

The Billie Bulletin



We bid a fond farewell to Lisa Jones and Steve Traylor

Saying Goodbye to Mr. Traylor

By Carson Bernardo

With schools leaning more and more on technology as the years go by, one of the most important persons in every school nowadays is the IT guy(s).

Enter; Mr. Steve Traylor, our very own IT guy. Mr. Traylor is retiring after Winter Break this year, after being with PHSD since 2015. I've asked Mr. Traylor some assorted questions, and here is what he had to say:

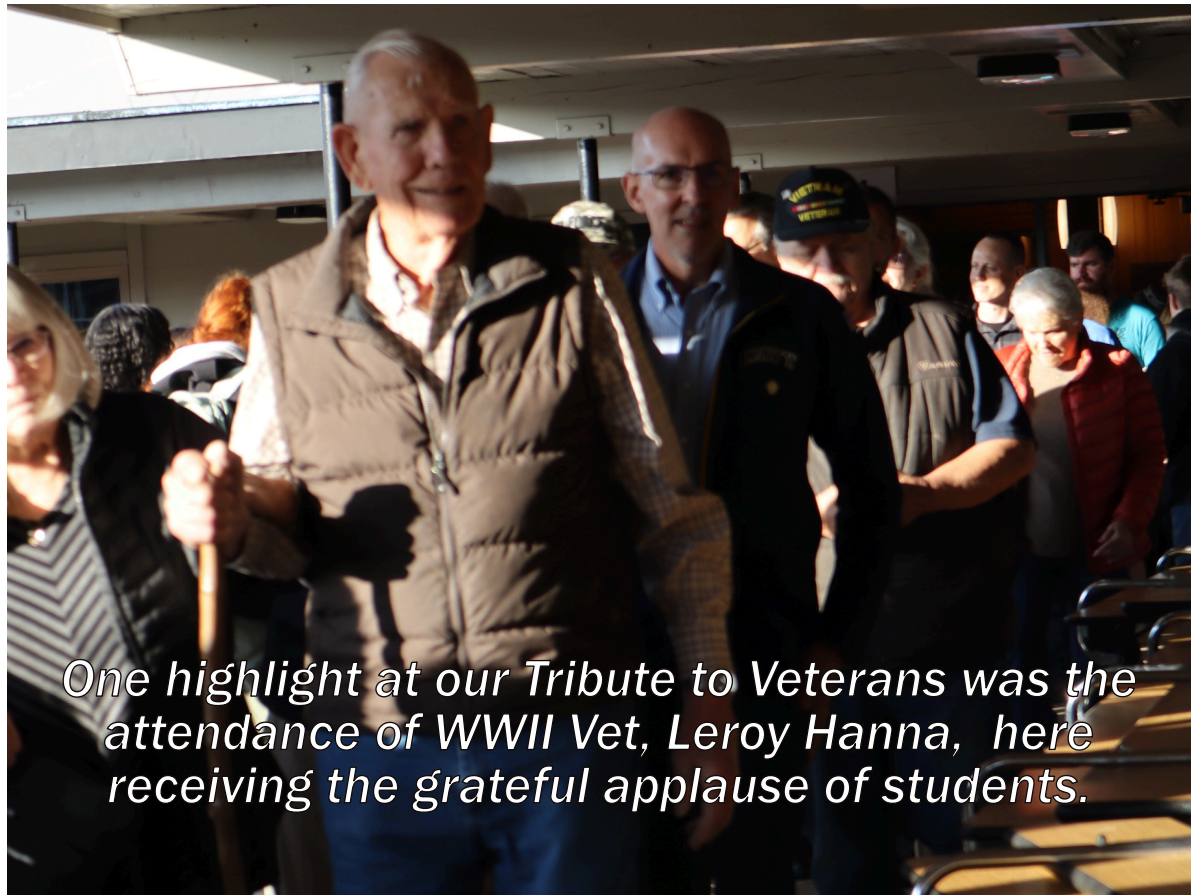
When asked what plans he has after retirement, he responds: "Traveling; Europe right away. I don't do well when I'm not doing something, so I'll probably pick up woodworking again and make furniture. Other projects, too, my grandson is getting a 3D printer for Christmas, so I will do stuff with him with that. My wife is going to have surgery for her knee so I will be taking care of her."

Afterward, I asked what made him come to Pleasant Hill, and he responded with: "I was working in Eugene for Lane ESD at the time, manager and I didn't see eye-to-eye, so I said 'I gotta go find something that's a little less stressful' and I started to poke around and found Pleasant Hill, so I applied and it's just great, I like it here."

Next I asked what his most memorable moment(s) were here at PHSD, he said: "One of my first projects I had to do here was replacing a 25-year-old phone system, I had no experience whatsoever. You learn a lot real fast, you're kinda the contractor and you're trying to make it happen and you do all of the right things. Pretty big stuff. I can poke at things until I figure it out and if not I'll go 'Why?', 'What is wrong with that?'."

Lastly, I asked if there was anything he would like to say to

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One highlight at our Tribute to Veterans was the attendance of WWII Vet, Leroy Hanna, here receiving the grateful applause of students.

FFA Goes To Nationals, Brott takes first

By Charlie Neal

More than five years of hard work and an 18 hour journey brought PHHS Future Farmer of American students to Indianapolis, Indiana for this year's national championship for the first time in our school's history. For the four previous years, we've placed within the top five, but the talent of this year's students have taken us even further than before.

Those unfamiliar with the FFA may be wondering what nationals look like. I interviewed Mrs. Angela White, Agriscience teacher and head of Pleasant Hill's FFA, to provide information on what it's all about. Our students compete with fifty-two other state-winning teams in twenty-two of the thirty-six states recognized career development events. These events include public speaking, poultry evaluation, forestry, and parliamentary procedure among many others.

These students also attended educational seminars on networking and other career skills, as well as a career/industry fair with over 3500 booths, 10-12 football fields in size. According to Mrs. White, it took three days to work through it all.

Senior Zoe Brott, qualified in the top ten for Agriscience, and made the final round of interviews. She gave a presentation on [checking with Mrs. White on exactly what it was she was presenting on Monday] in front of 1,500 people and received a first place award in front of 70,000

at Lucas Oil Stadium. The next day, Zoe received a call from Massachusetts Institute of Technology.

Mrs. White said that for her to teach at a small school in the middle of nowhere and have one of her students be on par with those from prestigious schools was amazing and really meant a lot for her.

In the vein of career success, she also says that having FFA on your resume, and a state or national championship title at that, looks really good. Agricultural industries are the biggest driving industries in the world, according to Mrs. White, that one of her primary goals in teaching is to make sure that students leave her class employable. She told me "The possibilities in agriculture are endless. It opens many doors for many people, as the playing fields are leveled."



Information DENIED

By Tim Meinzen

From the very start of the school year, students and staff discovered significant restrictions on what they access online. Prior websites were blocked, teachers could not assign online sites that they had before and students could not research sites that they believed would help them.

English teacher Mr. Jake Gardner said, "In the college writing course, students are required to conduct research for an extensive paper that explores an issue of their choice. Many students chose to focus on regulations and policies in school sports, however many websites and sources that discussed sports were blocked."

India Isaacson noted that "This blocking of

certain websites has started to affect us students as we can no longer access many things for our schoolwork. In Band, we are assigned to listen to music for part of our grade- but how are we meant to do so when YouTube and Spotify are blocked? In health we are assigned multiple projects, while looking for information related to them, the majority of the websites were blocked, along with YouTube."

When the complaints were made, the assumption was that the school or the tech guys were out to block student access to prevent nefarious activity. But that assumption proved wrong as a conversation with Technology Director, Trevor Shields revealed.

Most all of the blocking is the result of...the State of Oregon with newly passed regulations restricting access for students to protect students. In order to "protect" students from harmful or commercial content, access to YouTube and other sites has been blocked.

Yes, the State of Oregon is the "culprit" or the "guardian" who has made research... and messing about, harder for students. The school must follow what the legislature determines. Certain websites can be allowed with specific requests from teachers. That is another hurdle and time challenge for both teachers and our tech team who have no desire to interfere with student learning.

Another loud complaint that affected us in Publications was the blocking of Google Photos for certain younger students and the sunseting of the program entirely.

For years we have used Google Photos to store the pictures we take and share them with each other in producing the yearbook. But no more.

Again, the immediate (but mistaken) finger pointing was aimed at the school. But this time Google, the giant tech company made this decision to phase out Google Photos for all inactive accounts and those under 18. In despair we called on Trevor Shield who came up with a work around, a Google

From page 1 - Traylor

everyone here at PHSD before retiring, and he said: “It is a wonderful community, I really will miss it; miss being here. It’s all like one giant extended family, and yeah, I’ll just miss it. Although I’m not gone forever; I’m probably going to be the sub guy for Mr. Shields or the new guy replacing him or something like that.”

