



The Billie Bulletin

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Woodshop builds beds for kids without

by Abigail and Alea Blatch

Imagine if you never slept in a bed growing up.

Yes, there are kids out there who have to sleep on the floor for most of their young lives, maybe even without a blanket. Children need a good amount of sleep which is one of the most important things to have when growing up. Good sleep is crucial to brain development.

The Woodshop classes of Mr. Steve Smith have sprung into action to help with this problem. Billies have helped with the *Sleep in Heavenly Peace Foundation* efforts to make twenty beds in their classes for kids all over the place. As we watched the students build beds for kids in need, it showed us how we can help many kids who don't have a proper bed to sleep in.

We talked with Connie Jonas, a representative of Sleep In Heavenly Peace, who helped our school by providing the materials to start building beds. After we interviewed Ms. Jonas we had found out the SHP (Sleep In Heavenly Peace) started in 2018 in Twin Falls Idaho. Luke Mickelson was the man who started building beds for families in need. He had started this because his kids were complaining about what toys they got for Christmas. So he decided to have his kids help build beds for kids without beds. He put out a notice on Facebook Marketplace and was overwhelmed by the response. Connie and her husband Bryce Jonas watched a video about this on a program about people doing good things for their

community. Luke's new charity became Sleep in Heavenly Peace and was fully volunteer. Connie was deeply moved. Connie and Bryce committed to bringing SIHP to Oregon.

For all these beds being made Connie was able to get donations from big companies like Lowes, Remax, Fastenal, and Ashley's Hope to Dream. The bedding they would have to buy themselves but they would go on Facebook and ask for donations for bedding and get extra money from that. The entire operation was voluntary until just recently when they had to hire a bookkeeper to keep track of accounts. Connie and Bryce are still just volunteers.

You're probably wondering how they know which people to give beds to?

Connie and her teammates will go to Department of Human Services, Women's Space, churches, counselors, or word will go out towards DHS and then that's when they can call SHP and get brand new beds. The bedding has to be all new so they don't spread bed bugs. And they only provide build beds that are twin size, no bigger, or wider. And the ages vary from 3-17.

As we were learning about what really happened into making this a foundation for kids in need this made us really think of how we were able to help kids in need. So watching Pleasant Hill High School show pride and effort into making kids happy with a brand new bed shows how students can make other kids happy as well.



New Super takes over

By Andrew Taylor

Who is the new superintendent of the Pleasant Hill school district? Well the quick answer is Jim Crist.

Mr. Crist grew up in Oakridge, but he has a great deal of experience with school administration. Mr. Crist explained that his work as Pleasant Hill School District's superintendent consists of several tasks including the filing of paperwork for the funding of the Pleasant Hill school district. It is his job to make sure that the District is in compliance with the laws and is carefully managed. Mr. Crist answers to the elected school board, and makes things happen in the school district.

I asked Mr. Crist some lighter questions. Turns out that his favorite food is pepperoni pizza, his favorite genre of music is country, and he has three pets, two poodles and one cat.

He said he was reserved and somewhat serious. He also described his humor for me. He said he enjoys saying funny things while being serious. I asked him if there's one thing he wanted to tell the community about. He answered that adults should model what they want in the students.

He said to me that he's looking forward to changing the culture of our school district, he's wanting to recognize honor students more and that honor students should receive rewards and recognition.



Essay winners explain why Veterans matter.

Pleasant Hill students, Allison Rife and Emily Krauss won the essay contest sponsored by Creswell VFW as part of a national challenge. The students were asked to write an essay and make a tape answering the prompt: *Why the veteran is important?* Emily Krauss won for a second time in the high school division and Allison Rife took second on her first time competing. Retired Army Colonel Bob Beck has fostered the program and the prize money has increased dramatically. Emily went on to win the regional competition and will now compete for the state title in February.

Midterm Elections bring varied reactions

by Lorena Albright

On November 8th, the Oregon Midterm ballots were due. The results of the election and ballot measures were talked about in our history/government classes. After discussing the results with classmates, we wanted to see what the rest of our high school thought. I constructed a survey with a variety of questions to get the thoughts and opinions of my peers. We think it's important to let everyone know that they have a voice even if they were unable to vote this year.

Around 70% of students who took the survey were not old enough to vote and 15% were old enough to vote but decided not to. Only 15% of students who took the survey voted in the midterm election. We asked students their thoughts on our new governor and there were a mix of responses.

"I think she is a much better option than Christine Drazan because she supports issues like mental health resources, limiting the cost of healthcare, gay marriage, abortion rights, safer gun laws, etc."

"I am upset because I was excited and hopeful to see change in Oregon's government by bringing in someone with new ideas. I was hopeful for Drazan to be brought into office."

"I would have preferred someone more middle ground."

"I feel like she shouldn't have been elected and that she is gonna continue to do the same things Kate Brown did. She was working with her after all."

"If I was old enough to vote I would have voted for her and so I am glad she won. I agree with most of her views and think that she can do a good job as governor for Oregon."

We then asked about the ballot measures that passed. We wanted to know if students agreed or disagreed with any of the new measures. About 60% of students answered yes that they disagreed with one or more of the measures that passed. The measure that most students disagreed with was Measure 114 and we wanted to get some insight on why they disagreed.

"It's a way to protect ourselves and hunt because it was how people got food back then and people should still be able to make that choice and it is our second amendment."

"I disagree because it's not the guns who cause violence it's the people with the guns. So yes make some more rules but don't make them strict for the people who don't cause violence with them."

"Because I find it unconstitutional to infringe on my ability to bear arms, especially when it comes to magazine size, it's a slippery slope."

The last question we asked students was what their thoughts and opinions were on our new district four house representative Val Hoyle. Not many students had a strong opinion about her, about half of the students said they liked her and the other half said that they did not like her.

We did not publish names because we wanted to use student responses in this story without fear of backlash.

Lunch Buddy program returns

with enthusiastic leadership and eager students. The Lunch Buddy program matches middle and high schoolers with K-3 students to create a mentoring bond among students. Alicia Knox has taken on the Lunch Buddies through her work with the ROMP program.



Trevor Shields is the new Tech wizard in training



by Carson Bernardo

As the technology coordinator for PHHS, Mr. Steve Traylor has done so much for us. With the growing demand for technology in today's school system, however, he can't do it all alone. Mr. Trevor Shields has taken the job as Mr. Traylor's new assistant. I've asked Mr. Shields some questions about his job.

C: First and foremost, what is your name and what is your background?

T: I'm Trevor Shields and I come from the University of Oregon's IT department.

C: Why did you choose the work in this position?

T: I feel it is appropriate and is the next step for my career path.

C: Coming from someone who worked the summer internship here at PHHS, how is your job different during the school year than my job was during the summer?

T: We don't want to interrupt student learning while still doing our job, this can mean not entering classrooms during class periods. Learning can't come to a stop from us interrupting.

C: Is your job overwhelming at all?

T: Not yet, although Mr. Traylor seems stressed.

C: Finally, how can we as students make both of your jobs easier?

T: Just stay on task and make learning your #1 priority.

It's safe to say that Pleasant Hill is in good hands in our IT department.

Green-tings, Mrs. Green

by Jack Perini

Mrs. Green, in the hallway with the...nevermind,

I have no clue where to take this analogy. Anyways...

Have you ever noticed that pets can be a lot like their owners? I have.

So when Mrs. Vanessa Green said that she likes Labs because "...they are good with people." I instantly noticed that trait in her as well, "being good with people." That skill and being a kind person translate very well into her job. She also expressed that it's helpful to have extra understanding in her profession.

Ms. Green is one of our Special Education Assistants and often works in the contained classroom. Like so many of our staff this year, this is Ms. Green's first year at Pleasant Hill (you may say that she is "green"). In reference to Pleasant Hill, Ms. Green said that, "I like it here so far, it is a great school to work for."

Ms. Green came to our school after working at a pet clinic in the past. Now she has a Chocolate Lab, three cats, and her kids and husband.

She likes working here because, "I like the school environment, my kids are going to school here and I have time to work and be with them."

While not working, Ms. Green likes to spend time with her family and friends, as well as garden, sketch, and cook.

