursions are physically demanding and long challenges that can take days at a time. This trip was much different. It could not have been further from the norm of long rope climbs. In fact Archibald didn't use ropes at all. The type of rock climbing he spent his time doing was a much shorter type of climbing that focuses on doing the hardest moves possible but on a much smaller scale than a longer climb. Ropes are not required for climbs like this because you never get more than a few meters off the ground. Even without ropes they still take precautions because when you do climbs this hard you will fall. At the bottom of the climbs there are crash pads to catch you in-case you fall. Not only that but there are spotters just in case you have a chance to hit your head.

Archibald spent his time in the area around the Cederberg Mountains which is 3 hours outside of Cape Town. The landscape makes for high mountains but they are not the main focus for climbers heading to the area. Although Archibald did many climbs in this area his main project was a V7 called Dirty Lies. He spent a majority of the trip working to master this climb and eventually completed the climb near the end of the trip.

Some may think that heading all the way to Africa in the summer would be excruciatingly hot but in reality there is no better time because it is the middle of their winter. This makes the rock better for climbing because it is colder and allows for a better grip.

Some of these climbs, such as Alex Honnold's free solo climb of El Capitan depicted in the film *Free Solo*, are extremely dangerous even for the world's best climbers, and would be suicidal for an inexperienced climber to take on. Experienced, responsible climbers like Creed Archibald may not spend years mastering a single route to be able to climb without protective ropes, but they do something more important: master the techniques of placing protective gear correctly to catch them if (and when) they slip and fall.

Off the climbing walls and back in the classroom, Archibald leads a career as a highland teacher, teaching only 9th grade classes. Often times in high school the people that have said to be the most influential are the teachers have during their freshman year. Students have often said that Archibald asks thought provoking questions and never shies away from a sarcastic dialogue between him and his students.

Despite already having a vibrant history of climbing amazing cliffs, Archibald still has more in store. Once school is out and he is no longer confined by his teaching schedule he is planning on taking a month-long trip to Africa to tame some routes on a global scale.

Email comments to:
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Caylee Caldwell / Highland Rambler

Cars lined up outside Highland from students without parking passes.

PARKING LOT

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early every day to find a spot on the street."

One of the worst parts about not having a pass is seeing all the open spots in the parking lot knowing you can't park there without getting ticketed or even towed, Nedelec said.

"I think it's stupid as a senior that I can't even park in the parking lot even though there are a ton of open spots," Nedelec added.

This problem has left many students stressing and confused about why they can't get a pass and why they didn't know about the new changes. In the first few days of enforcing the new policies, quite a few spots have been left opened for people who bought a pass but haven't picked it up and used it to park yet. That question remains whether or not those people are ever going to use them because the school can't just sell those spots away if they were purchased at registration. When students see tons of open spots knowing they couldn't buy a parking pass it leaves them very frustrated and forcing them to park far away.

Students and parents aren't the only people stressing over these

new changes to the parking lot. The administration, and especially the treasurer, have been getting a lot of criticism regarding the changes. This was meant to be a smooth change going into the school year that everyone would adjust to quickly but that hasn't necessarily been the case. Highland treasurer Jennifer Grangroth has been taking all the heat while doing her best to manage the chaos surrounding the parking passes. Students were lined up from the treasurer's office all the way to the entrance doors waiting to get their pass and attempting to purchase a pass.

"The biggest problem has been communication," Grangroth said. "In the past, everyone just assumed you buy a pass, get a pass and then park."

Now, students are assigned numbers. If anyone parks in a spot that is not assigned to them, city officials will issue tickets.

"Parking is a privilege not an entitlement," Grangroth said.

A privilege, certainly, especially for those who got passes before they were sold out.

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PHONES

from pg. 3

wise with technology can be even harder than cutting it out of your life. Education on how teens can use phones for good and how to use them responsibly is the end goal. In Kartchner's view, the lack of education on phone use is the fault of the adults who so willingly bought them these devices.

"We're (parents) giving our kids keys to motorcycles without any training," Kartchner said.

There were several photos displayed throughout the presentation of a child sitting in-between their two parents fighting for attention, as mom and dad are laser focused on their screens. It has been proven that babies need physical contact and emotional engagement for healthy development, this need does not reach a cut-off at the age of six, this need is continual throughout adolescence. The development of technology has completely changed communication, people are more connected than ever through gaming, texting and social media, but a stand-still in face-to-face interaction came along with these other communication methods.

"We know that parents are working at neck-break speeds to give their children what they think they need and not giving them what they really need," Kartchner said.

He encourages a simple solution to this problem. Eight hugs a day, eight seconds each. It can be uncomfortable to hug someone for eight seconds, it can feel longer than anything in the world, but it something both a person's mind and body require to be happy and being happy is getting more and more challenging as social media continues to rise in popularity. It was a strange experience to see an entire auditorium of teenagers hugging it out during the assembly, but the awkwardness was quickly replaced with laughter and smiles.

"Two-out-of-three people who use Instagram are miserable," Kartchner said. "It's (social media) turned into this huge glob of toxic perfectionism."

Social media is not only a device of evil, it has been used for good by many kids, and this is what Kartchner is promoting should be the goal of using these digital platforms. Students are able to attain scholarships, express creativity and organize service projects on a much larger scale than ever before because of how easy it is to spread the word to large groups of people.

"I think, use it for good. I'm not the guy who's saying let's all be Amish and get rid of [social media]," Kartchner said. "We have this amazing platform to connect with millions of people and you can either use that to open yourself up to horrible amounts of scrutiny... or you can use that platform...to go out and impact change."

Kartchner and his team aren't stopping at school assembly's and community meetings. They are taking their message to congress to try and get tighter reforms on tech and app usage. The companies that produce apps like Instagram, Snapchat, and Tiktod decide for themselves how old clients have to be in order to safely use these apps. Most apps tend to be rated 12+, the content within these apps is often much more mature than what would be considered appropriate for viewing in film and other rated entertainment fields. Kartchner is trying to get a board to rate these apps so that tech companies don't exploit the mental health of young adults in order to gain profit.

Kartchner and his team will continue speaking until they see a change in the way tech is controlled.

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