A form was sent out to staff to say their thanks to Mr. Traylor, and some of the best ones will be put here. Unfortunately, not all of them could fit without taking up an entire double spread of the newspaper.

Steve turns every technical problem into a solution or at least a friendly encounter. His wizardry knows no bounds. But more importantly, he is ALWAYS helpful, always humorous, quirky enough to love, and simply the perfect example of a tech wizard helping all of us getting constantly stuck. Steve is a delight to work with and having him leave is a great sadness. But the biggest takeaway is my sense of gratitude at having worked with the perfect teammate and problem solver. Mr Traylor has helped me and others in so many ways, but particularly Steve has helped with getting equipment and software that enables us to do so much more in Publications than we ever could before. His skill at navigating problems and anxious people is a wonder to behold. From Tim Meinzen

Steve has always taken his work seriously. Anytime I ever needed technology assistance, Steve was there in a flash to resolve the issue. He always did a great job helping me understand how or why the issue occurred and what he did to resolve it. He has always been a great teacher! If I didn’t understand something he was saying he always had an incredible way of teaching it in another way so I could understand. He’s an OUTSTANDING educator! Steve, I wish you the best as you move into this new chapter of your life. I will miss your sincere enthusiasm for helping others with their tech issues. You have been an incredible asset to our school. I appreciate all of the work you have done to help me over the years. You will be greatly missed! From Mrs. Taylor

Steve has always been ready and willing to assist staff. He is a true team player and will be greatly missed. Steve, in your retirement, I hope you can enjoy all the best chocolate you can eat. I will miss our conversations about all the world's problems, and jungle plants in the library. From Mrs. Anderson

Lisa Jones, the compassionate and funny Queen of the Lunch Ladies is also retiring. Her emphasis on feeding all comers, keeping the kitchen a warm, inviting place and running the meals through Covid and beyond mark her a favorite of staff AND students.

Information denied from page 1

Docs file all students can upload photos too. Far from being the nemesis, the school is actually a sympathetic ally. These restrictions create extra work for the administration and especially the tech department, plus they get to face the misdirected “slings and arrows” of students and staff.

Other complaints noted that some students are still finding ways to play games on the locked down Chromebooks. Mr. Shields acknowledged that they don’t have fool proof means of blocking all these sorts of websites. And he understands that several students feel they are punished for the “crimes” of a few. But that is beyond the school’s control. And in a world of big tech and big government, students will discover that being protected may also mean less access to what they are used to.

One last complaint is that internet access for private devices, phones, tablets, laptops has also been restricted. Turns out that restriction is due to the proliferating number of private devices using internet bandwidth meaning less bandwidth for students and staff.

Often it turns out that we blame the wrong thing in our frustration. But with a little research, the real cause can usually be Googled out.

The giving hands of PHHS Students

By Abigail Blatch

Pleasant Hill High school Students are coming together to work with Lane ESD and Lane workforce Partnership. The homes the students build are 8x12. These homes will provide a couple of outlets and two windows and a door. They will be delivered to “Everyone village” and once they get it placed where they need them they will build a deck connected to the home.

The shed can fit only a bed and a desk and table. The people getting the homes are not allowed to have alcohol or any drugs. With the help of the student being able to get involved in such a great opportunity to help the community the teacher involved in getting the student in this project is the wood shop teacher Steve Smith. I was able to interview Steve Smith and here is what he has said about it:

What are the skills learned in this class?

“The students get the skills to really everything to build a house from painting , insulation, wiring and installation of doors and windows, sheetrock, and drywalling and hopefully get to learn the skills to build a shed or house just without any plumbing”

How can the student’s use these skills learned in this class in the future ?

“They can get into framing or being in construction. These are big skills when they get older and do something at home and then your able to use the skills taught in my class to get a feel on what you can do at home”

What are your goals when you are going to finish these sheds?

“Hopefully finish these house this semester , and make two more next semester “

What’s the best thing about doing this Project?

“The one advantage for us we get the materials for free”

After talking with Steve Smith I was able to see that many of the student’s that are participating in this class will accomplish so many skills in construction. So with that I think that Pleasant Hill Students are doing so great for their community that they can help others and learn skills needed possibly in the future.

Shop talk in Bowden’s class

By Aurora Brott

Metal shop class provides students with hands-on experience in crafting and shaping metal, fostering both creativity and technical skills. In this dynamic learning environment, students immerse themselves in the world of metalworking, gaining practical knowledge that extends beyond the classroom.

One student, said, "Metal shop is where I can turn raw materials into something unique. It's a blend of artistry and precision."

This sentiment is echoed by many in the class, highlighting the fusion of creativity and technical prowess that defines the metalworking process.

The class curriculum covers a range of techniques, from welding to forging, allowing students to explore various aspects of metal craftsmanship.

Metal shop class is more than just a technical workshop; it's a realm where students transform raw materials into tangible creations, merging skill with imagination. As they navigate the intricate process of metalworking, students develop a profound appreciation for craftsmanship and gain valuable life skills that extend far beyond the metal shop.

Metal shop class is like a secret society of creators turning sparks into art! "It's where I mold metal and dreams into reality"Metal shop class isn't just about bending metal; it's our secret society of creators turning sparks into art! Sarah spills the beans, "It's where I mold metal and dreams into reality—talk about a power combo!"

From welding wonders to forging fantasies, this class is a DIY haven. In a nutshell, metal shop is our playground of possibilities. We're not just making stuff; we're molding dreams with a dash of sparks and a sprinkle of teamwork.

Who knew metal could be so fabulously fun?



Working as Rosies

Two incredible women tell their stories of working for the Nation in WWII

By Maddy Gunn

Dorothy Campbell Key and Dolly Jane Marshall both sat down with me for an interview about their lives. These two fascinating women walked me through what it was like for them as teenagers during WW2.

Dorothy shared her experiences as a young person navigating the fighting that was going on. When she was just 16, she got employed at a plane building place called HydroPak. She went to high school but not for very long, planes needed to be built for the soldiers fighting in World War II.

According to Dorothy, “I was happy doing what I was doing, it was a good job.....I understood the war, you couldn’t miss it...everybody knew about it.” Dorothy described being 16 at the time and having to get up early every morning to go to where she worked. She would wake up at 5:00 am, walk to school and have classes until noon, and then take the streetcar to HydroPak where she would work 8 hours everyday.

When asked about the most difficult day she experienced, she answered with brutal honesty.

“I had to make artificial feet, each one was for a young man who lost their foot in the war, that really was upsetting. Later, I met a young man who was on a bench outside of my work, his face was like a ghost and covered in cuts and bruises.....and I didn’t do anything to help him, I just walked past....I did not do anything. Still bothers me.”

For the final question, *Dorothy was asked what it was like when they knew the war was over.*

“We were so excited. People were going crazy. Broadcast downtown. We grabbed a streetcar. People were crowded together, shops were unattended. Horns blowing, people shouting, church bells pealing. Crowd pushed us apart.”

Dolly’s experiences were similar to her friend’s but differed in a multitude of ways. Dolly lived in New Jersey and started working when she was only 13, much younger than Dorothy. While attending school, Dolly was offered the jobs with three other girls of the same age to stay in the “viewbox” of the football field at the school. They were given binoculars, a lantern, and a set of instructions. Their job was to report all the planes they saw fly over the school, whether they were enemy or not. They were volunteers.

“We studied and worked for the army...Two to four hour shiftsWe studied plane silhouettes. Beaches filled with grease and oil, we knew the enemy was off our shores. We are at the press box, a special phone, whenever we see or hear a plane. We did not really know much about the war.”

“If you could hear the plane but not see it, you’d say ‘HEARD’.” Dolly remembers that the booth had no air conditioning so she was always “very cold and very hot”, but never being frightened from her task.

But, things in Dolly’s life were not always so dark and grim, when she was older, she described dancing with the soldiers at Fort Dix.

“It was fun. At that age all you cared about was meeting guys. I had always worked. First woman to take the scientific course. First woman in many classes. Although, I was sexually harassed at work. A lot. I grew very tough skin.” Despite all the negative stigma surrounding Dolly’s life, she remembers when the war ended.

“I lived in a small town, so it was less of a celebration. The whole world was crazy. That was all that was on the radio. Newspapers, the excitement and the relief, people just snatching up the paper.”

DEBATE

Brain vs Brawn

By Kyra Bebb
I love to debate. I like to hear others' opinions to know where they stand. I always fill with joy when people I'm debating say I've got "a good point." I always feel accomplished.

I'm a very opinionated person. I'm not someone who will stay quiet when what I believe in is questioned.

Why do people argue or debate? I argue or debate because it makes me happy. It puts a smile on my face and I always look forward to it. I argue because I find it funny to get other people riled up. I debate because I like to see other peoples views on things, and why they think that way. I'm interested in people's thought process when explaining certain things.

