



The Billie Bulletin

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Homecoming brings the familiar and the fire

Making a mess: new grading and attendance program frustrates students and staff

by Jocelyn Heacock

Everybody hated Gradebook (last year's grade program). That's a known fact among students. But this year, student's mindsets have changed with the new arrival of "Synergy."

Synergy is a program that has been recently installed in our school. The program replaced Gradebook and now is the main backbone of the grading and attendance system.

According to Assistant Principal McClain, Synergy is "A Student Information System, [which] helps with grades, attendance, [and] communication."

Instead of checking Gradebook, students check StudentVue, the new way to check grades, attendance, emails from the administration, and their record.

Synergy and Gradebook are similar, however, Synergy has its benefits. "Synergy is a lot more comprehensive in terms of sharing information with teachers and administration and it also stringlines communication where teachers and admin have the ability to log contacts, like communication home, parents, and communication with students," McClain said.

Lots of kids have been complaining about Synergy and the new system, blaming it on the Administration. However, the administration says that this change was not their doing.

"The organization that we work through for our student information system is Linn Benton and Lincoln Education Service District. That group transitioned from Gradebook to Synergy."

The Administration did not get to choose whether to keep Gradebook or not. The decision was made for them. But LBL ESD didn't just throw it on us. Our Administration has been preparing for this for the past year.

Teachers and students are both working on getting used to Synergy. The majority of teachers have never used Synergy before and are still figuring out what button to press. Students are also learning how to log into StudentVue, access their grades, and check their attendance.

"I think that everyone's always frustrated when there's a new thing and there's a learning curve. I think that after a while it will be fine" said Mrs. Watne.

With practice and time, Synergy could end up being extremely helpful and useful to the staff and students.

Why are so many teens anxious?

PART 1 by Abbie Landers and Andrew Taylor

When you think of school, relationships, the future, or your sense of self how do you feel?

Some might say they feel happy even content and others may say they feel anxious or worried. We wanted to know the reasons why students at Pleasant Hill are experiencing anxiety.

Children and young adults' (13 to 17), mental health has been declining, according to Georgetown University. But why are young adults becoming more and more anxious?

Some reasons might be concern about the future. Inflation continues to increase, and wages seemingly can't follow to support the cost of living. Instead of speculating as to the causes we wanted to ask students.

We published an anxiety poll for middle schoolers through seniors to fill out to get an understanding of what is behind this anxiety epidemic. Out of 46 respondents, 42 percent (about 19) of our students said that they were regularly anxious. The primary reason for this according to students was that school stresses them out, and the second reason for constant stress was worry about the future.

Why is school and the future stressing students out? Well maybe it's because our school society is super competitive. Many students think if they can't get a 4.0 they can't get into college or get a grant or a scholarship. If you can't get a scholarship you won't be able to afford college then you will be unable to get a good job, and so they worry about failing in life.

The third reason for stress is self image. Many students' stress about their looks, —especially women.

Social media seems to be the root cause for that; according to Florida Atlantic University. It shows young women that there are strict beauty standards, and if you don't meet those standards you fail. Women often feel that they have to change their looks or conclude that they are "ugly." We asked a few students if social media affects their self image. "...My insecurities started before I had access to social media..." said India Isaccson. "I wouldn't say they started from social media, but some of my insecurities grew off of social media" said Ukiah Beal.

Accordingly, the main reason for anxiety is social media use AND worrying about the future.

This increase in anxiety has only risen since Covid. And crippling anxiety seems like it's not declining after the pandemic fades from memory.

PART 2 by Emma Young

According to PewResearch 45% of students report having anxiety every day. And according to evolve adolescent behavioral health an average of 26.1% of males and an average of 18.9% of females experience moderate or severe anxiety in their high school years.

Does school cause this anxiety?

The main reason teens feel anxious about school is bullying.

For some it's social anxiety, for some it's academic anxiety, and for others it's anxiety related panic attacks.

Let's talk about social anxiety. Anyone can have social anxiety and is very common among young teens in high school.

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by Alea and Abigail Blatch

Have you ever been a part of Mr. Billie as a kid?

Several students at Pleasant Hill High school have been a part of Mr. Billie throughout the past years. Mr. Billie is an organization/fundraiser to make money for Children's Miracle Network (CMN) which provides money for neonatal care at local hospitals.

The contestants in the pageant do many activities throughout to fundraise to give back to Children's Miracle Network. Mr. Billie Pageant has taken several students and paired them with helpers to put on a pageant in which the goal is to raise money and have lots of fun. Mr. Billie pageant members tend to go to different places and do different kinds of games and just get to have some time to connect to our fellow students in the senior class.

When I was five years old with my twin sister we got to do a volleyball game on stage. It was quite the show when I was passing the ball to my sister, I then hit the ball off the stage. Our brother Reece Blatch was a Mr. Billie contestant.

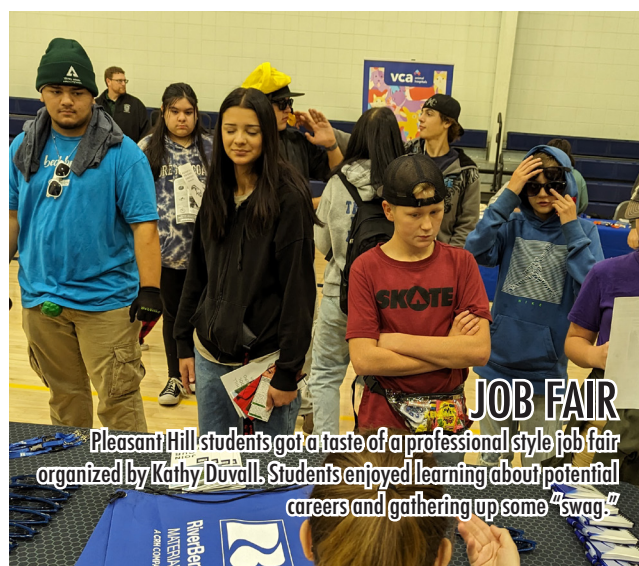
We got to see all the activities like going to the salon and dying hair, going to Gatehouse pizza and serving guests, helping with Santa Breakfast in December.

All these activities gave the seniors a chance to have a good time during their senior year and do something good for the community.

The Children's Miracle Network is a fundraiser that helps kids that are sick, mainly babies that are premature.

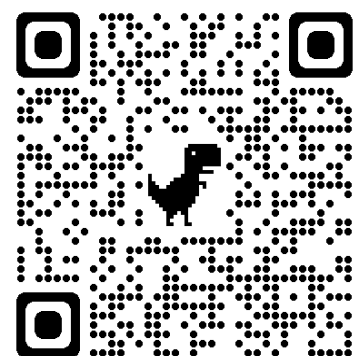
My sister and I were Children's Miracle Network babies. We were born 1 pound and 2 ounces, and were the size of an adult hand. It was a scary moment for our lives because our family didn't know if we were going to survive, that's why we were considered "miracle babies." We had a lot of procedures done and we were in the hospital for quite some time.

The doctors take a lot of care and time to care for miracle babies or the children in "Children's Miracle Network." That's why we wanted to invite you to see what Mr. Billie is about because there's more to Mr. Billie than what people think. It's a good way for people to come together and make good memories for the senior class!



Pleasant Hill students got a taste of a professional style job fair organized by Kathy Duvall. Students enjoyed learning about potential careers and gathering up some "swag."

Find the Billie Bulletin online



The Climate has always been changing: how we think about reality

by Angel Calva

When it comes to climate change people have different perspectives on it. It's such a serious topic but not many people know a lot about it. Climate change will have an immense effect on our planet.