When asked what she thought the most important part of her job was, she told me, "Understanding the students you're working with and their needs."



Sleepy Time

By Sophia Brock

Have you ever been irritable or unable to focus for what seemed like no reason? If so, you might be sleep deprived.

You're not alone. In fact, about 73% of teenagers don't get enough sleep. Most of them don't even know they need 9-10 hours of sleep—instead they are sleeping an average of 7 hours.

Sleep deprivation affects us more than we think, and it can even be a trigger for mental health issues.

So, why are so many teenagers sleep deprived?

Mostly because their brains don't work the same way an adult's brain does. During the teen years, your circadian rhythm changes, which can make it difficult to fall asleep before 11 pm. Teenagers also naturally wake up later, and it has nothing to do with laziness. Other reasons for sleep deprivation include busy schedules, early school start times, and social media use.

We all know that not getting enough sleep can make us tired and unfocused, however, that isn't all. Sleep deprivation can also be a trigger for mental illness, lower the immune system, and make it impossible for someone to regulate their emotions. Drowsiness is especially dangerous for students who drive—roughly 76.3% of students who are 16 or older nationwide. A slowed reaction time makes student drivers more likely to be in an accident.

Many students (and their parents) recognize that sleep deprivation is a major problem, but they don't know how to fix it. Something that can help is to limit technology use at night. However it might not solve the problem entirely. Going to bed at the same time every night, having a dark, quiet room, and rearranging your schedule to allow for an earlier bedtime may also help.

Students and parents can advocate for a later start time in schools. This allows students to follow their natural circadian rhythms instead of forcing themselves to adhere to an adult system. When schools start later, students perform better, engage more, are less drowsy when participating in extracurricular activities, and oversleep less on weekends.

Getting enough sleep may feel impossible, but with a few changes, you can improve your mental and physical health by sleeping a couple more hours.

Career Opportunities with Duval

by Liesel Everett

One of the most important things for students in highschool is figuring out what your plan for the future is. Thankfully for Billie students, we have Mrs. Duval to help us along the way. Mrs. Duval, our school's Career Coordinator, has been working at Pleasant Hill since 2004 and before that worked at Springfield High School. "My day is different everyday. Sometimes in the classroom, sometimes in the community," says Mrs. Duval.

Some of the main things that Mrs. Duval sets up and does for students are career fairs, helping with resumes, job applications, mock interviews, and going into classrooms to talk about different career opportunities. She works with all grades but specifically freshman and seniors. A couple of the career opportunities made possible and provided are the Pape Career Expo, a Criminal Justice Careers Day in western Oregon, and LCC's Women in Trades Expo. Because of Covid, there haven't been as many big career things going on but it is starting to pick back up.

Another thing Mrs. Duval helps with setting up job shadows and getting students into internships. When asked how effective they are, she says, "I would say any of them that have done that, at least 90% say that that's what they want or are glad they did it" A lot of the careers she helps with provide these opportunities for are technology based, electricians, lineman, and medical fields.



The Fentanyl Crisis

by Lena Daniel

Fentanyl is one of the most dangerous and deadliest drugs this country has ever faced. This poison is everywhere and threatening the lives of Americans every single day. One American whose life was destroyed by Fentanyl was my 20 year-old cousin. He lost his life to this drug in July and this crisis continues to end the lives of people every single day.

Fentanyl is a highly addictive synthetic opioid that is similar to morphine however it is 50 to 100 times more potent. The potency of fentanyl is so dangerously high that only 2 milligrams is enough to kill a person almost instantly.

Fentanyl was created to treat severe pain, especially after surgery in safe, controlled environments such as hospitals. However, it is now being mass produced in labs illegally, primarily in Mexico, and sold in forms of candy, nasal sprays, eye drops, cough drops, pills, powders, and more.

Not only is fentanyl highly addictive but it is also the most lethal drug of all time. According to the CDC, 107,375 people died from fentanyl and similar drug overdoses in 2021.

One of the most dangerous forms of fentanyl is called "rainbow fentanyl" and the reason it is so dangerous is because of its uncanny resemblance to candy such as sweet tarts. Teenagers all over the United States are being poisoned by these deadly, candy-like pills.

You never think something like this will affect you or someone you know until it's too late. That is exactly why it is so important for us to spread awareness and beat the fentanyl epidemic before it takes the lives of more Americans.

Greenland is melting

by Angel Calva



A meltwater canyon on the Greenland ice sheet. Photograph: Ian Joughin/University of Washington/PA

Greenland is losing 250 billion metric tons of ice per year.

This is scary.

Greenland's ice is melting 7 times faster than it was 25 years ago and it is only speeding up.

Rising temperature doesn't just affect Greenland's ice, Climate change affects all plants, animals, and people in Greenland.. This affects the Inuit people especially as they depend directly upon the environment. Make up about 80% of the total population.

The Tunumiit Inuit indigenous people are seeing changes to their food systems and cultural interpretations. They have had to move from seal hunting to fishing.

The problem with changing behaviors is that fishing is deemed as a low-status activity to the Tunumiit. Before, the Tunumiit believed that lack of ecological resources would also lead to a lack of human respect.

This tradition is slowly changing because the Tunumiit believe they are losing agency in controlling unpredictable weather due to climate change. This leads traditional hunters having to move to the tourism sector because they can no longer provide for their families through traditional forms of hunting. This has modified their culture, relationship with food, and increased global carbon dioxide emissions by encouraging more travel to east Greenland.

But the Inuit are not the only victims of an increasingly heated planet.

Climate change affects everyone and everything on earth. Due to rising temperatures animals now face new challenges that affect many species survival rates due to changes in food availability and habitats. Increased precipitation from climate change is contributing to extreme weather including flooding. Frequent flooding has caused habitats and ecosystems to be destroyed or have detrimental effects which are very important to all animals that live in those ecosystems. Oregon has already been affected by climate change. Coastal waters have become more acidic which leads to the death of locals.

We have all seen that wildfires are occurring more frequently, and some rangelands may convert to deserts. Just last year wildfires burned 828,777 acres in Oregon.

Some ways we can lessen the impact of climate change is by making choices that reduce greenhouse gas emissions. How we can do this is by using our cars less and taking a bike or walking, for longer distances you can take the train or a bus. Because of all our choices earth has about 11 years to contain gas emissions if countries want to avoid the worst damage from climate change in the future.

"The risk that global warming could lead to human extinction is dangerously underexplored" (Euronews 2022). If climate change gets worse many things can happen, such as an increase in heat waves, decreased water resources, rising sea levels, mass animal species extinction due to the loss of their habitats, drought, and extreme weather. We are already experiencing all of these effects whether in small amounts or detrimental amounts. Climate change is something that affects all of us and is irreversible.



Jennah Kopperud looks into her shopping cart of chores at her place of work.

Best Jobs for Students

By Jennah Kopperud

As a student it can be hard to make time for a job especially when you have extracurriculars after school.

But if you're needing some extra cash we have some options..

I started working at an actual job at 16 years old but before that I worked for my parent's business. If you are not old enough to be employed you might look into some independent services such as: babysitting, dog walking, lawn mowing, house cleaning, etc. Asking neighbors or friends for work will get you hired if you have some drive and friendliness.

For those of you who are older than 16 there are many places that will gladly hire you with no prior experience. A job in food service may not be glamorous but it is a great way to start earning money and get some experience. I worked at Panera Bread for 8 months and I gained some very useful skills that prepared me for a more advanced, better paying job.

If you are able to, it is a great idea to start applying to all sorts of restaurants or fast food places. They always need help, so you are able to start earning money and get some experience under your belt. If you know you don't want to work with food then you should look into retail jobs at grocery stores or clothing stores that might be hiring. And if you enjoy bantering with customers and don't mind claustrophobic spaces, being a barista could be your ticket. If you have worked a starting level job for a while you might be able to get a job that pays a little better and that you might enjoy more.