Although I like to argue and debate, I also know when to admit that I'm wrong. I'm not afraid of failure in my actions or what I think on something. If I'm wrong then I'm wrong. The problem with people debating these days is that they don't go to debates with this mindset. As I've watched debates lately, people come to these events with a mindset of "I'm right no matter what these people say." And while it's good to have this confidence when defending, or debating what you believe, you should also be respectful. People don't come to these things with an open mind. But debates sort of require an openness to the arguments of the other.

When debating, each side tries to convince the other and the audience that they are right. Debaters argue with facts, real life stories, using emotion against the other, or their confidence on the subject.

If you easily get riled up then debating is not the job for you. You need to be calm, collected and speak evenly. When you show emotion, the audience and the debater can use that emotion against you. If you convey any other emotion than the emotion that fits with the story you are telling then you are very easily defeated.

Emotion is like a double-edged sword. You can either use it to help you, or it can be used against you. You can emotionally manipulate people to side with you. But emotional manipulation works best when you are using the feelings of anger, and sadness towards the audience and other debaters. But If you show a strong emotion like anger towards the person you are debating, the audience can look at that as if you're mad at the person because they're "right." Your opponent can use that against you. You have to know the audience to truly be able to manipulate them, to get the best outcome.

What about research? If you don't know your facts you will be a bit of a blowhard.

Confidence is a major factor too. If you go up, and you're ready to debate this person, you're ready with facts, stories, and anything and everything you could possibly prepare, but you don't have any confidence. Then all that preparation just went down the drain. You

need to have confidence to convey how much you care or have prepared for this subject. Without confidence the audience will see you as a joke.

Confidence is different from being arrogant. Arrogance is when you believe you are right and everybody else is wrong, there is no other option "I am right and you are wrong" Arrogance is when you won't take others opinions into account. Arrogance is completely disregarding others' thoughts. Arrogance can be anyone's downfall. But as a debater coming off as arrogant can cost you your audience. If you come off as arrogant then people are most likely to dismiss your debates. Arrogance is being pushy, forcing your views onto others.

Confidence is when you've worked hard you have gotten all the facts you could possibly have, but you are open to discussion, you are open to see others opinions. Confidence is knowing that sometimes both sides are right, you just have to prove to the audience that your side is more right. Sometimes both sides are somewhat correct, it's just which one is a little bit more correct or more confident. Confidence can be seen through the way you speak, the way you walk, the way you hold yourself. People steer themselves towards people who seem like they know what they're talking about. That is where confidence comes in.

Debating is tricky. It's difficult to control your emotions but also manipulate others at the same time. It's hard to have that confidence that so few have, sometimes it's just as hard to as the saying goes "fake it till you make it." It's hard when people bring up good points and you know you have evidence to back up your own claim but you still get nervous as you look out into the crowd to see people agree with the opposition. It's scary when you walk up in front of the crowd, or maybe it's just your parents or friends and to feel like their eyes are searing holes into your head. You run every possible scenario you can within those ten seconds you have until you start talking.

Debating is hard, but it's so thrilling. It makes me so happy, and whenever I do debate it feels like electricity running through my veins. It's a thrill like no other. I recommend it.

Some advice: don't care what other people think, be true to yourself. Don't let others tell you what or how you should think. Be tough with what you believe in, but also be open-minded, don't let your mind be clouded with judgment.

And be prepared to lose gracefully sometimes. You only get better when you can concede. Because losses can make you a better debater than a win sometimes.

Sexual Harassment needs to stop

By Billie Bulletin Reporter
Sexism, sexual harassment, misogyny, it all happens in schools across the world. Schools are the perfect place for all these things to happen. You can ask almost any girl, almost all of them have experienced sexism in some form. In a study 66% of female students have experienced sexual harassment in there own school. Our school is no exception to this.

When most people think of sexism they think of better opportunities given to men, men yelling catcalls at women, women constantly being objectified, the pink tax. All the easy to spot, the more common examples of sexism. Of course all these are very real examples of sexism, but in schools it's different. In schools sexism is quiet, but nevertheless it's still there.

One of the biggest examples of sexism in schools is the jokes about rape, sexual assault, girl's bodies, objectification, etc. Jokes are constantly made at the expense of girls just to get a laugh out of their friends. "Of course she's getting lunch, she's so fat." "She's so flat." "Why would you like her? She's so ugly." You're supposed to laugh along, if you stand up for yourself you're overdramatic, because they're just "jokes."

But jokes aren't supposed to make girls feel like they can't wear what they like in case their body doesn't look good, or make them feel like they have to wear makeup to be pretty, or skip lunch so they can lose a few pounds, or workout just to feel comfortable in their skin.

This is a good example of the double standards put onto girls. From a very young age girls learn how to act, dress, and look according FOR men.

Oceans aren't Our Dumpsters

By Zoe Harr
Don't you love swimming in the lively ocean water? Don't you love splashing in the salty waves, not a care in the world? Well, maybe you should care.

The ocean takes up nearly one third of Earth. As we know it, the oceans are struggling to survive. There is more garbage swimming in its currents than fish! This is ocean pollution.

It affects everything in and around the ocean. The garbage in the ocean affects us too.

I interviewed Biology and Chemistry teacher Alyson Messersmith. She gave me useful intel on my investigation.

"We all live on planet Earth, and we're all interconnected. So when one ecosystem is getting polluted, it affects all ecosystems," she explained.

"We eat directly from the ocean, and even if you don't live by the ocean, you ship food from the ocean to other places." Most of the garbage is from us. More than 80% of pollution in the ocean comes from land. The rest comes from waste off ships. Ocean pollution is deeply damaging to ecosystems all around the world.

Plastics make up a large part of ocean pollution. Around 10 million metric tons of plastic enter the ocean each year, killing the ocean life along the way! Deep in the Pacific Ocean, there lies a gargantuan garbage dump. It is known as the Great Pacific Garbage Patch. If fish eat the plastic, then we end up eating it, too. The same is true for harmful

chemicals. Thousands of manufactured chemicals enter the ocean, and can cause a variety of health issues to us. Cancers, cardiovascular disease, immune dysfunctions, and metabolic disease are all consequences of pollution in the sea!

"I don't think that a typical person is quite aware of what is happening in our oceans," said Messersmith. "Currently some people I'm sure are well aware, but I think the majority of people are unaware of the current state of ocean pollution."

Don't fret, though! There is still a way to save our oceans. When asked about the best course of action, Messersmith said, "Images, I would think. I've seen lots of images that are very shocking, and so it's a simple easy way to show people what's happening in the ocean. Graphs would also be good too for things that we can't see, like micro plastics and stuff like that in the ocean."

"There's some really cool things happening with cleaning the ocean right now, such as developing bacteria that can eat plastics, or developing machines that go through and clean the water."

There is hope for our oceans! We have the amazing, passionate people to do it. Look around! There are countless individuals working to save the seas.

You must be thinking that a singular helping hand can't do much. Think again. We can all make a difference, no matter the size of the deed! Just remember,

"One small splash can ripple an ocean."

The Billie Bulletin

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Albatross killed by ocean plastic.

4 features

“Iadore this school” -Brandi Mieshell

By Ellie Epperson



Brandi Meshell is a “people-person.” Perhaps it’s the southern hospitality she used to be around while living in Dallas, Texas. However, it’s also simply in her nature. “ I love meeting new people, I’m a people person in general. I collect people, it’s kinda my thing. I get along with most everyone. I have a personality that’s normally pretty open so it’s not been a difficult thing for me, [moving here].”

Meshell lived in Texas for most of her life. She attended middle school, high school and college there. She also worked in a school district in Mesquite.

That is, until her fiancée got transferred to this area for work, as well as her daughter getting recruited to play softball in Spokane.

“[We drove by] Pleasant Hill one day. [We were] not familiar with the area and trying to get familiar with the area, and I saw the school and looked to see if there were any [openings] available and that’s how I ended up here.”

As a high schooler, Brandi Meshell was “a shy student...a quiet student”. She didn’t participate in softball but loved watching it, as she continues to do today. “I love softball...I’m a huge proponent of women’s sports.”

She is passionate about her family, and she doesn’t let distance be an issue.

“My kids are grown so they’re not home but I talk to them several times a day. I FaceTime my daughter on my way home from school everyday,” said Meshell.

Ms. Meshell works as an EA with Fyona Dow in the Learning Center. She helps the kids in the Learning Center keep up with work and understand it well. “I’m paying attention [in classes], trying to learn..really trying to nail it down and understand it myself [so] then [I’m] able to explain it to the kids.”

She began to start teaching because she loves kids and people in general.