Some people, however, don't believe in climate change, while others are helping try to stop it from getting worse.

Everyone has different views on climate change, but Katie Dutton said "Oh I definitely believe it's happening and I think if we don't stop it as soon as possible it will be irreversible."

Many people can feel the severity of our damage, but some like Kyra Bebb said "I believe it's happening but also not really. I think the stuff we do is destroying our world but not at the rate people are saying. I do think it has a big impact on us but I also believe that it's just another gimmick or to freak us out more and then[some people want to] swoop in and become 'heroes.'"

Others, like Camille Frederick, might not even have to elaborate on their opinion because they know just how much it affects us. "I do indeed think it has a large impact on us."

To put in perspective how much time we could have left, if we continue with our ways, we have around 11 years to avoid the worst scenarios. Each year we see articles saying this year could be the warmest in history, but next year they say the same thing. This puts into perspective how rapidly our earth's temperatures are rising. There have already been massive fires in Canada that spread smoke all the way to the US and even Paris.

Because of what we are doing to the planet, now every living thing has to face the consequences of our actions. Nearly more than 1 million species are facing extinction. This problem is majorly impacted by big companies creating 1000 times more emissions than the bottom 1% emitters.

Even if you, friends, or family lived plastic free, walked to places and used the bus we wouldn't make a dent. But that doesn't mean we should stop.

One thing we can do is stop these big companies from taking on projects that will worsen climate change. Just like the Willow Project (a Conoco Phillips massive oil drilling development in Alaska's North Slope) even though it was still passed through, we made them reduce the budget and that significantly affected it. Even though we weren't able to stop the project, we still made a change by speaking up.

It is important that we know about these things whether or not we agree with other people's opinions because climate change is something that affects all of us.

We don't read anymore: Closing a portal to New Worlds

by Wesleigh Harr

7%, 21%, and 18%.

Those are the increasing percentages of kids under the age of 18 who hardly ever read from 1984 to 2012.

Why is that? Studies from the American Psychological Association conclude that this is primarily due to the development of technology since 1984. The advancement of social media, video games, and communication has played a large role in shifting the focus of minors away from books. While these changes aren't entirely bad, many teachers, parents, researchers, and even minors believe that current youth are missing the benefits of reading. The act of reading, any kind of reading, activates your brain in ways that will ultimately prove useful in other aspects of one's life. For example, reading works on your analytical skills and encourages deep thinking because, even though you might not realize it, you are actively interacting and analyzing a story as you experience it.

Reading also helps with your communication, self-image, and social presence. I have experienced so many stories that have influenced my way of thinking about not just myself, but the whole world. Stories through books, news, even graphic novels all have their own way of exploring a different aspect of the world around us and connecting us to that world.

When I see the argument "There are stories found through social media that do the same thing," I disagree because, more often than not, the content that you are experiencing is being filtered to match your interests. This, in a way, isolates you from any other type of storytelling, ideology, or point of view which almost defeats the purpose of reading to begin with.

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Hiding in plain sight

by Zoe Harr and Caroline Carlson

Have you ever felt like you faced inexplicable hostility?

Have you ever felt that people disliked you, just for being who you are?

Then maybe you might identify as queer, or transgender, or neurodivergent. Or just different. Or even poor. When who you are marks you as someone who is "weird", or strange in the eyes of others, it can be unsettling. When people speak about you with such disparaging terms, it can make you feel unsafe.

Everybody needs to feel safe, especially at school, where we are supposed to feel safe! Schools are obligated to create a safe place for students. So students don't have to be afraid.

However, 42% of queer school students are bullied for being a part of the LGBTQ+ community. Compare that to 21% of straight students who are bullied in one year.

To help understand this situation, think about it this way. What if your peers were unreasonably rude to you for being, say, Christian? Or what if you were bullied for your race? Or your gender? If you were bullied for something you couldn't change about yourself, how would you feel?

When people are dismissive of LGBTQ+ persons, those people enter the "closet."

Being in the closet means that you have to hide who you are from people. This is a problem thousands suffer from. So ask yourself, how would you feel if you were in the shoes of a closeted person?

We interviewed two juniors to get a glimpse of how it feels to be discriminated against. When asked about being in the closet, Sam (not their real name) said, "Yeah, I was in the closet for a good long while, and it kind of sucked. I didn't really like it. For a good solid two or three years." Then Sam proceeded to tell us about an experience at their old middle school, where several threats and slurs were thrown at them—especially in locker rooms.

The second junior explained what it felt like to be hiding from your peers. Jake (Not their real name) said, "Yes. I came out pretty early when I was like 13. But it wasn't great. I felt like I was lying to everybody around me all the time. I felt like I was playing a role all the time."

We asked Jake if they'd ever experienced queer intolerance, and he responded with, "I have. It's a very isolating and lonely experience for your most important relationships to hinge on someone's opinion about a trivial part of your identity."

We asked Sam if they ever lost a friend because of their sexuality. "Yeah, a few times, but I wasn't too upset over them. Obviously I mourned the loss of our friendship but I think if they aren't willing to respect me as an individual it's probably for the best," They admitted.

Jake said "Definitely, I've had people cut me off after I came out to them; I've also had to cut people off myself due to them making nasty comments about being queer."

We must try every day to educate people. Many queer students around the world have admitted that they don't feel safe at school, and are more likely to suffer from bullying. We have to embrace them, even if we think they're weird or different. After all, they are human, just like us.

Acceptance. That is the key. That is what we all want.

ANXIOUS CONTINUED The #1 cause of social anxiety is bad experiences in the past with social interactions. I'm sure we've all had a bad or awkward social interaction before. Teens who experience and/or have experienced teasing, bullying, rejection, or humiliation may be more prone to having social anxiety. Other negative events in life, such as family conflict, trauma or abuse, may also be associated with social anxiety.

Academic anxiety, the feelings of worry, tension, nervousness, pressure or dread with things that are associated with academic settings or tasks. This could be exams, assignments, subjects, social pressures related to schoolwork (often parents, peers), or feeling uneasy about studying or working in groups in class. Parts of academic anxiety ties up with social anxiety, with working in groups or feeling judged by your academic skills, being more or less educated with others can be scary, especially in highschool, "you don't wanna seem you smart because then you seem like a nerd, but if you seem too dumb then you don't care enough about your grades."

Lastly, panic attacks. Panic attacks are often related with anxiety; You can experience both an anxiety and a panic attack at the same time. For example, you might be experiencing anxiety whilst also worrying about a potentially stressful situation, like an important presentation in front of the class. When the situation arrives, anxiety may increase and result in a panic attack.

So does school cause teen anxiety? School may not be the main cause of anxiety but it certainly doesn't help.

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The differences between private and public

by Izabella Giles

What is the difference between private schools and public schools? Other than the cost of private schools, there are many other differences between the two. The education in private schools is considered better, and people learn more, but they go to school for 6.7 hours rather than public schools, which go for 6.64 hours.

Struggles Schools Have Public and private schools both have their struggles, but some may have it worse. The people I know that have been to private school say that they didn't like it. Private schools have struggled with supplies as well as bullies. Public schools' struggle is being short-staffed and testing if new curriculums work.

Things They Have in Common-Private and public schools both use some testing and review tactics to test the students' grade levels, and they both use their ways of teaching kids, But the most common thing they have in common is all schools require a specific amount of credit points to graduate.

When I ask people if they would rather be in private or public schools, they would usually say they would want to be in private schools.

But if I ask people who have been in private school if they would rather be in public or private school they always would say public because of the rude people they encountered in private schools. Not all private schools have mean people, but everyone I have asked has said that.