Liesel Everett works at Marshalls, a discount department store, she describes her job as cashiering, making sure customers found everything they needed, and making sure they have a nice ending to their shopping experience. This job is great for Liesel's student life because Marshalls is flexible with her hours. She has a consistent schedule and the job is not very stressful. Liesel enjoys this job because, unlike food service jobs, she can wear a casual outfit and can come home without feeling dirty or greasy. Liesel says "My favorite part about my job is that I am able to talk to so many different people a day and have fun at work with my coworkers. It's really nice to have a steady routine with work and keep rhythm in my life with a stress free workplace." This is important for young people and gives them the opportunity to meet new people from different backgrounds.

Here's why the Tardy Policy is wrong

by Allison Rife

Let's talk about the tardy policy.

None of us enjoy it. The new strictness reminds me of the year we went into quarantine. had a worse tardy policy where if you were tardy, you got lunch detention for the day.

I've come to notice schools have started buckling down on tardy and absent policies more than ever. I believe our tardy policy is wrong in that it is too strict.

Certain classes like PE or metal shop are further away from academic classes than others, and students from those classes take at least a few minutes to get dressed, then check their locker, go to the bathroom or get water. By the time they get down with these basic necessities, they are late.

I think the tardy policy is too strict because the more strict rules get, the more sneaky kids will get. So the reality of preventing kids from being late is almost likely as kids will just get notes and return to their actual class.

The next reason why our policy is wrong is kids are punished for being tardy from class when instead they are usually setting stuff down or going to grab water—not chatting with friends in the hallway. That does happen the majority of the time because of the lack of a long enough passing period. Our current passing period is too short. With our current system there is really only time to get to class. This is the reason that most kids don't even use their lockers or wait to go to the bathroom till the middle of their next class. There is a fear of being late to class so they avoid taking care of themselves.

The Obesity Epidemic: America's Big Problem

By Hunter Giles

If you're keeping up with health-related news, you might've heard of a problem facing millions of Americans today: obesity. Approximately 40 percent of people around the world are overweight, and it's a rapidly growing number.

People who are overweight or obese have an increased risk of death, type 2 diabetes, stroke, and all number of other severe conditions. Obesity can reduce a person's lifespan by 3-10 years depending on the severity, and contributes to an estimated 1 in 13 deaths in Europe.

Obesity's not a new issue, an estimated 13.4% of American adults were obese in 1980, and that statistic went up dramatically over time, in 2008 34.3% of Americans were reported as overweight, and the number continues to go up.

It's not just a problem in the US, either. Countries where obesity was rare, such as England and China had an increase in obesity rates during this time as well. The percentage of obese pre-school aged children in China increased from 1.5 in 1989 to 12.6 in 1997.

This raises valuable questions: What is obesity, and how exactly can we prevent more people from being obese?

What is obesity?

According to the CDC, obesity in adults is a BMI (Body Mass Index) placed above 30, and can also be placed into multiple categories. A BMI of 30-35 is considered Class 1, 35-40 is Class 2, and 40+ is considered Class 3, otherwise known as Severe Obesity. A person's BMI will depend on their height and other factors in that individual's life, and the BMI is also not the sole indicator of health, but can be an indication of some health issues related to weight. There is controversy over the use of the BMI in general practice, as it does not account for differences in muscle mass as opposed to fat, bone density, or racial factors that can affect a person's ideal weight.

What are the effects of obesity?

Obesity is the second highest cause of preventable conditions, and carries a much higher risk of stroke, type 2 diabetes, coronary heart disease, and some types of cancer. Obesity can lead to other unpleasant physical symptoms including back pain, breathlessness, and sleep apnea. It is estimated that obesity can reduce an individual's lifespan by 3-10 years depending on the severity.

What is the cause?

Obesity can have several causes, but the most common reason is due to a lack of physical activity and a poor diet. A diet heavy in processed foods high in sugars and fats can be very detrimental to your health, but is very common and hard to avoid in the modern world. Another cause of obesity is some types of medication that cause weight gain, or medical conditions such as an underactive thyroid gland, which can usually be controlled.

How prominent is obesity in the United States?

Obesity in the United States has reached the level of being an epidemic. According to 2017-2018 data from the National Health and Nutrition Examination Survey:

Nearly one in three adults are overweight. (30.7%)

More than two in five adults are obese. (42.4%)

About one in eleven adults has severe obesity. (9.2%)

How can we handle this problem?

Unfortunately, there are few solutions to the obesity epidemic besides encouraging healthy lifestyles and eating habits. In more extreme cases, more drastic measures such as bariatric surgery or weight loss medication may be necessary.

Quotes.

Out of curiosity, I asked a few teachers at Pleasant Hill for their opinions on this public health issue:

"It's important that people focus on their health, a good diet and exercise. Besides the physical aspect, it plays a lot into mental health, and a ton of people are struggling with that."

- Mrs. Messersmith

"Obesity will continue to be a problem in our society as long as people keep having unhealthy diets without expending enough energy."

- Mrs. DuChateau

"In order to tackle the obesity epidemic, we have to look at the whole person in order to have them make healthier lifestyle choices. There's definitely a mental aspect to it."

- Mrs. McCool

Music's Power

by Rosie Paredes-Calva

The world is filled with negative, and positive emotions. Most of the time these emotions are just too overwhelming and hard to deal with.

So what can you do if you don't like talking to people and other methods of therapy haven't worked.

Try music therapy. Music can have so many positive effects that help open our hearts and feel connected to others.

Music may also help with reducing stress enabling self expression and creating a calm state of being. It's not just listening to music that can help you, playing, singing and even composing music are other ways that make a difference.

That's why music therapy can help heal more traumatic and harmful memories. People who have been in a war or other distressing experiences can also benefit.

Music therapy can also be used for conditions like Alzheimer's, Autism, Depression and substance abuse.

Music has been used as a therapeutic intervention since the 18th century.

Music theory is also now known as sound therapy. Music therapy features having clients make music with instruments, voices or even other objects. Receptive music therapy has the therapist playing and/or making music as the client listens.

The average amount these types of therapists make is about 27.35 per hour and 57,096 a year.

To become a music therapist you need to have a bachelor's degree at a minimum but most have graduate degrees.

Music therapists are professional musicians as well as they are healthcare providers.

The way this technique is performed is by encouraging the patient with positive actions, and regulating their breathing so that the patient can fall into relaxation as well as a guided meditation exercise.

The most effective genres in music therapy are classical, soft pop and certain types of world music but it can mostly depend on the person and what they prefer.

I like a lot of music from rap and metal to J-Pop to even K-Pop. Some people may think that certain music would NOT make a person really calm. But for me all kinds of music are nice and may help me in a way that it might not others.

Music can be therapeutic and a great way to express yourself if you don't know how to express yourself with words. So next time you're just so filled with emotions you don't know how to let others know, plug in some headphones, turn the volume up and drift along.

Changes Planned for Rewards Trip

The administration is planning on a Reward Trip for all middle school students on Thursday, January 12th from 10:45 am -2:00 pm.

The middle school will be going to Putter's and Stike City. This will include all middle school students and staff. Moving forward trips will be earned by all students related to specific positive behaviors we are focusing on as a school.

We are optimistic this will increase student belonging, positive behaviors and improve the overall culture and climate at our school.

We are also recognizing individual students through their hard work and dedication to academics every quarter with our Honor Roll List as well as thorough Billie Bucks.

-Principal Gerot



Brennen Bell receives a tardy. Please note the tear sparkle in his eye in this simulated experience of receiving a tardy.

Billies come back...



Susanna Williams, Michelle Olson, Amanda Moch, Jolene Hill, Zac Tendick, Jami Strinz, Joe Neill, Steve Smith and Sarah Apker, missing are Jessica Jampolsky, Lexi Devish,

By Jocelyn Heacock

Imagine yourself twenty years from now. Do you see yourself back here at Pleasant Hill High as a teacher? Most of you would say “No!” But for some teachers such as Ms. Jampolsky, Ms. Strinz, Mr. Neill, and Mrs. Hill that scenario became a reality.

Originally, Ms. Jessica Jampolsky hadn’t planned on coming back until a “happy accident” occurred and brought her back. Ms. “J” had graduated from art school and was currently taking care of her grandmother while working free lance art. “When she passed away, I was looking for work because I was tired of free-lance....then the old art teacher Mary Stevenson called me out of the blue.”