“I’m a firm believer in being there, and showing up, being consistent, giving effort, pouring myself into people so that they feel loved and cared for and that they matter. We only get one of you, so if something happens to you, especially within your family, making sure that you know that you matter is important to me. It’s just the mother in me I guess.”

“I adore this school. I adore these kids. I think everybody here has got such a bright future, there’s so much potential here and I’m just happy to be here.”

Brandi Murray keeps us looking good

By Rosie Paredes-Calva

Have you ever met Ms.Murray, our newish custodian? Well if you haven’t, she is the one cleaning up the messes you make and you should probably get to know her.

Brandi Murray is a very nice person. She was adopted by her family and had to spend 17 years in foster care (and in senior year of highschool her foster family officially adopted her). Even though those were her hardest years, she never wishes to change them because they helped her grow stronger into the person she is today. She said that there is no growth when you dwell on the past. She has a big family which is made up of two biological sisters; a half brother three adopted siblings of which three are younger.

She also has a family that isn’t only human; she has many animals in her family as well. She has five ducks, four chickens, five dogs, four cats, two bunnies and four horses all she cares deeply about. She had worked as a veterinarian assistant at South Willamette before coming to Pleasant Hill. She had to change careers due to veterinary medicine being emotionally too hard. She also worked at a pharmacy but now she works here at Pleasant Hill. She says that she started working here after two weeks since school had started and she has loved



By Sami Pembleton

How would you like to work alongside your dad in your career? Mrs. Devish does just that. Devish teaches math here at Pleasant Hill High School. The math classes she teaches are Algebra One and applied Algebra. Mrs. Devish doesn’t work here alone; her dad Steve Smith also works here. Steve also taught math. He taught entry level math before he switched over to do Woodshop. Mrs. Devish said “working at the same school as my dad has turned out to be a blessing.”

Mrs. Devish is easy to relate to unlike the other faculty around campus.

She doesn’t think badly about a kid just because they do one wrong thing. She tries to give kids second chances no matter who they are. Devish has a good sense of humor and she always tries to make class interesting. If she is having a bad day you would never know because she doesn’t put it out on the kids in her class but also outside of her class.

Mrs. Devish said “teaching can be a very isolating job, especially when you are starting out so it’s really helpful to have someone you know and trust to ask questions to and talk through situations.”

She tries her best to keep the work manageable for her students. She gets to know her students and for them to get to know her. She teaches students to be patient with their learning.

Mrs. Devish said “I try to make my class somewhere that students enjoy to be...whether they like math or not.” Her students very much appreciate that no matter if they like math or not they can look forward to her class. “If they enjoy being in your class, students are more likely to learn.”

If she gave her teenage self advice it would be “that things will always work out like they should, whether you have a plan or not,. Each phase of life will lead you to the next, so focus on enjoying the present, also “thank your teachers.”

There are a lot of students at Pleasant hill who love Mrs. Devish more than she even knows. Mrs. Devish is one of the best teachers that work at Pleasant hill. Even students that haven’t had her as a teacher yet but “ the times i’ve had an interaction with Mrs. Devish, she was nice.”

The students that have had her as a teacher have plenty of good things to say about her Nic said

working here.

She loves the students but does not hesitate to tell people to clean up their own messes. Since some high schoolers had thrown burritos she made them clean up the mess. (whoever threw the food you got what you deserve--RPC).

Louis L’Amour, a western book author, is one of her favorite authors. He writes about western stories that are placed in an older setting but she finds that his books are very relatable. She also likes his writing style. He writes his stories in depth and visualizes his books to make her feel like she is in the action.

Everyday she has to get up at three in the morning and it’s a good thing she is a morning person because if I had to wake up at that time every day I might expire. Every summer she loves to go camping with her friend and some dogs. They usually go exploring the Oregon forests near Crescent up Highway 58. Such adventures are always fun—even though she and her friend get lost more than once.

They always find a way back sooner or later.

Places at school she is not assigned to are the library and high school, one place she hates cleaning is the girls locker room. Hopefully we will show our gratitude and respect. She doesn’t have to do what she does but she does do it to see the student learn in a clean environment.

MS.Devish is a delight

Devish is “the best teacher there is no doubt, deserves a raise.” Madi C said. Mrs. Devish is “ kind, thoughtful, outgoing, respectful, loving, supportive, intelligent.” Devish is one of the most supportive teachers that some of us have ever had in our life.

She does everything in her power to support her students. She will sit there for however long you just so you can talk and get all of your frustrations out. Kyra said “ I really like her teaching style and her overall personality.” Brylee said that she actually takes the time to walk you through a problem to make sure you understand it so you are not behind” also “ she always gives different alternatives to things to make it easier on students.”

Mrs. Devish thinks that the most surprising thing that her students find out about her is that she is only 24 years old “at least it always seems to surprise everyone when they ask.” She is not only a 24-year old teacher she is a mom to a little girl and married. One of the toughest things for her is to stay motivated. On the days she is not teaching she enjoys spending time with her husband and daughter, weightlifting, reading and antiquing.

Mrs. Devish is one of the most beloved teachers at Pleasant Hill. You might think that just because she is closer in age with the students that she would be uptight, standoffish not wanting to get close with her students, brushing off their feelings and concerns but that is not the way she is at all. She loves her students. She puts the time and effort in to help her student pass her class.



Kenny Brown

What it’s like being a custodian?

by Alea Blatch

I got to interview Kenny Brown, our new HS Custodian.

I asked him a few questions to get to know him.

What is your favorite food ?

He responded with “burritos”

What’s your favorite type of genre of music?

“ I don’t really have one, but I do like all genres as long as it’s good music.”

I asked him what he likes to do for fun and he said “riding quads or anything with a motor.”

I went further into that question and asked him if there is anything else he likes to do? He said “anything outdoors, like hiking”

One thing that kinda surprised me was he also likes playing video games, his favorite video game to play is Call of Duty.

I wanted to know more on why he got the custodian job. Mr. Brown’s other job was “ home maintenance job (property maintenance).”

Why did you get a job here instead of somewhere else ?

“My kids go here, the first one that came along, and I like being around my kids.” Mr. Brown was interested in the job and soon started working as a custodian and maintenance staff here at Pleasant Hill.

I wanted to know more about his outside interests and more of his outside perspective on things. I asked him what his goals in life were and he said “ To live life comfortable and happy.” I asked him what his dislikes and likes were and he said “I don’t really have any dislikes.” His likes were “cars”, “sports cars, hot rods, classics.”

I was curious about what his connection to Pleasant Hill was so I asked him a couple last questions. He said he “graduated from Lowell High School.”

What do you like about Pleasant Hill High School? Brown said “it’s a family-run school, a lot of volunteers, and parents are really into helping the next generation.”

Cheer changes everything

By Emma Young
*Have you ever wondered about what it's like to be a cheerleader outside of school and practice? I asked the team a series of questions and here are their responses.*What does your life look like outside of school and practice?

“Outside of school and practice, I spend my time going to the gym, babysitting, and focusing on myself. I like to watch movies with my family and hang out with my friends.” said Delaney Fischer, senior.

“My day-to-day life after school usually consists of going to practice until 5, then getting home and listening to music or watching a movie while working on my homework, and after that helping with house chores. In my free time, I either nap, do some type of art project, or hang out with my family,” said Dahlia LaRoche

“Cheer takes up a lot of time but it is so worth it. Even when you are not at practice you are still practicing and showing your spirit. Three days a week we have practice for an hour and a half and we go over everything: cheers, dances, and stunting. We put our bodies through so much just to put on a show. We go to almost every game and support the teams as much as we can,” said Madilynn Hardy.

Do they enjoy cheer? And is there anything that would make it better or more enjoyable?“I love cheer so much. I spend pretty much every moment of everyday thinking about it, I love the family that it brings. The only thing I would say to make it better is having more people willing to do it. Along with the people from other sports and the community complaining about us. It really brings the mood of every cheerleader down,” said Madilynn.

“I think the only thing we could do to make it more enjoyable is do more team bonding and make sure everyone feels included, cared about, and valued as a teammate and friend,” said Dahlia.

Serenity Peters said“I love cheer, I look forward to it everyday. Something that could make it more enjoyable would probably have more people join.”

Does the cheer team believe there is anything unfair about cheerleading?

“That we don't get buses easily,” admitted Serenity.

Chloe ?? said“I think the other sports teams look down on us and don't appreciate us. It makes us not want to cheer again at certain sports games.”

Here are a few things that the team wanted to point out.

“I think that cheer is a very welcoming community. We all became a family spending the year together. It’s one of the things that have changed my life and I could never go back. I just want to encourage other people to do it. Even if you're scared it is so worth it.” added Madilynn.

Meet Saul Shimanoff

By Darren Soper
 Saul Shimanoff is a substitute teacher who was hired by the school district to be full of available time.