Here are some people I've asked and what they have said. The question I am asking is; "Would you rather be in public school/ private school- and why?"

Aria Verma: "I would rather be in public school because the people I talked to at my former school were either mean, a bully, or self-centered."

We don't trust Science

by Alex Groeper

The mixing pot that is Covid, politics, fraud, AI and a general sense of fear is creating a growing distrust in science.

This trend recently started to get traction due to Covid, and the fact that early on, no one knew much about the Covid-19 virus and its effects.

So when the government started to make comments trying to calm the public, some people reasonably started to doubt what was being said because no one really knew too much about what was happening. All of a sudden everyone was forced to stay at home and when we get bored what's the first thing you reach? That's right your phone, and some people even went so far to start chatting online about their opinions.

They specifically started using social media.

Now there's one major problem when using social media and that is the fact that all social media's goal is to keep you on their site. So if you spend extra time on opinions that you agree with you are going to start getting more and more of that same opinion. This is accomplished by algorithms and "bots" that can offer you ever more intense information that is not curated or evaluated for its accuracy. <https://www.cits.ucsb.edu/fake-news/spread>

This is referred to as an echo chamber. Now I will take a second and say a healthy skepticism for what you are told is great. It helps people grow and learn all sides of the story. The problem is when you stop questioning because all of sudden you are seeing a bunch of stuff that is exactly what you believe, well this then makes you think it must be fact.

The hardest part is that some people still question things because institutions are starting to be accused of fraud in the media. Then when the institutions respond to these accusations by just saying "trust the science" people don't tend to trust things without an explanation on why. Political divisions are creating more and more of a divide in beliefs. AI is creating worry about companies trying to make a cheap buck by having essays written by an AI.

How can you really know the truth when so many things could be lying to you? All of these things, these fears are making it so much harder to pick through what is really true. That being said, the best thing to do is to try to keep an open but skeptical mind.

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What is ADHD?

by Aria Verma and Ava Loose

Approximately 5.3 million kids in schools across the country today have ADHD or Attention Deficit Hyperactive Disorder.

What is ADHD?

ADHD is a condition that affects the behavior of a person. It is the most common Neurodevelopmental Disorder, (a group of conditions that affect the growth and development of the brain.). It is usually first noticed in childhood but sometimes can go undiagnosed into adulthood.

There are three main types of ADHD. The first type is Predominantly Inattentive Presentation. This type of ADHD makes it hard for someone to finish something or follow conversations. A person like this easily gets distracted in daily routines.

The second type of ADHD is Predominantly Hyperactive Impulsive Presentation. This type of ADHD is easy to diagnose. A person with this type of ADHD fidgets and it's hard for them to sit for long periods of time. These types of people feel restless and grab things from people or speak at inappropriate times.

The third type is Combined Presentation. This type is when someone has a combination of both of the above.

What is the cause of ADHD?

It is unknown what the main cause of ADHD is but genes might be the biggest culprit. "I think some research suggests there might very well be a genetic component," said Ms. Whitney Connolly, District Special Education Director.

In addition to genetics there are some other factors that can be a cause of ADHD that occur in development.

How do people get diagnosed?

You have to be diagnosed by a doctor. "Kids go in there and talk about things like hey I'm struggling paying attention in class, or I'm struggling with staying in my seat," said by Ms. Amanda Moch, Middle School SPED teacher.

Before arrival in the building the doctor has talked to both the teachers, parents, and kids to get some insight into the kids' well being. "Oftentimes kiddos might get referred out to like a psychiatrist or a psychologist for more comprehensive evaluation that might include information from teachers' feedback," said Ms Connolly. After kids get diagnosed, they can get help at school.

How do people get help after getting diagnosed with ADHD?

There are two types of plans that can help a kid out at school, a 504, or an Individualized Education Plan (IEP). "504 plan falls under the Americans With Disabilities Act and when that really broadly speaking everyone in America should be able to access public spaces," said Ms Connolly. Both of these plans have accommodations that tell the teacher what a student needs. "Maybe you have a student who's amazing at taking notes in class But they get distracted and they have amazing notes every time but just need a copy of notes handed out. Having an extra copy of notes in addition to their notes is helping them so they can double check is another accommodation," said Ms Moch. These 504 and IEP plans last until college.

Is there a "cure" for ADHD?

There is no cure for ADHD but there are some things that can help other than a 504 or an IEP.

What about ADHD medications?

There are many different medications that can help with ADHD. "That is an area that has changed rapidly and in great amounts over time. It has been in my lifetime that these new meds first hit the market," said Ms Connolly. They vary from child to child what the side effects are and if the medication helps the person with ADHD.

What can help other than medication?

There are a couple other things that can help with ADHD other than medication like herbal tea and other herbs like Ginseng, Ginkgo, Pine Bark extract, Ashwagandha, and Theanine. Make sure you talk with your doctor before considering any of these options, medication or herbal supplements.

Can after-school activities help with ADHD?

Having a structured activity can help keep a student on the right path, "For example football, for a kid who has ADHD and they go to football practice they probably know what comes first. First is your warm up then you're going to do this, then you're going to do that" said Ms Moch. After school activities can be a good outlet from stuff happening at home or at school, "I do think that in Middle School in High school, it's easy to look around and feel like all these are all the things I'm really bad at and to feel really bad about that. I think that totally different way for people to be and a different set of strength the people get to display," said Ms Connolly

We talked to a mom who has two kids with ADHD and talked about her experience with dealing with ADHD. Here's what she had to say

Q: What's it like to have kids with ADHD?

A: Well every case of ADHD affects every child differently. As a parent you have to see what works best for your child. However, for each of my children who have ADHD. one has the inattentive version the other one has both. I found that similar approaches

worked. Compassion, patience and trying to work with the school to best support them. I also found keeping them on a regular schedule eating and sleeping and homework seems to help keep them organized and more focused.

Q: Can you talk a little bit about your experience with your first child?

A: So for my oldest child, even though he was very quick to learn but would have issues when it came to note taking and tests, because he would lose things and not perform to his best ability. So the school he was in worked with him to keep his school notebooks and his locker organized so that he was ready for each of the tests which improved his grades and confidence. We also found that a support teacher or tutor helped keep him organized so that he was constantly learning and that there was less down time so he knew what to expect in the learning environment. That way he was more successful in school.

However, when it came to organizing for tests and midterms in high school that got a little tricky because with ADHD, the tests can be very long like 5-10 pages and they would take up to 3 hours. That proved very difficult for his attention span. No matter how organized he was he needed assistance during the testing. So we did use some type of medicinal intervention and he used the medicine Adderall during those longer test taking times.

Q: Can you talk about your second child?

A: I have a 7th grade daughter who was diagnosed with ADHD, the inattentive portion along with dysgraphia. We were able to get her some of the help she needs using a 504 at her school. She is a quick learner as well but struggles with organization. We have been experimenting with her schedule as well as some herbal supplements that seem to be helping her stay focused. She also was lucky enough that she was born in an era where technology has been introduced in the classroom in a larger way than it was with my first child, so there's no more extra taking notes on cards and handwriting everything. She can do a lot of things that assist her like voice to text and using computer models to be able to turn in her homework. We have also found that getting sufficient sleep and eating nutritious food helps her manage with her busy schedule. She stays organized herself with the use of technology as opposed to our other one who needed a little bit more help from the teachers during his school years.

Q: Do after school activities help your children?

A: I think it's always important for children to see friends and have a life outside of school, but I also think that is extremely important for children not to be over scheduled and to be too tired. If they are running from activity to activity and to school they never learn that they can just rest sometimes to give themselves a break from the busy student life. I think that every child has a different threshold when it comes to being too busy, but as parents we try to be very careful of that and be aware of their stress levels. There is a lot of pressure in school and it only gets harder as students get older in high school and college. It is important to teach them coping skills early on in their school career to prepare them for the next stage in their life.

