

Sweethearts

teachers at North who are high school sweethearts.

Q&A With The Rosts: High School Sweethearts

In North High School, there are a few teachers that married their high school sweethearts. Two of them work here together, and are both North High alumni. Jeffery Rost and Amy Rost otherwise known as Mr. and Mrs. Rost, have been together since 2005; 12 ½ years. They have been married for nearly six of them.

They met while setting up musical at North, and were the only ones working on the play for nearly an hour. They instantly clicked and became “official” shortly after.

Q: What was it like maturing together as your relationship kept growing?

A: I was awkward...had braces, bangs, acne, odd sense of clothing, tastes that I thought were cool that just weren't. We grew together. We grew UP together. We have similar backgrounds and family struggle stories which helped us bond together and want to grow together. This only further strengthened the trust, friendship, and love for one another.

J: I truly believe that maturing together and growing through these thirteen years of relationship has made me grow, love, and appreciate her even more. I feel that we have a much deeper connection because of all that we've experienced together.

Q: How did you know that the other person was worth the time, even through the rough parts?

A: Love is worth hardships. Love takes work. But I fully and honestly believe that people are placed in our lives when we need them and it is our responsibility to foster the relationship. Jeff was placed in my life for a reason and the relationship we have is worth all and any rough parts.

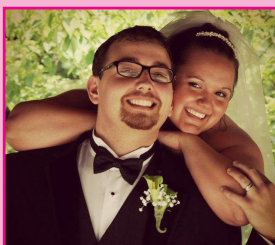
J: My life has had a lot of rough parts, and when someone stays with you through those rough parts and continue to support you...you just know. I do believe that our high points in life and successes together are made ten times better because of the storms we weathered during those rough parts.

Q: Did you think after a year or two of dating that your relationship was going to last? Was there ever any doubt?

A: I knew it would last. We talked as best friends, responsible young adults, and planned our future even when we were young. I do think we are both old souls and planned a lot. Goals are important to us and we did not see the point of dating if it wasn't for a serious commitment. Sure we had hard times, especially while we were at two different schools, but we always worked them out without any fear or doubt of ending the relationship.

J: I knew after the first year or two that we would stay together, even though I would barf if my students would say that today. We went through significant struggles with our families the first couple years of our relationship and I just knew that if she stayed by my side and I stayed by hers through all of that, that we could conquer so much together. And I believe we have.

WEDDING DAY. Jeffery and Amy got married on May, 12, 2012. They're anniversary is December 12, 2005 so they picked that special day to get married.

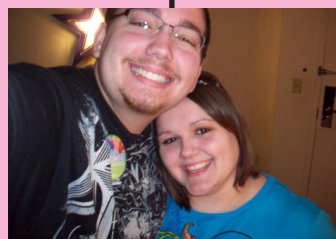


2012

FRIENDS. This past year in 2017, they sent "Thanksgiving selfies" to their friends who they normally spent Thanksgiving with because they were out of town.



2017



2010

SURPRISE. This was while they were in Disney and this was the morning of their engagement. Amy had no idea he was going to propose that day so she was completely surprised.



2017

SCHOOL SPIRIT. This photo was taken this school year during homecoming week. They were excited to show school spirit at their alma mater.

Design: L. Christensen

High School

Get some advice on dating in high school and two teach

Advice on How To Make A Relationship Last

Have you ever wondered what it's like to marry your high school sweetheart; being in high school together and then graduating and continuing life together? It seems as if every person thinks they want to achieve that at least one point in their life, even if it's only once.

Relationships seem to be a very controversial topic. Relationships aren't always easy and filled with "lovey-dovey" moments, there are some times when things get difficult and you may wonder: Will we ever break up?

Let's look at some of the key features that will bring together a relationship, and signs that you're in a healthy relationship. There is a class at North called "Relationships" that Heather Rosewall, FCS teacher, teaches. She offers advice about being in a relationship.

"The biggest thing I tell my students is, communication. You must tell them when

you are upset in a calm way. You can't yell and use hurtful words. You must let the past be the past," Rosewall said.

If you're holding a grudge from something that happened a while ago, or even in a past relationship, then that's going to hurt your current one.

Do you ever ask yourself the question: What are some good qualities to look for in your significant other? The answer is, everyone is different, and we all have an ideal perfect person for us. The easiest way to find out what you want in someone else is make a list, and your expectations should be high, if that person can't meet them then maybe they aren't right for you.

"Knowing what you want from a relationship is important...It's okay if you set yourself up with high expectations. You are the best version of yourself, so you deserve the best version of them too," Rosewall said.

In a relationship, you also need to make

sure you have common interests, you don't want to be dating someone who isn't going to support you in what you want to achieve in life. If you have big goals for yourself in the future, don't just throw away your dreams because the person you're involved with won't support you.

"I know it's scary to hear things we don't want to hear. You must communicate if you want to save the relationship. If you go behind their back and/or start avoiding it. You have already doomed the relationship," Rosewall said.

Although relationships can be a good thing, they're not for everyone, at least in high school. If you are in a relationship but you don't think it's working out, then trust your gut. You can't go off of what other people are saying because they could possibly be lying. You need to go talk to that person about how you're feeling. Again, communication is key.



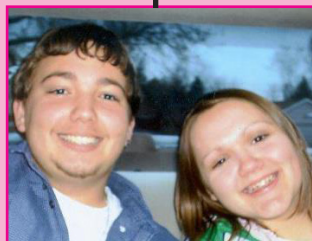
2006

PROM. During their time dating, they attended Jeff's senior prom in April 2006. Amy was a sophomore and he was a senior.



2010

PLANE RIDE. In college they went to Disney and this was taken on the plane on the way there, being Amy's first plane trip. They ended up getting engaged while being there but this photo was taken pre-engagement.



2006

FIRST DATE. Jeffery Rost and Amy Rost went to the Civic Center to see a musical on a date about two months into dating. This is their first picture together and came out as an official couple in February 2006.



2007

SENIOR YEAR. For Amy's senior pictures, she was an NYC kid and part of the package was "Get a free photo with a friend" so Jeffery and her got a professional picture taken together in July 2007.