Mr Shimanoff is part French and part English. He likes to watch a bunch of different shows and movies like: The Great British baking show, Emily in Paris and Lupin Narcos.

He loves French and Mexican food. Some of those foods are: Pain au chocolat (Chocolate bread), Croissants and Chaussons aux Pommes (apple pie). Mr Shimanoffs favorite activities are: Hiking, Skiing and Rock climbing/Bouldering and playing soccer. He is very interested in Filming and documentaries.

Mr Shimanoff is bilingual (French/English) and he enjoyed studying cities like Queretaro, Mexico and he has also been to New York. He loves to travel and would like to go to Europe, some of the countries he would like to go to are Greece and Iceland.

Alexis Moch said that “He is kind and helps me when I am stuck on work.”

Mr Shimanoff has been to all sorts of different places like New York and he would like to go to Brazil and South American countries. Mr Shimanoff is a hard working person and is very kind to everyone he meets!



Why Schools Should Teach Home Economics

By Greta Gramzow
 Do you know how to cook? Sew? Or make baby formula?

These are basic skills that can be used at home everyday. In fact, they can be more important than you think. After you graduate High School, who knows what can happen next! Whether you have a well paying job, decided to go to college, trade school etc. basic skills such as the ones listed above can be beneficial to your life in the real-world. Allow me to tell you why...

Acquiring these skills can provide you with practical knowledge about nutrition, having a healthy diet and how to make your own meals. This promotes a healthy lifestyle among young students growing to be responsible adults in the future.

Speaking of responsibility, it’s also important for students to learn how to fill out a check, a resume, or learn to budget. Teaching financial management within the home economics framework equips students with crucial economic literacy skills and prepares them for responsible financial decision-making.

Additionally, learning to sew and other basic home maintenance skills can grant the students self-sufficiency and resourcefulness. This contributes to personal development but can also enhance students’ adaptability in this ever-changing world. You never know when something could update or when we find a new, more efficient way to do things. It is good to be surrounded with current news within our workspaces. Especially for young learners.

Unfortunately, part of the problem with not having home economics is not having enough teachers these days. Fortunately, Pleasant Hill High School was lucky enough to be provided with a teacher that leads a newer class titled, ‘Future Success’ ; however, it doesn’t cover every topic listed above.

From Billie to Spartan

By Sienna Malekzadeh
 Every kid has done it. At some point, every kid has thought about what it would be like to go to a different school. Bella Malekzadeh had attended Pleasant Hill since kindergarten. After being a Billie for nine years, she decided to try something new. Bella became a Marist Spartan. She decided to spend her high school years at a private Catholic school.

“I wanted to go to a school that academically challenged me,” Bella explains. She was definitely not disappointed. In reality, she was not prepared for the homework load to come. Bella says that she spends about two hours doing homework a night, as well as weekends. Many students, like Bella, are also athletes. She has to balance school and gymnastics, not getting home until nine, and starting her homework even later than that. Many people at Pleasant Hill use the options to retake tests to get a better grade, and are able to turn in assignments late, unlike Marist, where you don’t have those opportunities. Marist is a college preparatory school so the rigor and workload comes with high expectations.

Many private schools hold stereotypes about the students that attend them, such as kids being snobby, or thinking they’re better than everyone else. “No one cares how much money you have, students

are always respectful during class and to their peers,” Bella said. In fact, about half of the students attending Marist are under financial scholarships.

Going to a new school where you don’t know anyone else can be a challenge. Marist made Bella’s transition easier than she expected, socially. They provided retreats for the freshman to get acclimated, even before school started. They continue to do these for every grade level. Aside from the retreats, they had many events for students to get to know each other and build community. They had a BBQ, an ice cream social, and a freshman night among others. Students also come from many different schools, so not everyone knows each other. This made the transition a lot easier for Bella to meet new people.

Even though Marist is a Catholic school you don’t need to be Catholic to attend there. “There is a religion class you are required to take all 4 years, as well as going to a monthly Mass, but no one judges you for whatever you believe in,” Bella explains. Students of all religions are welcomed at Marist.

In the end, Bella is happy with her decision, but she says, “I think that I would’ve been fine either way.” If you’re a good student, work hard, and take advantage of opportunities at your school, you will succeed anywhere you decide to go.

The Inside Scoop with Mr. Gardner

By Abbie Landers
 Before he began teaching Mr. Gardner found himself working at Red Lobster. Funny enough this is where his love of lobsters came from! If you haven’t seen him or been in his classroom he has an assortment of lobster clothing and a giant inflatable lobster on his wall.

Mr. Gardner began subbing for school districts back in 2018, after he graduated from U of O with a bachelor's degree. He didn’t want to begin teaching full time at that point because he as before mentioned was still working at Red Lobster.

“I got a taste of what school was like pre-covid, and then saw the crash it went through after the pandemic. I can’t compete with phones.”

He first subbed at Junction City then came here to Pleasant Hill. He wanted to stay in a small school district. Having a rough go with the 6th graders he got thrown full-time into the High School with six, count em, SIX prep periods his first year.

“When people asked me how I did it I said ‘barely.’”

During this time Mr. Gardner found he started to experience anxiety for the first time in his life. He would constantly go home with work, wake up to work, and go to bed with work on his mind. After struggling with this less than healthy work ethic he finally put a stop to it. He limited the work he brought home, and also limited the work decisions he took home.

Besides the double sword Mr. Gardner faces working as an English teacher, he does enjoy his career. The first time he considered becoming an English teacher was in 6th grade, I’m glad he stuck to it.

“...my teacher was really fun to be



6 sports

Bring Home the Trophy

By Josie Heacock

The Billies want “to bring home a trophy.” This is what the Boys Basketball team envisions for their future this season.

The Boys Basketball team is ready to take their program to the top this year. The Varsity team is determined to make it state and bring home the glory. Or as Junior Gavin English puts it, going “Back to Coos Bay. Bringing home a trophy.”

Gavin has been playing since second grade at the position of shooting guard. He loves it because “[It’s a] reason to get away from things and do something I thoroughly enjoy.”

Senior Sawyer Ireland firmly believes that the team can make it to state this year. When asked what his goal for the season was, he responded “To win state. Working as hard as I can, [and] helping as much as possible.”

Sawyer has been playing basketball for 10 years, playing the position of center, who says his basketball role model is Luke Jackson whom he admires for his “Play style and how good of a coach he is.”

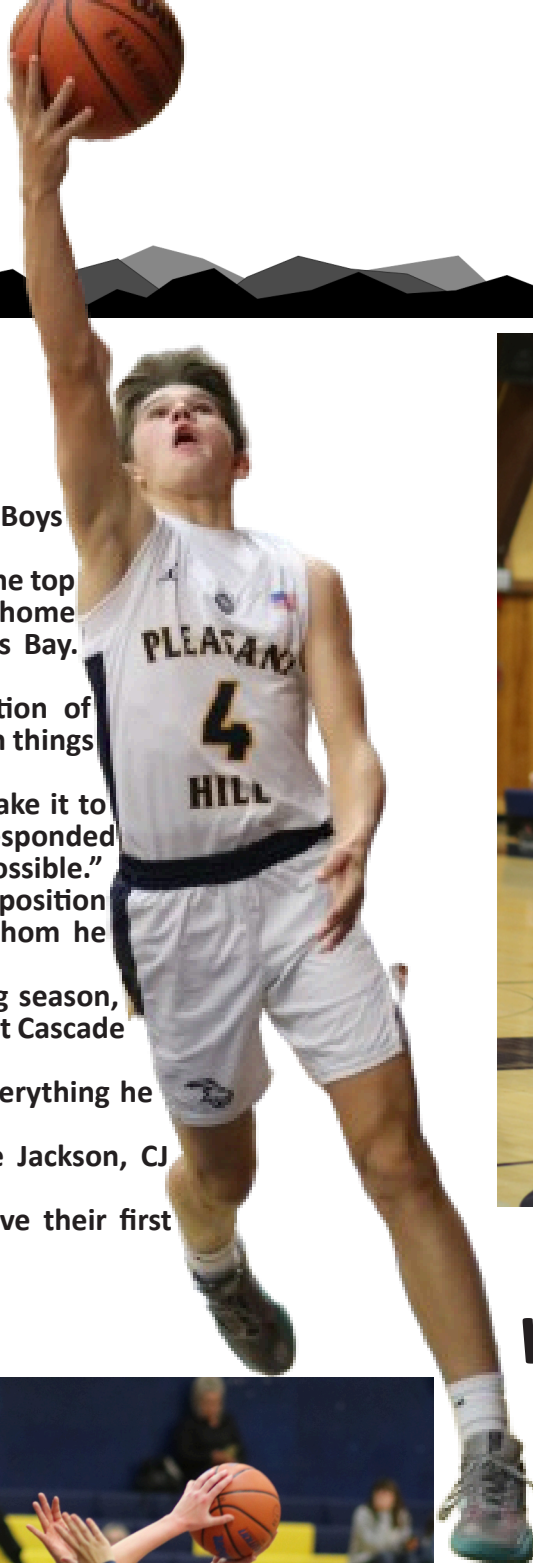
Landen Melvin, a sophomore, is pumped for the upcoming season, but knows it won’t be easy. “It will be really tough, especially against Cascade Christian.” But he is confident in the team winning.