Sources: Ms Connolly Special Education Director at Pleasant Hill School District, Ms Moch, Special Education teacher at Pleasant Hill School District, and the Mom mentioned earlier.

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Wearing black during Spirit Week are Evander Ruiz, Taliegh Jackson and Greta Gramzow.

WHEN PARENTS ARE THE PROBLEM

by Aurora Brott

Whenever you and your parents are in a fight, do they ever bring up, "It's that darn phone"?

Well in fact it might not be your phone, but you might be talking to biggest challenge in your life: Your parents.

I know, I know, parents are going to start thinking, "That's not true, I'm different."

That could be true, but we know that some parents have been guilty of one thing or another in "bad parenting" techniques.

Studies show that parents have a big impact on their children's mental health. One in three kids have dealt with at least one adverse childhood experience(ACE), while 14% experience two or more ACE's. Some of these are related to parents' treatment of the kid.

In short, ACE's are potentially traumatic situations children face, such as divorces or domestic violence at home. They can also be mental health problems, a family member attempting or committing suicide, being a victim of violence, abuse or neglect at home, etc.

ACE's don't guarantee a future problem, but such trauma increases the child's future risk of mental health problems, injuries, risky behaviors, infectious or chronic disease and lack of income or educational opportunities. ACE's increase the risk of anxiety, depression, suicide and PTSD as well.

Sarah B (not their real name)said, "My mother puts a lot of stress on me, she wants me to be perfect. I just want to make her happy."

This seemed to be a very common reaction around campus. This much stress on kids can drag them deep into the hole of depression and anxiety.

"My home life, and my parents' expectations put a ton of pressure on my shoulders. I'm already stressed about school, and my parents make it worse," said Jeff C (not their real name). John Doe (not their real name) said "Everyday I go home, expecting to get into another yelling spat."

Every parent was once a teenager, the world has changed since then, but the mindset hasn't for some. Dear parents, be careful with their delicate minds. Think about what you're going to say, think about how it would affect you.

People who are currently going through mental health issues, please reach out, you're not alone.

Call this number if you need to talk to someone: 988.

Lifeline is a suicide and crisis hotline.

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Are parents the problem or are they doing the best that they can?

by Sami Pendleton

Parents really try their best but sometimes it doesn't come across that way to us teenagers. The expectations that parents can have for their students just don't line up with kids' own expectations. A lot of students feel pressure from their parents to get good grades. Yes I know that we should do our best but it's hard to do our best when you have all this pressure from parents and teachers. There are so many students that have siblings that they have to live up to. Good parents do help calm students' nerves and tell them to do their best and not worry about their siblings.

Telling your students that they have to play sports, do their chores and telling them that they also have to get straight A's. A lot of students feel pressure from their parents to get good grades. Yes, We know that we should do our best, but it's hard to do your best when you have all this pressure from parents and teachers.

Telling your students that they have to play sports and they have no chores and telling them that they also have to get straight A's is not something you should be doing to your students. We are not saying that they shouldn't be getting good grades because that is something they should be doing but we are saying putting all this pressure on your students could mentally hurt your kids in the long run. Not every student is the same. Some people take pressure way differently than others. You can't expect every student to take it the same way.

There are plenty of ways to cope with it like exercise, relax your muscles, deep breathing, eat well, slow down, take a break, and talk about your problems. People who are under more pressure are at higher risk of mental illness. They can also be more prone to illness.

Some parents get to the point and say "I don't love you." How could parents stoop that low to tell their own children, their own flesh and blood? Parents, listen up, just because your kids don't do everything you want them to do does not mean that you can belittle or shame your kids.

We all know adrenaline junkies

by Kyra Bebb

Some people like scary movies. Some prefer other ways to get their adrenaline pumping. Personally, I love both.

When I was younger, about 5 or 6, I loved watching horror/thriller movies with my family. We watched *Scream*, *Hush*, *Pretty Little Liars*, the *Hunger Games* and other classics of the genre.

I liked the thrill of being so scared that I felt my body tense, my heart beat fast while pounding against my chest. My palms got so sweaty I had to rub them against my pants to dry them. But an instant later they became sweaty again.

I love the way the dreadful music comes on so you know something bad is going to happen. I love the excitement of trying to figure out who's going to die, who the killer is, or if there's going to be a plot twist or not.

As I was researching the topic of horror—related adrenaline, I learned that there are two types. There is the commonly known one, adrenaline, and the not so commonly known, noradrenaline.

Adrenaline is a hormone that focuses on more parts of the body than noradrenaline. Noradrenaline focuses on the blood pressure and is made in the nervous system. Adrenaline makes your heart beat faster and your breathing more efficient. Adrenaline is usually produced when you are in a situation that is dangerous or could become dangerous.

Noradrenaline is usually released when you are nervous. It is also given to those who are experiencing a heart attack. And noradrenaline is what is produced when watching horror or thriller movies.

I interviewed five different people and got pretty much the same results. Four out of five liked thrillers over horror movies. Horror movies and thrillers are the easiest way to get your noradrenaline going because it's so accessible.

We asked why people liked the feeling of their "blood pumping."

Mr. Dube said "It makes you feel like you're alive."

Aurora Brott said "it scratches the brain like nothing else."

And Mr. Smead said "It's not a normal feeling, so it can become an addiction trying to seek it out."

With these reactions you can tell that they are all pretty similar in their enjoyment of horror/thriller movies. Mr. Smead sees a potential problem in getting hooked on that form of noradrenaline seeking.

Some people look for the rush of noradrenaline because it's fun and different. We find joy in being scared, being anxious and that leads to our brain releasing dopamine, the "happy hormone."

When dopamine is released our brain essentially says "oh that's good. We like that we need more of that, so then we continue looking for it without realizing."

Sometimes a scare is good. Next time you're watching a scary movie, think to yourself, "is my body releasing adrenaline, or noradrenaline?"

After the rush of adrenaline your body usually goes weak from the extra boost of hormones. Limbs will usually become weak, and shaky. Some people describe their muscles as feeling "like jello."

You may also become tired and weak emotionally. I know I usually become very shaky and tired after watching an intense movie. I also sometimes get headaches.

While watching horror movies, thrillers, (and going on roller coasters) are fun and the adrenaline rush is like no other, the after effects aren't always worth it.

Ultimately it is your choice, so no matter what you decide to do, be safe and have fun.

Food Affects

by Carson Bernardo

You may remember Middle School lessons: learning about the food triangle and balanced diets. The message got to a majority of us.

Others, not as much.

A balanced diet shows a good mix of whole grains, protein, veggies, fats, vitamins, and other vital nutrients.

Now, fast forward a few years: here we are in glorious high school, where our lives revolve around getting enough sleep, whether that certain someone likes you or not, and making sure you don't flunk your classes.

To almost everyone, there is an easy solution for the first problem: Caffeine.

This can come in a few forms: coffee, soft drinks, and most 'hip' with the kids; energy drinks. A godsend to some, a burden to others.

Another thing that affects the performance of students day-to-day is their diet. I put out a survey about student diets and recommendations. Here's what everyone had to say.

The first question was what school lunch options students like the best. From the responses I gathered, a tie for first place occurred with Nachos and Grilled Cheese butting head-to-head. Quite a few responses simply said they don't eat the school lunch.

The next question was whether or not there should be more school lunch options. This one is surprising, with 53.3% saying "No", and 46.7% saying "Yes."