Ms. Stevenson offered Ms. J a job at Pleasant Hill as the new art teacher, “I literally had no plan” she stated with a laugh. Ms. J said that coming back to teach was quite the experience, “Now, the tables have turned. I get to see what the other side looks like, I get to see and understand what the teachers go through—but I also have a lifetime of experience behind me. When I look at you guys I can communicate with you guys. You are wonderful because you are so young and you have so many opportunities. But it’s also kinda sweet and nostalgic because that was me and it doesn’t seem like it was that long ago but it really was. It’s an interesting package.”

Ms. Jami Strinz has a story of her own.

“I’d been gone for 25 years and traveled all over the world and I think all of my experiences away from here have given me great insight into helping students here now. And so, why did I come back now ? I’m excited to come back and work in the place that helped me form who I am. I’m excited to bring my daughter back to be a student too, for that same kind of experience.”

Ms. Strinz said that growing up her dad had been a teacher here and “the people knew me before I knew them, which was a blessing and a curse.” Ms. Strinz is excited about “the positive changes that are coming to grow with the world right now. The opportunity to help students prepare for life beyond school and not just to get out of school...We have an opportunity to help them prepare for that now.”

Middle school counselor, Mrs. Jolene Hill, found great timing in her path to becoming a teacher here at Pleasant hill. “I was excited that the opportunity presented itself at the same time that I graduated college with my teaching license. The same exact summer that I had gotten my degree, the job for a social studies teacher was posted here.”

When asked about what it felt like to come back she responded, “I was very excited... I loved growing up here, so coming to work here was a great opportunity for me and I’m glad that it worked out.vI remember the first year was a very eye-opening experience to what goes on behind the scenes that you have no idea about as a student.”

History teacher Mr. Joe Neill said that he “was not ready until I got some experience elsewhere. I started thinking about my own family, a lot of my family is still here. Just thinking about where a good place would be to settle. It all just kinda worked out.”

Mr. Neill spoke highly of his former teachers . “It was a good staff here, lots of different teachers with different backgrounds. They were a cohesive team unit.”

Mr. Strinz also had a similar thought, “A lot of the teachers really bonded together to help people in the community and that was really cool.”

by Ellie Epperson

Many of our teachers here are graduates of Pleasant Hill High School. A lot of them have fond memories of going to school here.

Amanda Moch, the middle school Special Education teacher, is a Billie from the class of 2007.

as well. Allison Wallace, Class of 2017, is a SPED Educational Assistant who works with Mrs. Moch in whatever she needs help with in the middle school.

“I had a lot of great memories when I went to school here. At the time, this was exactly the kind of job I was looking for and when I saw that I had the opportunity to get this kind of job here at this school, I had to go for it.”

For all the fun they had in school, some alumni teachers feel that school spirit has gone down significantly compared to their time at Pleasant Hill as a student.

Lexi Devish, a high school math teacher at Pleasant Hill who graduated in 2017, said, “In some ways [school] is the same but in some ways it’s different. I think we [definitely] had more school pride. So that’s the biggest difference.”

“When I went to school here there was a big sense of community. My whole class, we were all very close with each other. And there were like 80 kids but we were all really close, we were all really dedicated to the school.”

“Something I noticed is that there isn’t really as much school spirit as there was back then. Because when I was helping supervise the floats, we would have half the class out there working on the floats, and there were only like a few people for each float [this year] which I thought was kinda sad. I don’t know if it’s because of Covid or if times have changed. I feel like people are a lot more into their cellphones than they were back when I was in school,” said Ms. Wallace.

Ms. Moch added that she feels “like school was extremely fun, sports was like life and everything.” Moch participated in soccer, basketball and softball. “There were more activities happening. That’s one of the biggest differences. Especially with the seniors, you know, [during] Homecoming the halls were decorated crazily. There was stuff everywhere! And I feel like—granted we’ve come back from covid everything is just a little different—we also had more school spirit back then. A lot more assemblies, everyone knew the Billie chant and sang, a lot of people went to football games, a lot of people went to sporting events. Basketball gyms were filled. And I feel like maybe since the new school was built, they wanted to “save” the newness of it. A lot of the old traditions fell apart. Like a little tape is gonna hurt (early rules forbade signs being taped up in the new halls). School spirit is hanging things up and decorating the halls for certain events and just making it look rad! It’s something that needs to be brought back,” said Amanda Moch.

Michelle Olson, class of 1996, teaches middle school math. She said “[School] was busy. It was a lot different but also a lot the same. We had no cellphones, like nobody did. So everybody just talked constantly, it was like the note passing days. You had to fold it good. People participated. School spirit was a big thing. [School spirit] is so far down [now]. Like school dress-up days, it was like all-or-nothing. I mean, we could do some more entertaining dress-up days than you can now but you know. Everybody went to games...there were big student sections. It made everything more fun.”

Because of their many good memories and experiences, they came back to Pleasant Hill: this time as a teacher, not as a student.

“[I decided to come back because] my kids go here, number one, and I live in the community and just my experience at Pleasant Hill. It’s very family-oriented and you have an opportunity to actually get to know every single kid here whereas when I worked at bigger school districts it’s impossible to get to know everyone. So with the ability to get to know the kids and make close relationships [that] is the key thing that drove me back to Pleasant Hill,” said Amanda Moch.

“I will say, [I came back] sort of on accident. I was supposed to be student teaching for Mr. Thornton because he was my math teacher but then he ended up leaving so that’s when I started student teaching for Mr. Gray. And then they needed an extra math teacher so that’s when I got hired. So it was kinda by accident but also because it’s familiar. But that was the main reason,” said Lexi Devish.

Ms. Devish sees herself staying here as she and her husband and baby are moving to Pleasant Hill.

Mrs. Olson said that she “came back because I like being a part of my own community, it’s nice to live somewhere and serve the community that you live in. But it’s also where my kids go. I am home a lot more with my family because I don’t have to commute in-town and constantly be gone. So I get to see my kids more,” said Mrs. Olson.

*avoid gifts with excessive packaging
*use sustainable wrapping, cloth, baskets or gift bags

HOW TO HAVE A “GREENER” CHRISTMAS

*avoid overspending by setting a budget so your wallet does not feel “grinchy”
*use a live tree then plant it

By Maddy Gunn

Did you know that unwrapping your presents can be dangerous?

With inflation squeezing everyone’s money out of their wallets, Christmas preparation can be even worse. Inflation isn’t the only thing we should be worried about.

This holiday is not about presents, but to some it is. I am writing to inform you about avoiding inflation AND creating a healthier, more planet-friendly Christmas.

I’m sure everyone loves colorful wrapping paper and all the different festive prints, but did you know that most wrapping paper is not recyclable, and is not easily biodegradable? Wrapping paper has the benefit of making your gifts look pretty underneath the tree, but, there are more eco-friendly alternatives for this staple of the holiday season. Instead of wrapping paper, you can use covers like fabrics, baskets, glass jars, and metal tins. These less-waste options are much healthier for our environment and landfills.

Now, call me the Grinch for suggesting this idea, but, is it environmentally friendly to have a Christmas tree?

Yes, of course, it is, you are decorating one tree, a real tree for a celebration of life this season. And besides, having it in your living room just makes the holidays more magical. Plus, you are helping fight the ever-growing problem of Climate Change. Getting rid of Christmas trees feels like a slap in the face. You may be surprised, but there are actually alternatives to Christmas trees including the following. A decorated potted plant, wooden wall-mounted planks. or even live trees in pots. There’s nothing wrong with having a beautiful tree sparkling in your home.

And speaking of holiday traditions, we can’t forget about the food. Leaving cookies and milk out for Santa has been something most of us have all done since we were little. Most people don’t realize the true impact of food waste, and the importance of preventing it. They either stuff themselves silly or throw most of the leftovers away. But, this too can be

harmful. We shouldn’t be throwing food out, unless it’s necessary. If you have got a house full of teenage mice who never seem to stop eating, you will most likely not have a problem with food waste. In case you don’t have ravenous appetites, here are a few suggestions to try out. Write a list of all the items you need to buy, offer guests a take-home bag, so everyone is enjoying your leftovers. Others you can compost instead of tossing them in the garbage.