Melvin says his role model is “My dad. He’s taught me everything he knows, so I can be the best basketball player I can be.”

The teams are coached by Darwin Terry, Travis Trafton, Luke Jackson, CJ Johnson, Marshall White, and Caleb Wilson.

They started their season on November 13th and will have their first (non-league) game on November 29th against Amity.

Right: Landen Melvin goes in for a layup.



Gavin English shoots against Lakeview. The Billies won 86-35

The little known world of wrestling

By Josie Heacock

Wrestling is a sport that most students know little about. And for some, it can seem uncomfortable to watch. But for those who commit to wrestling, the impact is life-long. For Vedder Anderson who has been wrestling for 12 years, he admits he “just likes fighting people.” He originally wanted to box, but his mom said “no.” So, he took up wrestling as an alternative.

Wrestling has 13 weight classes from 106 to 285. And wrestling is becoming popular with girls as it teaches strength, skills in physical conflict and a whole lot of confidence.

Camille Hicks has wrestled two seasons and loves tournaments. She decided to wrestle because “I didn’t want to do basketball and wrestling sounded interesting.” Her goal for the season is “to do better than last year.”

Alex Cloyd has been competing for 5 seasons. One of the things he enjoys about wrestling is that “When it comes to something, everyone’s there.” The team supports each other, and during a match “You’ll always hear ‘go for 2’ or ‘take them down’ as you compete.”

Peyton Buckley competed last year, joining the team for the first time. The reason she got into wrestling she said was because “I lost a bet.” her advice for wrestling and her personal goal is “Finish the season. That’s all you have to do.” Finishing the season is no small feat, as “We’ve had numerous concussions,” said Cloyd. But the team is looking forward to their season, and although “We aren’t strong in numbers, we have a strong few who are state contenders every year that are pretty strong.”



Brooke Weimer attacking the basket at the Billies first home game of the season. The girls won 40-25



Claire Crawford going up strong against Lakeview

Looking at girls basketball

By Mallory McGuire & Kyla Hampton

Basketball is in full swing and the girls’ basketball team is ramping up for the new season. They’ve been diligent in their practices and are determined to have a successful year representing Pleasant Hill High School. The girls are excited to kick off the season with their first game at Amity.

A few girls have been playing basketball for many years. They’ve overcome challenges, helped to bring their team to victory, and have ambitious goals for this upcoming season. Karson Stapleton, Tina Cloyd, Katie Dutton, and Angel Calva have shared some details about their time playing basketball and why they continue to be a part of the team.

Karson Stapleton is a freshman this year and has been playing basketball for the past eleven years. Her position on the court switches between point guard and shooting guard.

“In my time of playing I have been mainly a point guard. But I have switched up a little bit for a shooting guard.” said Karson Stapleton.

Tina Cloyd is a sophomore this year and has described her style of playing as “aggressive.” “I would describe my playing style as aggressive because I like to go for the ball and be calm but aggressive with my movements.”

Katie Dutton is a junior this year. She said “I would really like to be league champs this year and I really hope we make it to state. I think we can do this because we have a good team this year.”

Angel Calva is a junior also this year and her favorite part about playing is to play carefree and not to think too hard; to just have fun. “My goal that I am hoping to succeed this season is to be more aggressive on the court and to communicate with my team more.”

PHOTOS AND PAGE DESIGN BY JOSIE HEACOCK



Students present mental health concerns to administration

By Josie Chevalier and Tim Meinzen

This fall a group of students angry about the lack of mental health support aired their frustrations in a non random survey conducted by the Billie Bulletin. This story is about their quest for help. I was assigned to write a story about how the school deals with students' mental health problems. I gathered the views of several students and presented them to Mr. Gerot. Mr. Gerot asked to meet with the group before publication of the poll results. This article presents the concerns of this group of students and the administration's response.

One of the first concerns raised by students were teachers who stigmatized kids struggling with mental health issues. Some staff were accused of casting doubt on some respondents' problems. Others report feeling talked down to or mocked. Students note that mental health struggles make it a challenge to have the motivation to keep up.

"I have also experienced teachers almost scolding me for having a breakdown, or not being able to complete/start work because of a lack of motivation due to depression" wrote one respondent.

"...I just tend to spiral and when I don't get something right I feel like a failure and like I'm letting my teachers down" is another example of how mental health problems can compound when connected to performance expectations.

One teacher pointed out that teachers are trained to teach; teachers are not trained in therapy. Mr. Gerot said that most egregious examples of teacher insensitivity have been addressed. Mr. Gerot empathizes with students, but explains that school's can only do so much for kids.

Another issue raised in the survey was

frustration with how the administration reacts to allegations of bullying.

"I think the how the school handles physical/verbal bullying is handled pretty well but when it comes to social 'bullying' or harassment, it needs to be taken more seriously, I have had some pretty serious rumors spread about me and the school handled it by just having a chat with the person and nothing else was done." Another student was sharper in their criticism.

"There needs to be actual action taking place, instead of just a promise to the student body that we are safe and taken care of. We need actual proof we are getting what we need. There is too much talk, and almost zero action being taken."

Assistant Principal and Athletic Director Kyle McClain responded that when they have evidence of bullying, the school applies consequences. Due to privacy protections, what was required of perpetrators cannot be shared. McClain said that confronting bullying is of critical importance.

McClain emphasized that another aim is "providing support for the victim and insuring that the behavior stops." In addition to punishing bullies, McClain wants to see the perpetrator has a plan to change with restitution and restoration.

The school takes accusations of bullying seriously but getting evidence is a challenge and makes all the difference if the school can successfully adjudicate a complaint.

A third issue students discussed was wanting help from mental health professionals. In the past, the school has made the effort to provide free therapy through ELROD, but, since only a limited number of sessions were provided, students would be cut off from counseling, even if they needed more help.

"In 8th grade, I signed up for the counseling program. I was really struggling with my depression and anxiety, I was not told that I was only allowed 10 or 11 'meetings'. When I became aware of this, it was already my ninth 'appointment'. They said that I had 'graduated' because I was seemingly doing better, but I was far from it."

This year, ELROD has been replaced with Care Solace, which, at the bottom of the website, states that "[it] is not a mental health care provider," and that 988 or 911 should be called in case of life threatening emergencies. Care Solace instead guides clients to other mental help services.

Regarding this, Gerot described Care Solace providing help finding counseling.

Mr. Gerot pointed out Care Solace, which is like a mental health broker, connects students with professionals.

Care Solace does not provide care and it can be complicated to get to see a caregiver and deal with insurance for some students. Students were adamant that they need help here and now. In other words a mental health professional on campus.

Mr. Gerot said that the school has tried and has been unable to hire an onsite psychologist, but that they are not giving up. He also takes personal interest in students' mental health and welfare.

To this end he has been meeting with a group of concerned students at lunch every Tuesday. After the responses from this form were recorded, ten students met with the administration to further voice their concerns. Part 2 in the next issue.

A Portal to a Closing World: When people stop reading

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 much like many of Isaac Asimov's novels.

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 on social platforms are 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.

My Grandmother, Anita Millard, grew up in Rhodesia, Africa (modern-day Zimbabwe) when it was still a British colony. During that time, books were all that she had for any form of entertainment other than playing. That involved reading about history, fiction, or the news.

Once Anita had three daughters, she made sure that reading was treated the same way as it was when she was growing up.

"We would talk about and analyze the history of the most simple of things like Ring Around the Rosie for example. I would have them finish phrases and quotes from books as we talked about them at the dinner table."

Both Anita and her ex-husband grew up in Rhodesia and found the same amount of enjoyment in reading. Both help to introduce their children to new books and ideas.

"When the girls were younger, I believe that the amount of reading I made them do greatly aided in their broadening sense of vocabulary and understanding of the world."

Now, Anita is living with her eldest daughter and son in Atlanta. She described how difficult it was to get her grandson to read even the smallest amount.

"He makes it feel like any amount of reading whatsoever is a punishment."

However, she pointed out that he most likely doesn't realize that his more advanced vocabulary comes from all the different forms of reading she encourages.

The point that Anita discussed the most throughout the interview is how much reading influences a person's ability to use critical thinking.

"What I noticed was a complete lack of critical thinking", referring to how books and stories are interpreted and cast away today.

She spent much of the later half of our discussion talking about the importance of critical thinking. Anita took me all the way back in history to 1440 and the invention of the printing press.