The next question followed up with asking what should be added as lunch options. Most students are asking for fresher, more healthy, and organic options, such as more non-processed foods, fresher meats, and more veggies/salads.

The next question simply asked whether students would choose school lunch over brought lunch if more options were added. With the same percentages as before, 53.3% said No, 46.7% said Yes.

Now onto the big subject: Energy Drinks. This question asked whether or not students would consider themselves 'to live off of energy drinks'.

80% said No, and 20% said Yes. When asked what Energy Drink brand was favored, Red Bull won with 20% of the votes. Most of the other responses were hand-typed, simply either saying other brands or that they don't drink them.

When asked students' opinions about Energy Drinks, 53.3% of students said they are disgusting and they don't drink or like them. 26.7% said they don't look bad, but they haven't tried them.

When followed up with asking if they think Energy Drinks are harmful to the human body, 60% said Yes, with 33.3% simply saying Maybe, and 6.7% said No. Finally, when asked how many Energy Drinks are healthy to drink in 1 day, 86.7% said One, 13.3% said Two.

*When looking at these results, please keep in mind that the survey did not reach every student, and results would probably likely change if the survey was exposed to every student. —CB



Freshman Float



Sophomore Float



Junior Float



Senior Float



Fan-fics

Izabella Patterson-Giles
Ellie Epperson
Jack Perini
Jocelyn Heacock
Josie Chevalier
Angel Calva
Kyra Bebb
Rosie Paredes-Calva
Aurora Brott
Carson Bernardo
Andrew Taylor
India Isaacson
Wes Harr
Alex Groeper
Murphy Sprague
Charlie Neal
Abbie Landers
Sienna Malekzadeh
Alexis Moch
Sami Pembleton

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Piper Willson
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James Hoopman
Darren Soper
Kyla Hampton
Mallory McGuire
Trinity Musil

The view from VOUGH

by Ellie Epperson

Christy Vough, our new Health Occupations teacher, is ready to hit the ground running. She is eager to be here at Pleasant Hill and create a successful program.

Pleasant Hill High School has introduced new science classes focused on anatomy, medical terminology and CTE career options in the medicine and first responder services. Many students are eager to take these classes as it offers new opportunities for career exploration within our own walls.

Exhausted and tired of the disrespect of students after COVID, Christy Vough began to question whether teaching was worth it anymore. At the time, she was teaching in the Napa Valley School district which hosted a staggering 17,000 students.

"With 17,000 students, after that level of stress, it was hard. I was gonna quit. I kept joking around that I was gonna go work at Target." However, she got the opportunity, for

her last year in California, to teach at a private middle school which had only 84 students.

"I was able to recapture my passion for teaching because I love teaching, I love sharing my knowledge. It helped me [revitalize] and then I got my passion for teaching again."

Vough moved here to be closer to her son and his wife. Her daughter will also be moving up soon to take a job working as a veteri-

nary assistant.

"Both my kids are here, which is huge...Oregon is so beautiful and nice so I'm glad that she's coming too."

"I am really enjoying the school and feel like I'm starting to make connections with my students, which I missed during COVID and even the year after. Even though we were in class, we still were wearing masks," said Vough.

Christy Vough has been teaching for 16 years, both middle school and high school. With that amount of experience comes a refined way of running a class.

Making in-person connections with students is important to Mrs. Vough. Her teaching style is based on positive interrelation with those around her.

"I care about my students, I really do care about each and every one of them. It's hard early in the year but usually by the middle of the year students get it that I do care and I am trying to help them learn. I have high expectations and know that they can learn."

The art of answering a question with a question is tactfully applied in her classes often. She believes it encourages students to think independently and try to "puzzle through" the solution. Vough said, "More often than not, they discover that they actually know the answer, but then [gain] the confidence in themselves to trust their answer."

As a high school student, she had good (but not perfect, she emphasizes) grades and was in leadership positions like class vice president. She grew up in Salt Lake City, until she was about 14. Her freshman year of high school, her dad accepted a job in the California Bay Area where she attended a private Christian high school. She furthered her education at UC Davis.

While at UC Davis, she worked as an EMT. Following this came a string of medical emergency positions such as paramedic, and working in various ambulance companies.

She entered this line of work because of her passion for anatomy and physiology and also helping people.

"I loved physiology, human physiology. We did pig dissection and blood typing and those sorts of things in my biology class [in high school] and I just loved it. I thought it was fascinating and so interesting to me." Mrs. Vough remembers, at UC Davis, going to every physiology lecture and reading the textbook on her own time.

"This is when I was working as an EMT so I started thinking how interesting it was to me, emergency medicine and helping people and it's different everyday, no call was ever the same as the previous one and it was exciting and challenging.

"Really understanding what exactly is going on in a person that's short of breath or having chest pain or numbness on one side of their body, it was just so intriguing. Being able to help people in those situations was really rewarding and satisfying."

Christy Vough will be a great addition to Pleasant Hill School by expanding its opportunities for discovery for its students.

"...I get so excited at the beginning of the year, I have so much to share with [students]...I'm so excited to share knowledge with them and then [to see] what they know at the beginning of the year to the end of the year. It's cool when they really start understanding the human body."



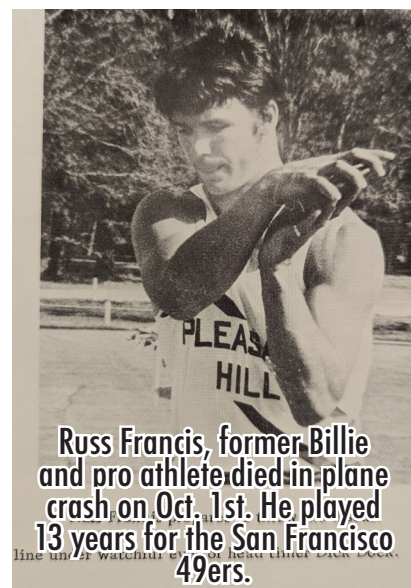
Chris Helvie battles Tucker Putnam for the musical chair competition.



Twins on Twin Day: Alea and Abigail Blatch



7th graders practice their ukelele playing.



Russ Francis, former Billie and pro athlete died in plane crash on Oct. 1st. He played 13 years for the San Francisco 49ers.

Prayer round the flag returns:

Students resurrected the practice of praying for the school, the community and the school year. Josie Heacock, who organized the prayer circle, has also instituted our first Bible Club meetings at lunch on Tuesdays.



The energetic MS. CRIM

by Greta Gramzow and Raelynn DuBose

Recently, we got the chance to interview one of Pleasant Hill High School's newest teachers: Jennifer Crim! Crim teaches English and Future Success for 9th grade. She has a varied background and a ready smile.

Crim's career has been a long, "strange" journey for her.

She first planned to be a social worker, though it appeared that everyone else in her family happened to be a teacher. She swore she would never be a teacher herself!

Ms. Crim's first job was working in criminal justice. She tutored many individuals to help them get a job and be able to go back into society. She helped her clients rebuild their confidence by either teaching them to read, write, or fill out applications.

This folks, is where the journey began.

After this experience, Ms. Crim became hooked on watching people learn and let their minds explore new things.

Even though she may have discovered her true interest, Ms. Crim went on to become a Juvenile Parole Officer where she was sent to court school to teach students who were doing poorly.

More specifically she was to help "the students who were doing poorly." The students she encountered who were doing well, were taken off her caseload.

"It was so depressing," Ms. Crim said. "I was only supposed to help people who weren't doing well. So when they started being successful, then I lost them. And students were burning out their teachers like crazy."

She went on to say that teachers were quitting and the juvenile detention school struggled to get any teachers to stay and help.

After this, Ms. Crim finally decided to become a teacher, where her students couldn't be taken away from her!