Being climate-conscious, and practicing a low-waste lifestyle, is not only beneficial for your mental health if you tend to worry about these things, but also for our planet’s longevity. We enjoy and honor the Christmas traditions, but we don’t all need as many things as we’re told we do. You can still have a wonderful holiday season while still being mindful of the environment. Finally, below are a few more ways of maintaining a sustainable, lovely celebration.



Pleasant Hill Community Theater returned to the stage with *Shrek the Musical*. Several Billies worked on the play on the stage and behind. Jo Holley played Fyona, Josie Chevalier was Lord Farquard, Olive Brown the ugly Duckling, and other cast members include Caroline Carlson, June Johnson while Ms. Jampolsky designed the vivid set, Alex Groeper, Deanna Helvie, Chris Helvie, and Brennen Bell worked on sound and light while Alea and Abigail Blatch managed the stage. The play was directed by India Potter and Peyton Brazell.

Inside Shrek the Musical

By DeAnna Helvie

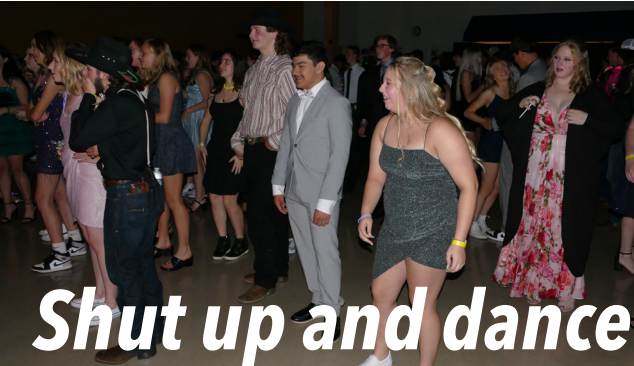
Shrek the musical was pulled together as Pleasant Hill Community Theater's first show following Covid by director India Potter. The production was a statement piece about the differences in the people who surround us. This lesson is taught through the loveable story of a young ogre, his beautiful princess, and his best furry friend, Donkey. The play is an adaptation for younger actors. So many of the supporting cast members were played by middle school students here at Pleasant Hill.

The actors in this show have been through many struggles together, including a packed schedule, learning lines, and quick changes. "I was only somebody backstage until they (the director) came up to me and said 'hey do you wanna be Fiona' and that was fine but my heart kinda dropped... It was hard knowing lines but now I'm having a lot of fun." - Fiona (Joanna Holley)

Josie Chevalier is another young actress who played the diminutive role of Lord Farquard in this year's fall musical. "I've had a lot of fun doing this show. Being able to come here and be with all my friends and be a part of *Shrek the Musical* is just so fun. And I've never been more passionate about a role before... Overall this has been a wonderful experience and I hope to do a lot more plays in the future... Knee pain, that's a side effect." - Lord Farquard. (Josie played the role on her knees throughout the play to display Lord Farquard's... short stature.)

This has been one of my favorite musicals to witness, the kids truly have a connection and they are wonderful at displaying "theater magic". The challenges of putting together the play in a short time span with "green" actors meant that they grew as performers and more. "We are all family here and we all trust each other." - Storyteller (the girl with the purple hair in the 6th grade)

"I love painting myself green, it's a new hobby... The covid was not fun but now we are back and I'm happy we're back." - Shrek. Covid prompted a long break for the Pleasant Hill Community theater, but now that they have returned they have no plan of leaving.



Shut up and dance

by Alex Ramos

My teacher, Mr. Meinzen, believes that everyone, down deep, likes to dance. I am not so sure about this. So I asked some kids what they liked to dance too. A lot of kids would not answer and others seemed noncommittal. According to Brennen Bell, the best dancer I've seen so far, he likes dancing to any catchy pop song. So then I talked to teachers.

And they gave some good song choices for people to dance to if that's what they are looking for. There are a lot of catchy tunes out on the web but it just depends on what tunes you find fun to dance to, maybe you like Rock and Roll or maybe you like classical or perhaps hip-hop. Boy, what a difference.

Mrs. White is all about the dance. If you have ever seen her at a dance, you know she likes to trip the light fantastic. Some of the songs that she would dance to if she was at a party are like *Sexyback* by Justin Timberlake or *In Da Club* by 50 Cent. Both of these are fun songs to dance to with a beat that gets you dancing.

If you want to dance to some classy tunes something really calm but enjoyable, then Mr. Gardner has the best songs for you to dance to.

BILLIES

Harmonica Wizard Hank Shreve

by Wesleigh Harr

Music is something that everyone is able to connect to. Whether your genre is Classical Rock, Experimental Jazz, Hip Hop, or Country there is a little something for everyone.

Even better, you can find enormous enjoyment in playing it. One such place here at our school is our music program. With Wind Ensemble, Big Time Band, Solar Jazz, Second Generation, and the three middle school bands, it adds a wide variety of the music that you can play. Whether that is by yourself, with a large group, or in a smaller band.

One local celebrity who began his musical career at this very school is Hank Shreve, or "Harmonica Hank." He graduated from PHHS in 2006. Before that, he had played in both bands and at talent shows. He frequently played the guitar, drums, or piano, Hank's passion is for harmonica.

Hank Shreve began playing music, specifically harmonica, at around eight years old. Being in a household full of music and both of his parents being musicians, it isn't surprising that he too became a musician. During this time he also picked up guitar, keyboard, dobro, drums, accordion, and singing as well.

In Mr. Shreve's earlier years, he was "kinda shy more than anything." He didn't consider himself to be "the best student." What he mostly looked forward to in his day however was music, both at school and at home.

When he graduated high school, Mr. Shreve then went to LCC where he played drums in the band and pursued Psychology and Physiology. However, he then started touring the country in a band and decided to drop college. He stated later in the interview that dropping college and not finishing his education was his biggest regret. Hank firmly believes that one of the most important things in life is to keep as many doors through education open in case another closes.

Hank Shreve continued to tour the country and still does from time-to-time. He mainly performs with his blues band consisting of his father, the bass player, a guitarist, a keyboard player, and a horn section occasionally. Their usual performances take place in bars around the country.

While talking with Mr. Shreve, he noted how much more satisfying it is to play a tune that he wrote. Hank recalled a few times where audience members would approach him after the show and tell him that his original tunes were their favorite. He does, also however, play covers of classic blues tunes. Hank's biggest piece of advice for future musicians is to stay consistent with your material and try to put out an album at least once a year.

Hank Shreve is a Billie who followed his passion. And while he is not getting rich, he is savoring his life.



Childhood hobbies follow into adulthood

by Sage Campbell

Everyone has a hobby. Whether that's art, singing, crafts, photography, or working on your truck.

Hobbies bring people joy and relaxation. How do you feel when you're participating in your favorite hobby?

When I'm singing with my choir, I have so much fun, it makes me feel so happy. I like to sing because it's so fun to be able to make beautiful sounds with just your voice.

Growing up, Mr. Meinzen liked to make space ships. He would make it out of cardboard and various objects. "I had to hold the glue together for like, 20 minutes and use dominoes for the computer." Him and his siblings would then play with them together.

Mrs. Brothers enjoyed drawing and reading growing up. She read everything, especially mysteries. She loved to draw Disney characters and her pets. "Everything needed to be perfect, it was frustrating when I felt something was wrong." She loved to draw because she was always proud

Christmas traditions around the world

By Ellie Thebo

Most Christmases celebrated here in Oregon are pretty similar. : Christmas trees, stockings over the fireplace, red and green decorations, and milk and cookies left out for Santa.

But not all Christmases are the same, there are Christmas traditions around the world that most people don't even know about. Here are some Christmas traditions from around the world that most of us have never heard of:

Yule goat □ Sweden

Every year puts up a giant goat. It marks the holiday season. Yule goat is an in-spirit would make preparing for the correctly.

The bet is if it to Christmas, repeatedly burned town of Gävle tries

The town had tried many different techniques to keep the goat safe over the years, such as, having guards protect it, raising the fences, using security cameras, and even spraying it with flame repellent. But still, most years the goat doesn't make it till Christmas. In 2005, a group dressed as Santa and the Gingerbreadman shot flaming arrows at the goat to burn it down. In 2009, a hacker disabled the security cameras and burnt it down.