Books began to close the gap between the societal elite and the lower classes. "Books made the people of the lower classes start questioning those in power", tying this all back together under the idea of critical thinking.

"Reading allows us to fully realize ourselves, even pure fiction can get us to think in completely different ways."

Ultimately, I believe that this story isn't so much about reading by itself, but how reading influences critical thinking. A lack of critical thinking will inevitably cripple society as it will prevent the new minds of the world from changing it.

"If you can't think critically about what you're reading Wesleigh, then you are the puppet..." - Anita Millard



The war between Palestine and Israel is murderous

By Angel Calva

5,500 children are dead, 1,800 children still missing under rubble and most are presumed dead. 9,000 children injured and many with life-changing consequences. This war is devastating to innocent children and civilians, babies and adults.

The attack by Hamas, the organization responsible for ruling Gaza killed 1,300 Israelis (including 800 civilians) while Israel's counter attacks, mostly missiles and bombs, have killed 13,000 Palestinians (including 5,600 children).

On October 7th Hamas-led Palestinian militants launched a multi-pronged invasion of southern Israel from the Gaza Strip that led Israel to attack the Gaza strip as an effort to destroy Hamas in response.

The attack on Gaza has led to hospitals, schools, and refugee camps being bombed by Israel who claims that Hamas is using such places as shields. There are Palestinian children that no longer have faces because of the sheer heat and pressure from bombs.

The Israeli Defense Force is also responsible for some of these deaths. Amnesty International found that Israeli defense forces (IDF) carried out attacks that violated international humanitarian law, including by failing to take feasible precautions to spare civilians, or by carrying out indiscriminate attacks that failed to distinguish between civilians and military.

The roots of the conflict date back to the early 1900's when Jewish immigrants were pushing for the establishment of a homeland in Palestine. As these "Zionists" people moved into the area, Palestinian Arabs who lived there for centuries resisted their presence.

After the establishment of Israel as an independent country in 1948, Israel went to war with the coalition of their Arab neighbors. Even though this war ended in a ceasefire, tensions continued to evolve. In 1967 Israel was attacked by a multitude of Arab neighbors but beat them decisively in the 6 day war and as a result began to occupy the West Bank of the Jordan River, the Gaza strip and Golan Heights.

The Billie Backside

Hallway Horror (what is going on?)

By Caroline Carlson

What is going on in the halls during middle school passing periods? Why in the morning is it the most lively place on campus?

Why are the commons always crowded and loud?

Well after lots of thinking and questioning my fellow students, teachers, this is where the evidence has led me. I have concluded that the culprits are.—wait for it..... sixth graders. Dun Dun DUNNN!

Now many sixth graders are fans of cluttering their friends' locker area or gaming in the commons. I realize that a common stereotype that sixth graders are loud, annoying, and take up way too much hall space exists

I spoke to the first suspects. This group of girls that stand against the lockers. I asked if they agreed with the stereotype and they replied “no.” Marley Meyers said “It is the seventh and eighth graders.” But when she and her friends were talking to me they were actively blocking the lockers...hmm...interesting.

Then I talked to this group of sixth graders that are often at one of the commons tables but were fanning out still. I asked the same question and Ryland Davis said “It is not us. We sit at a table. It is the girls.” Hmmm,...curiouser and curiouser.

As a reliable source of opinion I called on Mrs. Olson. She said “Yes, they are loud.” Everyone else (not a sixth grader) agreed with my statement.

To get a broader understanding of what the sixth graders think I got 22 sixth graders to fill out a Google poll on what they think. First I asked if they agree with it and 31.8% said yes, 28.1% said no and the other 50% said “maybe” or other.

After lots of questioning and the poll, I have come to the conclusion that most people agree that the sixth graders are taking up the hallway and being very loud.

But one week after the google form that I sent out about this matter I noticed that there were fewer sixth graders in the hallway. The students I saw were in their first period class and at a table in the commons. But guess what. I could barely get to my first class because of the hallway commotion by not the sixth graders but three groups of eighth graders!

Oh well. The saga continues.

Where’s the love for other sports?

By Evander Ruiz

There are several types of sports to be played and watched at Pleasant Hill High School but not all of them are well attended compared to football and basketball.

When you go to a football game the seats are packed, the band is playing, and you can smell all the good smells coming from the snack shack. But when you go to a soccer game you see the stands a quarter full of parents. There isn’t a musical sound to be heard, and the snack shack might be open if you’re lucky.

Now it’s understandable why football and basketball are dominant sports in America so no wonder those would be the most popular sports in high school.

But maybe there are ways that we may bring other sports into the spotlight. During football season the games are always during the prime time of the week, a Friday night at 7:00, when everyone is out of school, people are getting off work for the week so people can afford to stay up a bit later and have the time to go.

On the other hand, when you take sports like volleyball or soccer look at those game times. Always on someday like Tuesday or Thursday at 3:30. Few have time to go to those students and adults are still busy with work or school.

I asked soccer assistant coach Kevin Smead his thoughts on this difference. “So would you like to see more fair scheduling?” “The days are fine but soccer should be later in the day,” Mr. Smead said.

If we follow some of these changes hopefully we can help people from other sports feel more included and help support watching more sports.

Sierra Leone student to be the first in her family to complete school

By Raelynn DuBose

I interviewed a young lady from Africa by the name of Linda Iye Squires who gave me a view into her life. I decided to interview her to get a closer look at her everyday life in a small village in the West African country of Sierra Leone, where Mr. Meinzen lived.

Her mother has been a widow for 8 years. Her mother does not have someone to make a farm for her (meaning provide financial support.) She has five sisters and two brothers. None of them have attended school except Linda.

She is currently a 19-year-old attending a secondary school in Moyamba, Sierra Leone. She wants to become a doctor. Her most significant goal in life is to assist those who are in her village because she feels compassion for people, especially those who cannot help themselves.

She enjoys making other people happy by smiling at them and listening to what they have to say. She is enrolled in school so she doesn’t have a job yet but when she finishes school she would like to find a job. Her life in Africa is difficult because when she gets home from school she is busy with things such as cooking and fetching water and doesn’t have much time to study. She lives with eight people, they all cook in the same place, they usually eat rice, and when they’re done cooking they eat together.

In the month of March, 2004, Linda was born in the village of Moyolo where she went to primary school from Class 1 to Class 6 which is also where she took her exams for secondary school.

Later on in life, she moved to a large town called Moyamba which is similar to a state capital and as of recently, she passed her senior secondary school exams with good grades with the financial help of Mr. Meinzen and Rev. Joseph Genda.

Does music help the brain?

By Aria Verma

Countless people around the world play musical instruments, but does that help a student achieve academic success? This is a common assumption but is it true?

We know it is important for people of all ages to have music in their life, this can be listening to music or playing an instrument.

A study done with 113,000 public school students in British Columbia showed that students who started to play an instrument in fifth grade had more success on their 10th and 12th grade academic tests. The study also revealed that students who were very engaged in school band or orchestra, were ahead on their tests when compared with those who did vocal music only.

Scientists made further analysis in real time, using PET scans and fMRI machines. They noticed that brain activity increased when the subjects did reading and math. Brain activity increased even more when the subjects listened to music. When the subjects were playing an instrument it was like “Giving the brain a full body workout.”

PHHS band teacher Mr. Tendick described playing an instrument as “a very complicated task where all parts of your brain are working at the same time in conjunction with motor functions on your body to coordinate to play an instrument as well as to read music at the same time.”

Now, scientists believe that playing an instrument can help “improve memory functions and enhance our ability to perform executive functions, such as planning and strategizing.” When schools cutout programs like band and orchestra, they make it harder for students to learn an instrument without paying for lessons themselves and they help lessen the academic success of students.



Why we should have a mental health class in school

By Rhianna Prakash

Many young teens struggle with their mental health. According to one survey nearly half of all adolescents have had a mental health disorder at least once. Mental health is often not taken seriously. A lot of people accept the belief that if you can’t “just snap out of it,” there’s something wrong with you.

We need to make it a priority throughout schools to recognize the mental health needs of students.

I did some research on South Eugene High School’s mental health programs. On their website they have a whole section on wellness support. They have four agencies/people with all different areas of focus on mental health.

SEHS Guidance Counselors focus on general student support and referral to resources such as HOOTS (Helping Out Our Teens in Schools). HOOTS consists of mental health support and connecting students to community resources. Another agency accessed is Oregon Social Learning Center which counsels adolescent substance abuse counseling and mental health counseling. All of these wellness support doesn’t cost money and it is free to all of the students. The last resource is a counselor named Bethany Kaiser from Looking Glass. She is based on individual appointments with insurance billed and offers mental health support.