She first taught at the Powers School District.

"It was too small," Ms. Crim says, "The class size at Powers was fourteen. That means there are fourteen sophomores in total in the school. And my eighth-grade class was only about eight students."

Since that school district didn't quite fit with Ms. Crim's needs, she moved to Marshville for a short period of time, until a job came up in Coquille. Some relatives of hers had graduated from Coquille. The school offered to take her dad out of retirement. This would give her the chance to teach with her dad for a year. She was unfortunately then laid off due to budget cuts and went to a different school.

Eventually, she was notified that Coquille wanted her back.

After teaching at Coquille for a while, she began teaching virtually while her husband was very sick.

Though she was used to virtual teaching, Crim missed working in smaller school districts in person. She then returned to Coquille but applied for a job and was able to go to Pleasant Hill where she is today.

Ms. Crim says that relationships with her students are what she is looking forward to most this year. She especially enjoys when a student is really struggling with a concept and she gets to help that student better understand and grow.

It's safe to say that Jennifer Crim has experienced quite a lot and hopefully, she can settle in our school district.



Rescued from the bin is one of the earliest PHill trophies from 1912.



Curious About Cross Country

By Caroline Carlson, a non runner

Why would anybody take up the sport of long distance running? When I think of running as a sport I think “huff”, “huff”, “(deep in-hale)” — “pant”.

Cross Country is the team sport of long distance running. The distance normally run is 2.5-7.5 miles.

I interviewed both the high school and middle school team and asked them what they love about running. Nellie Smith (8th) said “I like to run because it makes me a better athlete and I love having fun with my team.”

Eliza Anderson (8th) said “I love the community and how the team is! I love the enthusiasm and the fun that we have together.”

David Behrmann wrote about the social benefits of running in a group. His main points where; you will have a sense of belonging when you spend time with your fellow runners, they will motivate you, and you will have a group of role models that will help you be a better runner.

Runners compete out of doors but get this, on grass and hills. Training is simple. Stretching and running right?

But is cross country that simple?

I asked Jack Perini what a normal training day is like and he said “We start practice with muscle activation then we go to warm-ups which includes a lap on the track or an equivalent. After that we start our run. The first mile is technically a warm up but sometimes it doesn’t treat us like one. Then after that we go for another three-six miles.”

Boy was I wrong about easy training!

The Better Health Channel states that running helps with your cardiovascular health. But running does not help just with physical fitness but with your mental health too! Running can improve self-confidence, healthy aging, and quality of life.

Cross Country is a great way to be outside and connect with your fellow runners. So do yourself a favor and check it out.

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The intensity of high school sports

by Mallory McGuire and Kyla Hampton

If you thought middle school sports were intense, just wait till you get to high school.

If you played sports in middle school, you’ll understand the excitement players have when they’re ready to take the next step in their sports journey.

Everyone understands the feeling they get when they get called a “freshman” for the first time in their lives; if you are an athlete, you can multiply that feeling by ten.

Excitement, passion, nervousness these are all feelings an athlete gets when their name is called for the first time to play on a high school court or field. Have you ever wondered what these athletes go through when they transition to high school?

There are many answers to this question, as a few athletes have provided their inside opinions.

I spoke to a few student-athletes who were kind enough to answer important questions about the matter. One of the questions I asked was, “What were your initial feelings going into high school?”

“I felt really excited because there is more physical activity,” said Tristan Stuart (Freshman/football)..

The second question I asked was, “What is different in your mindset from middle school to high school sports?”

Rylee Needham (Freshman/volleyball) said, “I have a more competitive mindset and find that I’m more intense when getting prepared for a game.”



“Fear the Goal” What it takes to be on the boy’s soccer team



By Maddy Gunn

What does it take to be a highschool soccer player?

“Dedication, hard work, determination.”

These qualities are just a few of the requirements of boys soccer coach, Ryota Sugitani.

Being a student-athlete can be difficult. Doing school and sports is not an easy task. But when it comes to Sugitani, he understands our priorities as athletes and students. He is an honorable and compassionate man and coach.

Coach Ryota has a “revolutionary” style of coaching. This proves yet again, that his skills work. Our boys practice Monday through Friday every day after school, which is a lot of dedicated time to one sport.

“The kid’s discipline in practice is key to how a game goes.”

From what I have witnessed, Coach Ryota makes sure that his players are fit and “ready to work.” From running laps to long sessions of stretching, to rerunning plays many times in a row, his team practices professionally.

He believes that school comes before most things, but attendance at practice after school takes top priority. Our boy’s soccer team includes students from all grade levels. 6 Seniors, 5 Juniors, 1 Sophomore, 4 Freshmen. These players make up a fantastic team whose main highlight is their defense.

Through daily practice and a regimented schedule, our boy’s soccer team has remained focused on the goal ahead: Victory. But it’s not just the coach that makes sure our players are in line. The team captains are constantly talking to each other during practice and games with encouraging advice, precautions, and corrections.

Captains Steven Gunn, Hunter Allen, and Ryan Lane have proved that they can be in control of the plays and strategies being made on and off the field. This goes to show that while under pressure, they can be calm and collected. The Billies played East Linn on 9/26 and after dragging themselves out of a sticky spot, they won 2-1 after players James Hoopman and Steven Gunn made critical goals.

The Billies have a strong team for their soccer division. Boy’s soccer continues to impress their audiences. Hard work and discipline are staples of these athletes and clearly it shows in their performances.



Girls Soccer: Tea Time with Kenna and Trinity

By Piper Willson

I was curious about soccer. There are so many things I don’t know about it so I decided to talk to experts. I talked to Kenna Caldwell and Trinity Smead who play soccer.

The first thing I asked them was why they play soccer. Trinity said she has been playing soccer since 2nd grade. She does not really like any other sports. Kenna, the team goalkeeper, said that her mom played and since she looks up to her mom, she wanted to play soccer. Kenna also admits that she is “good at it.”

Trinity said that she is good at crossing the ball from both sides. She plays striker and winger. Trinity scored five goals.

Kenna is good at anticipating and being a leader on the field. She talks about how people move and shift. And sometimes Kenna screams at her teammates..

Trinity said that the best time on the pitch was when Kenna came out of the box, ran across the field and picked her up and swung her around.

Kenna said that her mom is always there at every game which inspires her.

Below left: Billies race for the corner for a touchdown in a turn around season in which they fought themselves into the playoffs after drubbing the Creswell Bulldogs but their hopes were crushed by Siuslaw to end a renaissance season. Below Tressa Geyer takes the ball downfield against Sisters. This season the girls have been strong, but not where they wanted to be. They took on Riverdale then faced Valley Catholic in the first round on Halloween.



What history and the study of world cultures tell about transgendered people

by Billie Bulletin staff member

Transgender people have been a “hot topic” in recent years. This controversy, however, is largely caused by a lack of understanding or misinformation. Unfortunately, this misinformation regurgitated by popular news has led to aggression towards the transgender community.

In light of 83 new anti-transgender bills passed in 2023, we’re writing to clear up some of the confusion and hostility around the transgender identity.

Transgender people have been documented for centuries, proving that the identity isn’t just a passing fad. In fact, they’ve been documented since ancient times. A few examples include Neolithic drawings from 4500 BC depicting a third sex, Sumerian “Gala”, priestesses who took on traditional female roles, behaviors, and names, whether they were female or male. Consider the Roman Emperor Elagabalus, who was commonly seen in wigs and makeup and preferred to be called a lady as opposed to a lord. It’s even been speculated by historians that Joan of Arc, an important Catholic figure, would have identified with being transgender, had she known the terminology.