The 13 Yule lads □ Iceland

Instead of Santa, Icelandic children get to celebrate the 13 Yule lads, which resemble garden gnomes. Besides the Yule lads, Icelandic children have to worry about a creature called Grýla. They come down from the mountains on Christmas and boil naughty children alive. On top of that, a giant black cat, called the Christmas cat, prowls around Iceland and eats children who aren't wearing at least one new piece of clothing.

Summer christmas □ New Zealand

In the southern hemisphere, the seasons are reversed. So in New Zealand, instead of the white Christmas we have here, the people over in New Zealand are celebrating Christmas with barbecues and summer vacations. Most of their Christmas traditions are the same as ours, but lunch on Christmas is very important because of the long days and hot weather. Some of their traditional lunch foods are seafood, salads, and cooler desserts to match the weather.

After Christmas they celebrate Boxing day, which is a lot like Black Friday. It's a day dedicated to shopping because of the good sales. On Boxing day it is also popular to watch or play Cricket.

Christmas cookout □ South Africa

If you're looking for unique and delicious food for the holidays, South Africa is the place to go. One of its most popular Christmas dishes is Braai. Braai is just barbecued meat, but there are many ways to Braai differently, one popular way is to make a sandwich. This is a sandwich made from two slices of white, buttered bread, filled with tomato, cheese, onion and chutney, and placed on the grill. It's sort of like a toasted sandwich. It sounds simple, but South Africans take Braai to a new level. You can see Braai being made all throughout the year, but it is particularly popular during the holidays.

A hungry teacher equals a hangry teacher?

by Aurora Brott

We all want teachers to be in a good mood, so what fills their bellies and makes them pleasant?

Turns out that leftovers are quite popular!

Mr. Tendick, our band teacher, has delicious warm mac and cheese leftovers made by his wife. He said that he likes having frozen lunches that are quick and easy to make. "I like hot lunches, but they are sometimes hard to get. But pasta is pretty great."

Mrs. McCool almost always has a quick and easy Caesar salad. But sometimes, she likes to make spinach wraps with her salads. "Just to change it up a bit, when I don't have a salad, I keep soup in my classroom for a quick warm lunch!"

Now, what about the people that make the school lunches? Turns out they eat what they make! When they make their own lunches, one of the lunch ladies loves fruit, so she would pack lots of it, raspberries, apples, and peanut butter.

Mr. Raade is a snacker. For lunch, he eats lots of granola, protein bars, chips, and jerky.

So while you're enjoying your lunch, teachers are enjoying a wide variety of foods! With access to microwaves and a fridge, they can eat all sorts of things!

Gymnastics demands it all

By Bella Malekzadeh

It's your turn.

Your turn to show the judges you can. Your hands are shaking chalk coating them but you go anyway because finishing might be worth it... Almost everyone has their own type of sport they enjoy: volleyball, basketball, football, or soccer.

But what about kids who like less common sports? Sports that don't include a ball?

Gymnastics for instance.

Doing gymnastics is basically like a full time job.

Addie Hyland (9) and Kaitlyn Soper(10) go to the gym as soon as school is over and they stay there till late

Addie is a level 9 gymnast who practices 20 hours a week.

She also has the struggle of being a straight A student.

Kaitlyn also has the same struggle with being a level 7/8 gymnast. Her neverending homework requires certain routines and making a balance between school and gymnastics.

Addie says she has to be organized and always tries to use her time in class to finish homework. Or her other option is to stay up really late.

Kaitlyn has to have a similar routine of trying to cram everything in during class but she says "I wish teachers would offer more class time for work because it's hard for me to get my homework done while doing gymnastics."

Kaitlyn also wishes that she could have a study hall. Even with all the sacrifices that Addie and Kaitlynn have to make they love their sport no matter the sacrifices.

Addie says that she loves all the good friends/people there and the feeling of flying is pretty great too. We gymnasts recall that even when we are tired at a practice or just feel like we can't do it anymore, we remember the good times, and all the amazing people there for us.

Kaitlyn Soper and Addison Hyland are top gymnasts



Above: Vedder Anderson grinds down his opponent while below, Alex Cloyd notches one of two pins against Churchill and Willamette High Schools.

Wrestling makes a STATEMENT!

By Malakhi Ausmus

Wrestling is a sport that does more than teach wrestling skills, wrestling offers life lessons that are profound. I interviewed two wrestlers and Coach Dahn Nikitins to see how wrestling impacts people's lives. Here's what they said.

Gavin Haratyk started wrestling mostly because he wasn't doing a sport at the time and his friend, Vedder Anderson convinced him to try it,

This is his second year of wrestling and for him it's easier coming in at an older age because you understand the sport better. But starting late does have some downsides. Gavin is inexperienced and unfamiliar with the moves of wrestling. Learning the moves and how to execute them is harder as well when one starts later.

Gavin likes wrestling because you make friends in new places and when you beat someone it's a major confidence boost.

Gavin can't see himself wrestling past his high school years. Senior Alex Cloyd also can't see himself wrestle past high school. For Alex, this will be his 7th year wrestling. He loves the sport but it gets tiring for him mid-season. He keeps going because wrestling teaches self discipline and makes a person better able to structure their day-to-day life.

Coach Dahn Nikitins has coached wrestling for nearly 30 years and is deeply respected by his team and the wrestling community.



Landon/Melvin steals the ball.



Dakota Hyland races past her opponent.

Correction: This story was published by me without checking on the situation regarding uniforms and field maintenance. According to an authority, coaches spend dozens of hours doing field maintenance and work hard to raise money from supporters for uniforms and equipment. And by all accounts the District has supported both programs. These facts do not invalidate our commentator's concerns, but my judgment in not getting all the facts and framing this story as a systemic injustice reflected poor journalism for which I apologize. Tim Meinzen, Adviser

Concerns raised about different athletic conditions

By Sami Pembleton

Opinion

Some girls have a sense that girls' sports gets less attention and support than boys sports do.

It seems that when the boys teams need something like new uniforms or a field upgrade they get it. Or consider that when the boys have to raise the money, they get what they need. The softball team is stuck with uniforms that are too small or too big because we don't have the money to get new uniforms.

When we fundraise, we cannot get enough money to actually get uniforms that fit us. We don't want to worry about softball pants being too tight or falling down-would you?

The baseball team has a refreshed field every year—but not the softball field. The softball field looks so bad. The field is uneven, the outfield has holes and when it rains the field is like a swamp.

I have nothing against the boys. I'm so proud of them and can't wait to see them play but this seems unfair. If the community just asked the softball players if they wanted to raise money for the field the team would jump right on it and say "lets do it." Who wants to play on a field that has holes? or on a field with puddles all over it? We don't need a whole new field all we are asking is for the infield to be level and our out field holes to be filled and leveled. We are not asking for much.

Sometimes it feels like the community is pushing softball aside so they can put all their attention on the sports teams they care about like the boys sports. We can't even practice on our field for a couple of days if it rains, but the boys are practicing on a completely dry field.

Last year the boys varsity basketball team went to playoffs and the school let the students go and support them and cheer them on. I'm so proud of them and I'm so happy that they made it that far. I hope they win it all. But contrast that support for the boys basketball with our school's lack of support for the girls soccer team which just went to playoffs. The students were not able to go and support and cheer them on.

I get that not everyone might like soccer, volleyball, football, baseball, softball or basketball but even if someone doesn't like that sport students should be able to go and support a winning team at their biggest game no matter if they win or lose.

It can feel like our district doesn't care about girl sports. I am sure they actually do, but it just feels like they don't sometimes.

Instead of just complaining, we took this up with the people in charge. Superintendent Jim Crist and Athletic Director, Mr. Kyle McClain. Mr. McClain emphasized "We have a strong partnership with the Pleasant Hill Booster Club, which I am hoping we can use as a resource to address these inequities."

"My goal as a school administrator is to amplify the student voice. I will continue to work with our coaches, families, community and students in identifying areas of concern and strategize efforts to address these concerns."