Mental health is a very powerful illness that can cause many problems. The best thing to do is to spread awareness about this. Many people are not informed about this issue and have a biased, blunt opinion about this topic. All schools should have the option of a mental health counselor. We need to take action to make this a priority. Even at our small high school, I believe Pleasant Hill should also have a better mental health program too. While South Eugene is a much bigger school, I think we can do better for Billies here.

The Billie Extra

Who is Walter Camp?

By Izabella Giles

Did you know that American Football is the #1 sport for all of the US?

How did football begin? Who started it? Let me tell you about the creator, Walter Camp.

Let's talk about the backstory first. American football was an official sport in 1900 and 1904, it was changed and became pretty much the kind of football we think of today in 1920. The most famous person who played football was Walter Camp. Born on April 7th, 1859, New Britain, Connecticut. He is considered the father of football. He was an undergraduate and as a medical student at Yale from 1876-1881. He played halfback and was the team captain, basically team coach. As he grew older, he got a job with the Intercollegiate Football Association.

Walter Camp's family came from England. His immigrant ancestor was Nicholas Camp, who originally came from England. Walter attended the Hopkins Grammar school in New havens, Then years later, he attended Yale in 1875. He graduated in 1880. While he attended Yale, he was in the Delta Kappa Epsilon fraternity, known as Skull and Bones, and the Ionian society. He attended medical school from 1880 - 1883. His studies were interrupted by the outbreak of typhoid fever.

In 1873, he and some other people created the Intercollegiate Football Association. He played at halfback(the guys who run with the ball) for Yale from 1876 to 1882. A Harvard player by the name of Nathaniel Curtis looked at him and then said something to the coach about him being too tiny to play and he was gonna get hurt. True Camp was only 156 pounds at the time, but he was able to play with no problems.

When Camp graduated, he became a coach at Yale from 1888 to 1892. His team won 67 games and only lost 2. He then went on and worked at Stanford university, still as a football coach. He coached in December of 1892 and in 1894 and 1895. Christmas day, 1894, his team got beat by 24-4 in an early intersectional contest.

While he did have fun, many years later, he died of a heart attack on March 14, 1925. He had 2 children and died at the age of 65.

Don't lose sight of your goal

By Alexis Moch

Perseverance.

This one quality can change your life.

Perseverance seems so simple but also so hard to do.

How could just one word mean so much? What is Perseverance?

Many people have no idea how significant perseverance is. It's the force that keeps you going even when you think it's time to quit. Many kids don't preserve when they fail; they just give up.

Mrs. McCool experiences this first hand everyday. "I see perseverance every day from little things like coming to school with a positive attitude when things aren't great at home. Some students that have had tragic lives and help others are some of the kindest people."

Mrs. Moch said that "perseverance is trying over and over again even though you know your own skills may be lacking. In order to make personal growth you have to first recognize your weaknesses."

Perseverance is the reason you can keep going when things get hard. For example when you lose a sports game you don't just quit the sport. You work hard, practice your skills and continue to try your best.

"Always look for the positive things in life. Don't worry about failing. Learn from your mistakes and failures," said Mrs. McCool. Always persevere even when you feel like giving up.

WHY YOU SHOULD LOVE PLANTS

By Murphy Sprague

In the hustle and bustle of our daily lives it's easy to forget the wonder of the world around us. But stepping away from the chaos might reveal a serene, green world you can cultivate in the comfort of your own home. Connecting with nature is an important yet overlooked part of the human experience. Here are some ways plants profoundly impact lives in our community (and can impact yours, too!)

Charlie Neal described how plants' energies can transform the energy of a room, and spoke very highly of his pothos plant; "There's a certain amount of satisfaction in it... it's fulfilling."

When prompted, all of our interviewees agreed that working with plants is a transformative experience. Decades of research affirm that the mere presence of greenery dramatically reduces stress and promotes feelings of peace, creativity, and tranquility. One particular study by the University of Shanghai in 2013 showed that people who spent just ten minutes in a room with plants felt happier and more satisfied than those in a room without plants.

Research supports that cultivating a connection with nature by keeping plants might be the secret to a happier, more peaceful life. Anyone interested in buying plants can look forward to the FFA plant sale in early May.

Students Views on Global Warming

By James Hoopman

I gave out 9 surveys to students around our school, two of which were not returned.

Most of the students I interviewed told me they do believe in global warming and think of it as a serious problem. One of these students said they believe in global warming but thinks we should have more of it. I thought this answer was shocking so I followed up by asking him if he thought global warming would affect him and he said "hope so."

One of these students I interviewed said they do not believe in global warming. When asked about the news around it they said "It's pretty wack cause nobody cares."

On the other hand a majority said they do believe in global warming and think of it as a serious problem and think it needs to be solved and should have been solved a long time ago.

If global warming happens and is true a majority of coastal towns and cities will be flooded and destroyed. I personally believe in global warming and its effects, its a topic that should be talked about more A survey from edweek.org found that 79 percent of teenagers thought that global warming was real and should be talked about more.

Why we like Taylor Swift and why we don't

By Ava Loose

Some people know Taylor Swift as a great artist and a talented, loving person. Some people know her as an overrated singer for tweens and teens. I have decided to investigate this matter.

First, why do people dislike her?

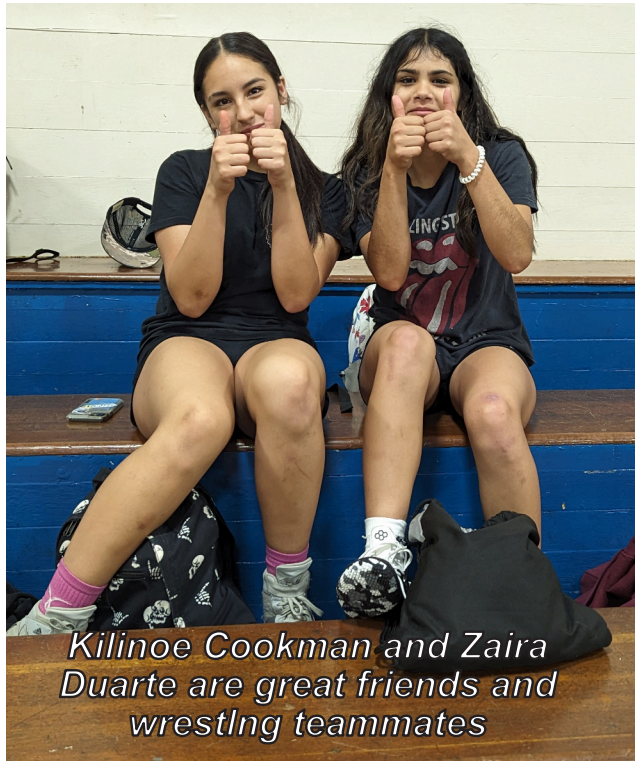
They think she is a boring singer and her songs have no variety on how she sings them and she has no songs left to sing so she's making "Taylors versions".

Aria Verma said "I was never exposed to popular music so I think that's why I never liked her music".

Other people say she is inappropriate for how she dances on stage at the Eras tour. Some think she is too dramatic. They have said that her dating life is too public and she has to many "model friends." While other people say she is too skinny and is just showing off. Some don't agree with her statements in support of gay and queer people and political things.

Now why do her fans, called the "Swifties" love her?

Swifties" say her songs are understandable and related to their life. Her millions of fans have said she loves her fans so much and is really caring. They add that her songs are catchy and enjoyable and that her lyrics are really expressive.



Kilinoe Cookman and Zaira Duarte are great friends and wrestling teammates

Portraits of Besties

By Piper Willson

I interviewed best friends.

Rosie Paredes and Kyra Bebb

"We knew each other since 6th grade and when we started talking to each other." "We have similar interests and since we've known each other for a while we're pretty comfortable around each other."

"We hang out, we go hiking and we go to the bookstore."

"I like Rosie's sense of humor and how kind she is and how adventurous she is."

Andrew Taylor and James Hoopman

"Soccer and track are how we became best friends."

"We've known each other since 5th grade and we started talking as freshmen."

"We've gone to the Smash Mouth concert and then we do track and soccer."

"We like nothing about each other."

In the future Andrew sees "James as a welder with a huge belly."

James sees "Andrew as a homeless person trying to sell people things."

Hunter Crabtree Musgrove, Rene Beltran Lopez

"We met way back in 1st grade soccer and then in 5th grade we got closer."

"In 5th grade we just started hanging out more."

They have similar personalities. Rene and Hunter really like each other's music. They like to share songs.

Hunter appreciates that Rene is "Down to earth and honest."

They hang out a lot and they like to skate.

Rene said "We play first person shooter games."

Hunter "wants to be an electrician to make a lot of money."

Rene is "interested in clothing, and fashion wants to do something in that field."



Sienna Malekzadeh stands with Col Bob Beck as she receives her first place award for her VFW Essay. Emily Krauss won firsts place in the HS Division.