Among some native peoples, some people were described as having “two spirits” or as being “contraries.” People who do the opposite of what might be expected. And among plains nations, such “two spirits” were considered gifted.

Transgender identity is not a uniquely American phenomenon. The Bugis ethnic group of South Sulawesi, Indonesia, recognizes additional genders called Calalai, Calabai, and Bissu. Calalai are females who take on a traditionally male role in Bugis society and transcend limitations placed on women. Likewise, Calabai are men who take on traditionally female roles, yet do not have limitations placed upon them. Bissu are considered both male, female, and androgynous and take on a spiritual role, performing rituals which bridge the gap to the divine.

A transgender person, in simple terms, is someone who is assigned one gender at birth and then transitions to another. The process of transitioning is very individualized and might include crossdressing, getting a haircut, altering legal documents, and asking to be called by a different name and pronouns. Transgender people may medically transition later on, which might include taking hormones to induce a second puberty. Some adults may choose to undergo surgery to alter certain characteristics.

There’s an array of research proving that transitioning has a positive effect on health. One meta-analysis (or, summary of peer-reviewed research) found that out of 55 studies conducted between 1991 and 2017, 51 (93%) found that transitioning positively impacted the subjects’ wellbeing, while 4 (7%) reported mixed or inconclusive findings. Cornell University, who conducted the project, states that “Gender transition is effective in treating gender dysphoria and can significantly improve the well-being of transgender individuals.”

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Does social media use cause DEPRESSION?

by Darren Soper

In the last ten years social media has caused people to change. Those changes involve feeling more down and sad. Some studies have shown that depression can come from overuse of social media.

Some sites like Facebook, Instagram, Tiktok and Youtube are the main social media platforms that have been reported to cause depression.

Most humans are very social beings. Humans use social media to communicate with friends and family. The most common age to become depressed is the age range of 18-29. People also use social media to post pictures and videos. If those pictures or videos get bad comments it might make the person who posted them feel down or depressed.

Sienna Malekzadeh said “depression can come from overly using social media can become more and more down or depressed, cause everyone thinks social media stars life’s are perfect and makes them not like their own life.”

Social media has become a daily thing in most people’s lives. Some people who use social media a lot do not become depressed because they take long breaks from social media.

Depression can not be easily stopped. There are so many websites and chat rooms where people can communicate and can possibly cause depression to people in those chat rooms or websites.

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Above: Maddy Gunn plays Gabe Bahee in an intense game of checkers. Below: Delaney Fischer and Eliana Altamirano cheer for the Homecoming assembly.



Veterans gather for our annual Tribute to Veterans in November

What’s the true meaning of “Patriotism”?

by Billie Bulletin staff member

What does patriotism mean to you?

Is it one being loyal to their country?

Is it reciting the pledge every day to their flag?

Or, has it become a word that has been twisted into politics?

According to the Oxford dictionary, the true definition of patriotism is “the love of your country and willingness to defend it.”

But, is it really as simple as that? Couldn’t anyone just say that they are patriotic? That they are willing to defend it, or are they just unpromising words?

Sure you may be willing to defend your country, but what can you do to show it? Something simple. A small action to show your love and devotion for your country.

When asked what the meaning of “Patriotism” is to them, Zeta Holmes answered, “Believing in something, or supporting your country.” But how? How can you support your country? What acts of service can you do? Mr Meinzen said that the best thing many people can do is, “Pay your taxes and pay attention “(serve your community).”

Kaden Seaton was asked the same question, and he said that it has something to do with politics, or the president.

When did the meaning of patriotism get tangled up with politics? Do you think it’s true that the lines have blurred between the two? If so, and if now we are blinded from seeing the difference, what can we do about it? What will be our glasses to help us see clearer?

“Patriotism is the last refuge of the scoundrel,” said Samuel Johnson in 1775. When a “Scoundrel” finds themselves in some sort of trouble, they might as well “Wrap themselves in the flag.” Finding them an excuse that supposedly solves their problem, counting on the protection of one simple word that can mean so many different things to so many different people.

Darren Soper was asked what people could do to show they are patriotic and he said, “You can pick up trash, or join the military.” Not only taking care of our country but the people as well. For example, volunteering at organizations that help people, such as homeless shelters, local food pantries, or just giving donations to support our fellow Americans.

So then, what really is the true meaning of “Patriotism?” Can we, as a country, come together to figure that out?

After all, United We Stand.



Above: Piper Willson approves of Ms. Jampolsky’s Halloween decorations outside her class. Besides the spiderweb Jampolsky posed a skeleton painter and other ghoulish decorations. Below the boys football team races the boys soccer team in rolling a table with teammates on it down the gym court. The frenzy led to loads of laughter during Spirit Week shenanigans.

Rosie rips common superstitions

by Rosalinda Paredes-Calva

Many people may say that popping your knuckles is bad or that if you have pimples it's because you're dirty but many of these things are myths and aren't actually bad for you. Or other beliefs are just not true. I am here to tell you which ones are accurate and which ones aren't. Let's start with popping your knuckles. Most people get the idea that it's bad from their parents or grandparents. Popping joints on fingers is not bad and actually helps to release fluid in the joints to help them become more flexible. If fingers are popped too frequently it may cause a strain and done incorrectly it can cause a ligament injury so it is only bad if you don't know how to properly do it. Next myth is the belief that using urine on a jelly sting makes it less painful. People think urine works (it does) but just not how well you think it does.

Urine mostly just helps with some pain that you may feel. But water is the better option. So technically urine on jellyfish stings is not a myth. Most people believe shaving your arm, leg and face hair makes it grow back thicker. But is that true? Body hair, when it is cut doesn't come back thicker it may just come back darker. The only way that your hair will be thicker is by changing genetics.

Here is a side note: shaving your face professionally actually helps with acne. It helps the products made for your face absorb into your face better and it makes your face look much smoother, and shinier which most people like.

One of my friends had told me that someone told them that if you don't dry your hair after a shower or after getting it wet and go to bed there will be mold that will grow in your hair overnight.

But there is no scientific evidence that mold actually does grow in hair. If there was evidence that it does there may have been food or something else in the hair that got wet and molded but you can never really know for sure if it does. Many people sleep with wet hair and have no complaints that their hair molds, so this is another myth that if you want to prove, just do a little test on your own.

Do you believe that if you pick up a penny and its heads up it's good luck?

Well let me tell you it is false it is a complete myth unless you believe in magic, Which is very strange. It is also not scientifically proven to be lucky and more so scientifically not real. It came from religious beliefs and folklore from ancient civilisations that said that copper that pennies are made from are gifts from the gods to help protect people from evil. You can believe it is real to make yourself happy but just know that it's not actually true.

Goats of PHill

By Allie Moch

Goats, what are they good for? They are smelly and crazy. What do people use their goats for? As it turns out, more students are interested in goats than you might think. Arianna Bowman(7th) shared some valuable insight on the frisky ungulates. She shared that her "goats eat all the blackberries and help manage the property." Goats have four stomachs and can eat up to 8 pounds of food per day. Holleigh Farver(7th) shared that "my goats live their lives in my backyard. They eat the blackberries and are companion goats to our horse." Many students and people in our community have goats as pets. Holleigh said "I enjoy spending time with them." Arianna also spends her spare time with her goats preparing them for 4-H.

"I show my goats in 4-H for the Springfield Community Club. I showed two pygmies and two market goats. This year, I got 3rd in market class, reserve champion in showmanship, and grand champion in pygmy." Holleigh is planning on starting 4-H this summer with her goats. A local community member shared that "Blackberries are like candy for goats." He also said "goats maintain the brush and blackberries which is really needed in this area."