"Ultimately, my long term goal is to create a Strategic Plan for PHSD Athletics. This plan will include vision, mission, core values, long term goals, an action plan to meet these goals, and necessary investments. It will be important, as the Strategic Plan gets developed, that we engage with students and stakeholders with an equity lens."

These are some of the things Mr. McClain is focused on fixing and or working on. When he was a wrestling coach he had to endure some of the things I am talking about. This is why I appreciate Mr. McClain because it only takes one person to listen and he was that person he stopped and took a second to listen to what I and others had to say.



Jacob Neely brings it wide.

Sports Roundup

by Kelcie Goddard

Volleyball had a great season, maybe the best in decades. The season started out strong and stayed that way throughout the whole season. The team ended the season ranked #2 in league in 3a Mountain Valley Conference with a record of 19-3. The team made it to State for the first time since 1989. The Billies worked really hard and bonded together to become successful. This team wouldn't have been a success without their coach Jessica Crawford. She prepared them for the challenges they faced in the season. Jessica encouraged and motivated the team and made the season a good one for everyone.

With a young crew lead by Cheyenne Greene, Emily Krauss and Claire Crawford, among other stars the future looks very bright. They will have very successful seasons in the future.

Girls soccer also had a fantastic season going. They were led by outstanding play from a strong junior class. They often led the way in off season workouts and practice. "The future is bright with those 8 players becoming seniors next year" says coach Chris Hammond. This team remained successful with most of their offense that remained intact from last year and had an updated defense, who was led by Co-Captain Maddie Boettcher. This team was featured with dynamic new players Ellie Epperson, Karley Bloxham, and freshman Kenna Caldwell and Ryan Thomas. Through the whole season defense only allowed 9 goals, including state playoffs. One of the big challenges this team faced was how addicted they were to HiChews. They always had to have them for a little halftime recharge. They were constantly cleaning out the bag and quickly figured out where coach Chris was hiding them. "Emma Dyemartin and Paige Schenfeld were the two most guilty parties" - Chris Hammond.

Boys soccer still dominated even after losing several key seniors last spring. Their record was 8-56-3 and finished 21st#21 in OSAA. They were led by Adrian Arellano's record setting goal streak of goals, a state record. Other strong performers include Ian Vanderlip, Nate Curtis and newcomer Landon Melvin. Hunter Allen performed well in goal.

Football had a promising start but then faced much bigger teams and the season got tougher. But with a new coach settling in, the team looks forward to next year.



What Billies Eat in a Day

by Sari Strinz

Good nutrition is an important part of every student's growth and success. Some students at Pleasant Hill eat consistently at meal times throughout the day. Others snack as often as they need to get by. Although many families have the opportunity to provide balanced, nutritious meals to their students, this can be a challenge for others due to busy schedules, finances or just simply family priorities.

One of the students I had the chance to interview is Kyra Bebb. Bebb is an 8th grader and stated that she does not eat a variety of meals throughout the day. Instead of meals, Kyra eats more snack-like things. Some examples of these are hummus and pita bread, baby carrots, fruits, granola bars, etc. These snack-like things are also the things Kyra eats for lunch. Dinners for the Bebb family usually consist of chicken and salad. Kyra says that although her family normally eats things that have chicken in them, they also eat other meats like steak and pork.

Another student I got to interview is Braelyn Sharr. Sharr said that she has a light breakfast, a well balanced lunch, and a diverse dinner. Some of the things that Braelyn said she eats for breakfast are yogurt and or eggs. For lunch things like salad and chicken are eaten. And for dinner there is a randomness to the Sharr family's meals. It could go from Ramen to steak. It is very inconsistent but she does not seem to mind that.

Mallory Maguire gave me some great insight on her family's food habits. For breakfast Mallory eats cereal, bacon, and toast on occasion. Mallory also says that her lunch usually contains some sort of meat, cheese, chips, and a possible salad. The Maguire family decides together on what they eat for dinner. They typically have a well balanced dinner. Examples of this are spaghetti, ribs, and steak accompanied by some sort of vegetable (steamed broccoli, green beans, potatoes).

Jasper Bruington is a student who gives us an example of a kid that chooses to eat meals not only from home but also from school. Jasper said that they eat a small quick breakfast like cereal or toast. They eat a small breakfast because the school supplies a pretty well rounded breakfast. Jasper eats a lunch provided by the school as well. For dinner though they make a decision as a family as well as making it on the fly. But they could end up making whatever they feel like at the time.

I asked a few students what they would like to see included in the cafeteria since there are some kids who eat school lunch. One of the students, Wyatt Krauss, gave me some different options that could be provided for school supplied meals. The one thing he mentioned for breakfast was smoothies. For lunch orange chicken, pork slices, and rice were mentioned. And of course there were desserts. Wyatt and his friends wanted like ice cream, brownies, and pies.

As you can see there is little variety and very little consistency in our average students' meals. There are a few students who are able and committed to making good nutritious meals, there are a few patterns like eating three meals a day and eating more than just snacks in these meals. Although this may be true, each family has their own way of getting nutritious meals and various snacks, and some are unable to get any more than they already can. This information can give our community a chance to see what the kids of our society consume on a daily basis. And hopefully help us all to see a way to improve our communities food supply.

MONSTROUS MONSTERS

by Camille Hicks

We've all seen the red buckets around school chalk full of cans: Monsters, Redbulls, Rockstars, Reigns, etc. This mass of empty energy drinks is understandable. Most of us are busy, stressed, and oh—so—tired, but then you pop open an energy drink (or two) and you're good to go.

However, are energy drinks really the best option? Are they helping or harming?

Energy drinks contain, on average, roughly 30-50 mg of sugar in a single can. The daily recommendation is approximately 25 mg. While that is the best case scenario, and most of us don't go by that rule, consuming double that in a singular drink is less than preferable.

Energy drinks are high in caffeine for a reason, meant to keep you going, "power through," however, have you ever felt worse afterwards, instead of better? When asked how he felt after drinking energy drinks, a junior, responded, "Like s**t, but I still drink them anyway... to get more energy."

Redbull is the leading energy drink, followed by Monster and then Bang. However, Bang contains the most amount of caffeine, which is a total of 300 mg in a 16 oz can.

Caffeine is a classified drug, it's designed to be addictive, leaving you wanting more, despite how you may feel afterwards. I personally still inhale a Redbull once or twice a day like it's keeping me alive (I think it actually is.)

Perfect for studying, school, sports, a family event you don't want to be at, etc, and putting aside the negative health effects, which aren't necessarily that bad short term (don't drink energy drinks daily for years.) I, and many others, find energy drinks really useful. Not only do they - usually - taste good, but they give a nice "pick me up."



by Kyra Bebb

People say don't judge a book by its cover but it's almost impossible not to. You go into a book store and immediately go to your favorite section/genre and look for a book that "catches your eye or interests you."

You don't look for a book with a simple or boring cover, you look for a cover that's exciting and fun and (depending on the genre of course) interesting to you. It's the same with people.

You can be walking down the school hallway and see a person dressed in all black, lots of jewelry, just a general, dark aesthetic. To this person there might be many reactions but the most common(in my opinion) is "oh that's weird."

And it can go farther "It's not normal" let's bully them, let's make fun of them."

But in all honesty it's not that it's weird to dress differently. It is that society has made it seem that you can only dress a certain way to be perceived as "normal."

People who dress in all black could be the nicest people you have ever met, while people who dress in common colors or pants or anything in the "norm" could be the rudest people you could ever meet. Or it could be the complete opposite.

That's why I absolutely hate it when people judge others by the way other people talk, look, dress, and act.

Here is the problem with my disgust. It is wrong for people to make assumptions—but I do it too.

"Do I know anything about that person? Could they be different from my assumptions?"

I judge people because it seems to be part of my nature. We can't help but do it. We tend to group people by how they look, how they dress, and what you hear about them.

If someone looks "different"you're not likely to go up to them and just start talking. More likely you're going to try your best to avoid them.

If someone looks like they're "glaring" the whole time you're going to feel like they don't like you or you did something wrong. Then you're going to second guess yourself.