Goats are the new kids on the block in Pleasant Hill—the kids may be smelly and assertive but they get the job done!

Another Class Claimed

Humor by Jack Perini

School is back in session! Joyous chatter fills the halls, there's a freshness in the air. The flame of student life roars. But for the weary veterans of the school, the seniors, the flame dwindles—that flame being the seniors' will to work, or show up... or care. The Senioritis Epidemic has claimed the class of '24 too soon, unlike certain seniors who already make a habit of walking in as the door shuts. On that note, when the third day of school came, the senior class had already adjusted to the later schedule. Many arrived at precisely 8:19 AM, a few others were late. Shameful, but a perfect example of what is to come. "I'm so done man," groaned Eli Larson, "I'm ready to go." What could this mean—He's ready for high school to be over? He's ready to pass beyond the veil? There's two minutes of class left and he wants to go early? Mayhaps. Not many can unravel the mystic rumblings of high school seniors. One of the more extreme levels of Senioritis comes with excessive procrastination and all around unpreparedness. "Would anyone mind sending me a picture of the notes?," Steven Gunn asked at 10:30 at night. Now this is uncannily early for seniors, normally a text like this would come at 11:50 pm ish, which seems to be the ideal work time for many high schoolers. The response to this message came at 4 in the morning. Good thing it wasn't a midnight deadline.

The Dangers of dehydration

By Rhianna Prakash and Ellie Thebo

Many students at Pleasant Hill enjoy doing athletics. As much fun as they are, athletes have to keep up their health. Dehydration is a big problem among many young athletes. As dehydration increases there's a significant reduction in your physical and mental performance. When you are dehydrated your muscles are less pliable and don't move as well. This increases your risk of orthopedic injuries. "Good hydration means getting the right amount of water before, during, and after any kind of exercise."

Dehydration is not only an issue with sports athletes. People on a daily basis forget to stay hydrated. You could be dehydrated right now and not even realize it! Dehydration occurs when the human body doesn't have enough water. Your body loses water all the time, you can lose water from sweating, crying, and even breathing.

Common symptoms of dehydration are headaches, dry mouth, thirst, dizziness, and fatigue. This happens when more liquids leave the body than enter it. To prevent this you need to replenish your body with the right amount of fluid intake. Without water the human body cannot survive, after all, it's made up of about 75% water.

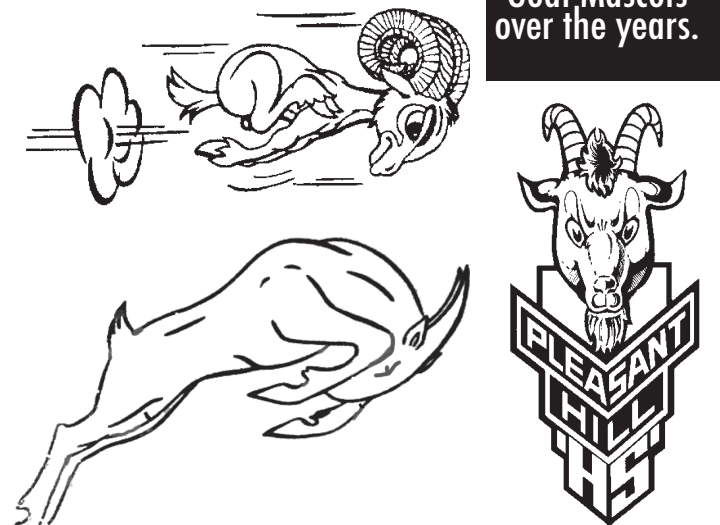
Dehydration is especially a problem with students. Sometimes it's difficult to remember to drink water when you're preoccupied with schoolwork all day. Lots of students struggle with this problem.

Taliegh Jackson said, "I get a low iron deficiency that's so bad I can't take baths. I'm also more tired and stop eating when I'm dehydrated." Ava Loose said, "one time I drank no water all day, when my mom was doing my hair I overheated and passed out on the bathroom floor." "I didn't eat or drink all day, and I went to track practice and passed out mid run. I face-planted into the turf. It hurt," said Ellie Thebo.

You should drink about 8-15 cups of water per day. Most people don't even drink close to the amount their body needs. 8-15 cups sounds like a lot, but the effects are worth it. Drinking water improves our bodies much more than we probably realize, after all almost all of our body's systems rely on water. Staying hydrated is important. I know drinking water probably isn't on the top of your list right now, but the least you could do is fill up your water bottle and put it in your backpack tomorrow morning.

Afterall, you don't want to end up eating turf. "Dehydration - illnesses & conditions." NHS inform, 13 February 2023, <https://www.nhsinform.scot/illnesses-and-conditions/nutritional/dehydration>. Accessed 28 September 2023. "The importance of hydration | News | Harvard T.H. Chan School of Public Health." Harvard T.H. Chan School of Public Health, 28 September 2017, <https://www.hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/>. Accessed 28 September 2023. "Water: How much should you drink every day?" Mayo Clinic, <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>. Accessed 28 Sep 2, 2023

Goat Mascots over the years.



Do we sleep enough?

by Evander M Ruiz

Sleep is important for the body. The body needs sleep as explained by science. But how does sleep work? Sleep is like recharging a battery, it allows for our brains to regenerate a bunch of different brain functions. When your brain communicates with different parts of your body, helping you move and think, sleep clears out the clutter.

In fact your brain is actually active throughout sleep because of something called the glymphatic system which acts as a type of plumbing system for fluids and toxins.

Toxins build up while you're awake but if you don't get enough sleep your brain can't do that as much and in the long run people who don't sleep have a higher chance of getting things like dementia or Alzheimers.

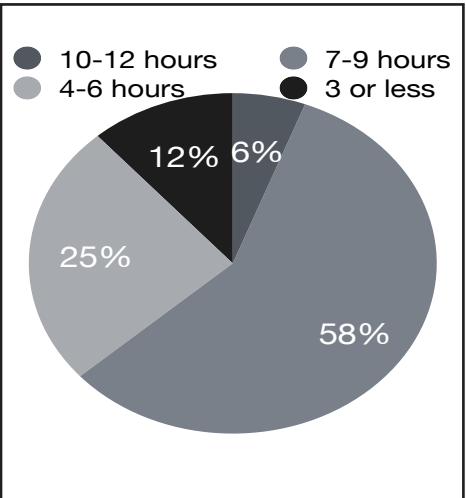
The reason for this is because your brain can't sleep away beta amyloids which is a type of plague that is found in the brains of people with Alzheimers.

But that's not the end of it. There are many other problems that occur from not enough sleep such as higher chances of diabetes, high blood pressure, weight gain, etc.

Here's something you might have not known. A study showed we as humans should actually be sleeping twice a day for four hours instead of a straight 8 hours. Most of our ancestors would sleep like that but due to jobs and school, our sleep schedule is being molded to fit modern schedules

Now for a statistical look, Thank you to the freshmen students of Pleasant Hill High School for these results.

51 freshmen took this poll.



Don't Join the Military

by Alex Ramos-Gutierrez

As crazy as it sounds, it is true there aren't very many reasons to join the military. There can be some very good benefits but that's only said just to get your attention.

Many Young men and women join the military because that's the type of lifestyle that they want or because of family legacy. Those people may try to convince you that it's a good idea and that you can live a double life.

Some people manage to do it but it takes a lot of effort because you're risking leaving what you were doing and getting deployed to serve the country. Sometimes you can be gone for a couple months but the next thing you know you're deployed for a couple years. The burdens of joining the military can vary.

If you feel brave enough to join the military feel free to talk to the local recruiter.

Editors Note: Alex is thinking of joining the Army National Guard