If you hear someone talk badly about someone else you're going to have doubts that it's real but you're going to be thinking about it when/if you meet the person. The way someone talks or the way they act is always judged by others and I despise it.

I asked some others for their opinion and this is what they said.

Rosie Paredes-Calva said "I approve of this and I think high schoolers and people in general especially the younger and sometimes the older generations judge more."

Angel Calva said "I don't think we should judge people by their outer appearance."

I agree with tha, but I do it, my closest friends do it. It's almost impossible not to judge because we judge by our own beliefs, our own thoughts. We think what we want, we say what we want but most of us think that others should think, dress, talk, the same as others.

So, how do we fix our willingness to judge others? How do we change?

I don't know. But next time you meet someone or you see someone out in public who's dressed "differently" try this. Ask "do I know anything about that person? Could they be different from my assumptions?"

You could just let them go and move on with your life because just like them you're living your life for you, not anybody else.

Showing off our PRIDE

by India Isaacson

Every Wednesday each week, students—no matter their gender or sexuality meetup, and it's awesome.

The GSA (Gender Sexuality Alliance) accepts anyone who is accepting of LGBT rights. It's really fun to hang out there with Ms. Flood. You'd get to know some awesome people and we usually play a game each time we meet up.

I've gone to the last couple meets and it's a really fun thing each time. We meet up during High School lunch every Wednesday in Ms. Flood's room. All LGBT+ friendly people are welcome to join! The GSA talks about LGBTQ+ issues at the school, but it's not just for LGBTQ+ people to join! So long as you're friendly, you can drop in and join the club.

It's important for LGBTQ+ kids to be able to have a safe place and also non-LGBTQ+ to be known as safe. The issues discussed range from generally mean kids to actual issues people are impacted by. Currently we've only played games in the group because we are waiting for more members to join, but once we get more people to join, we will be discussing the issues that we can try to fix. Currently we have about 9-10 kids in the club.

"Our GSA is part of a nation-wide network which supports LGBT youth, helps organize school-based activism campaigns, and creates strategies to deal with societal issues. Every GSA is different, and depending on the student interest we may or may not do the examples listed. Our GSA is primarily a group for student support, so it's student-directed. It's up to the group which direction we take."- Wade Sprague and Kat Wilardson.

If you're interested in joining the GSA, contact either Ms. Flood, Wade Sprague, or Kat Willardson.



Speak Up

by Jacqueline Pineda

How influenced are you by the world around you? Do you listen to the things your peers say or do? When going on social media, do you find yourself wanting to involve yourself in similar activities as your favorite celebrities or influencers?

Influence is all around us in some shape or form, which is why it is important to use whatever influence you have to better those around you and inform others about ideas they may have not had otherwise.

Media personalities and celebrities with fans and followers are people who have a wide range of influence. For example when they speak about big social issues, that tells people that they care and have an opinion on said issue. This can then prompt their fans to think about the issue and be in support of the awareness of it or take action themselves.

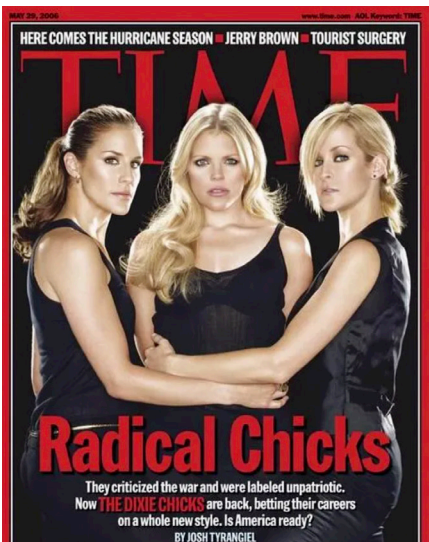
An instance of this was when Taylor Swift voiced her stance on politics in 2018 and within the first 24 hours the voter registration went up by 65,000 new registered voters. Her fans were in-

fluenced by her opinion and they possibly would have not registered to vote if she hadn't said something.

This can backfire as the Dixie Chicks discovered back in 2003 when they denounced the president for getting us into a war in Iraq. They were met with many of their fans denouncing them, burning their CD's and losing airplay on country stations.

Despite people not always taking comments positively, it is still important to speak on what is important to you.

Although you yourself do not have as much power as those who are famous, there are still small actions you can do in your everyday life. Even just bringing up an important topic to your friends can help them realize and be more aware of a particular issue. If there is a problem or subject that you feel is important, don't stay silent.



Ms. Lavish

Mr. Cheapskate

by Jayden Apker

I enjoy the little things in life.

How do I enjoy them? By paying for things that bring me happiness—unlike Mr. Bell who sits next to me.

Brennan likes to skimp on his money, and scour classrooms for fruit snacks or a granola bar.

However, I don't have to stress about silly things like snacks when I spend my money on quality things, such as clothes (which actually ARE important, unless you like to walk around naked).

Whenever Brennan does spend his money, he spends it on milkshakes. Sure they may taste good, but are you going to have it for a long time? No. Probably like ten minutes. On the contrary, those clothes I spend money on I'll be able to keep for years.

I also like to go get my nails done regularly, which is expensive, but I consider it worth it. Having my nails done makes me feel more confident and complete. Obviously Brennan doesn't care too much about his personal upkeep, so he doesn't put any effort or money into it.

I do spend a lot of my money, but I have a job. If I'm not going to spend money on things I love, then what's the point of making it? My weekly sushi runs and monthly shopping trips may cost me money, but at the end of the day they contribute to my happiness and mental well-being.



with them UNLIKE JAYDEN. Just make good friends and take their food when they don't want it or when they are not looking and you'll be fine.

PS (also I save my money so I can buy bigger and better things like my Nintendo Switch and my truck).



Plants with Parker

By Josalynn Bathe

Parker Wilson is a 6th grader with a side hustle: Parker sells household plants. His business is called Parker's Propagations.

He started this business during Covid-19 and is continuing it to this day.

Because of Covid, he was bored had already helped family members with plants.

Parker buys plants, cuts the roots up and replants them so he has more (basically plant reincarnation).

I figured he had a garden of his own with how he works with the plants he sells.

He definitely has a big space for his garden because he makes \$150 on regular sales and it's often frowned upon to sell a plant for a higher price than it should be. (His sales are near hair salons so if you want your hair done and a neat plant go ahead and get one.)

Parker has support from his friends and family. I found out he is someone you'd like to be friends with because of how many people he was talking to when I finally found him (which took around a week so I honestly thought he was a person who kept to himself.)

Parker is hard working considering the fact he said it takes him a month to (reincarnate) grow his plants. Parker's favorite plants are Monstera but he seems to love all kinds of flora!

The first snow of winter brought celebration then a quick return to the warmth of the classroom for Publications students



Hard times in Trenton NJ

by Hezekiah Louis

I grew up in a kind of hell. In New Jersey. I, Hezekiah Louis, attended Jefferson Elementary in Trenton, New Jersey. On my first days of school the kids cussed me out. If you walk by a class or enter a class they will cuss you out and tell you to get out of their class. Trenton Schools have a lot of delinquents because they don't expel anyone.

Later we relocated to a school called Holland Arthur Middle School—spoiler alert: they don't care about you. Teachers did not teach anything. They just throw work at students and expect them to do it. Also the teachers barely explained how to do the work. They didn't even help students with words we didn't know how to spell.

I asked my teacher how to spell work and she just said "spell it however you can, it's your notes." On the first day at Holland Arthur there was a fight in the first week. A kid in my school tried to fight the principal and made the principal cry. The fights were all getting recorded giving Holland a bad look. When you enter the cafeteria it will be the hottest place in the whole school. They barely have any AC in the building. It turns on and off by itself. The cafeteria is way too small to keep all of those kids in and the only place where you can eat that isn't the cafeteria is in your teacher's room unless you have a pass to enter your teachers classroom.

Now last, but not least, is my new school, Pleasant Hill High School. This is my favorite school. The kids are nice to me. There's not a single rude kid. PHHS is a bit confusing to travel through but it's still nice. The teachers are nice and they actually want to help me.

The Billie Bulletin Staff

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