

The Billie Bulletin

Issue 3, Volume 73 Pleasant Hill High School February 27th, 2024



Karsyn Stapleton tears down the court as a major factor in the girls basketball's success.



Landen Melvin charges the land for a left handed layup while Gavin English, looks on.

Winter brings ice on our land and fire on the courts.



Students Will Love Mr. Reiersgaard

By Jocelyn Heacock

Pleasant Hill High School has been through three different principles over the past couple of years. But, the school has never had a principal like Mr. Chris Reiersgaard. Mr. Reiersgaard is a friendly, social, and passionate person who genuinely cares about his students.

Mr. Reiersgaard has been a teacher, a football, baseball, and track coach, as well as an administrator and a principal.

When Mr. Reiersgaard was in high school, he was active in not just three different sports, but in clubs, yearbook, newspaper, band, and choir. "At Springfield High School I started a student club called the "Miller Mob" to increase school spirit and support activities at school. This club was student led and had many members from all grades and demographics. This club was really fun to watch grow and contribute to events in a positive and sportsmanlike way."

Reiersgaard jokes that "I've spent 30 years in high school. I like everything about it. There is nothing I don't like about [working with high school students]."

"I love the energy, the smell, I love going to band and choir concerts, I love games, I just love everything about it. A person in this job has to love everything about high school because it's just the best place to be."

Mr. Reiersgaard places a lot of emphasis on public education, and it is something he feels passionate about. "There is nothing more important than education. We are learners throughout our life, not just in school. A free and appropriate public education is one of the cornerstones that make America great. Regardless of anyone's personal situation, they have the opportunity to go to school and pursue whatever career passion they have at no cost. Public education also serves as a microcosm of society where we have to interact and work within a diverse population, learning that we may need to put our differences aside to reach personal growth and common goals."

Mr. Reiersgaard has worked at several schools, including Cottage Grove, Thurston, and Springfield. But for him, working in a small school is a favorite experience. "I had in my head what I almost imagined working at a small school would be like and the students and staff completely exceeded the expectation I had going in. I've only been here four weeks, [but] this is my favorite job I've ever had!"

The small school appeal was great for Mr. Reiersgaard after working at large schools with extensive campuses. "I can walk down the hallway and see the whole school. I love it."

To Mr. Reiersgaard, there's nothing better than working with the kids at this school. "They've given me such a warm welcome [and] reception at this school. The kids are amazing, [the] teachers are amazing. I love it. They've been super warm, super welcoming, I love it here."

Our new principal loves the school, the students, and the staff. He says you can always hear him before you can see him—he's always talking with someone. He enjoys walking around and being with the students, hearing about their days, and spending time with them. "I think high school students are genuinely authentic. They tell you what they are thinking, they're honest."

"My hope is that students begin to understand that the world doesn't revolve around one person and it is rewarding to be a part of something bigger than themselves."

Mr. Billie Coast Retreat Adventure

By Abigail Blatch

On January 19th, 21 students connected to The Mr. Billie Pageant gathered in different parents' cars to set off to Depoe Bay. The three hour drive may have seemed exhausting but with fun music and laughter filling the car the journey to Depoe Bay passes pretty fast. We left at about 11:30 from Pleasant Hill and we got to the rental house at about 4:30. When we finally arrived, I stepped out of the car and my legs were relieved to be free from sitting for so long.

Participating in the Mr. Billie program is such a great opportunity. We do so many fun activities: one event is the coast retreat. As everyone excitedly unloaded their pillows, blankets, and duffel bags from their car it was like watching kids pile into the house from the movie "Cheaper by the Dozen."

After we managed to bring everything inside the house and begin assigning rooms to each group. We ran upstairs to find a pool table, a ping pong table and a foosball table. The rest of the evening we played games and talked and just had a time where we were able to become closer.

Most of the time spent at the coast retreat the coordinators and contestants work together to write their "mom" letters and figure out their skits and their talents.

We did a lot of bonding activities. For example: sandcastle competition, scavenger hunt, and played lots of games where we were able to get to know each other. By the end of the retreat, we bonded and got focussed for the pageant which is happening March 16th in the Gymnasium.

Mr. Billie crew at the coast: Kat Willardson, Camble Ellis, Jack Perini, Delaney Fischer, Jon Fitzpatrick, Hunter Allen, Braedyn Hazel; Addie Bahen, Hannah Huff, Reagan Luiz, Gabby Roper, Tessa Hammond, Karley Bloxham, Merin Cunningham, Sophia Longworth, Abigail Blatch, Alyssa Basaraba, Alea Blatch and Sawyer Ireland and Dj Holman in front.





Ms. Jampolsky stands beside one of her wondrous "monster" Corn Holes for the Gala.

A few of the teachers we like

By Raelynn DuBose

We conducted a survey among students to gather their opinions about their favorite teacher. We asked them a few questions, such as who their favorite teacher is and the reasons behind it. We interviewed five students to ask for their opinions.

During the interview, we spoke with Benaiah Carrera who had good things to say about Mr. Gray. According to Benaiah, Mr. Gray is a kind and interesting person. He has various hobbies such as playing Dungeons and Dragons, studying physics, and robotics.

Benaiah also appreciated Mr. Gray's teaching method during their time in robotics. He mentioned that Mr. Gray would always try to find the good in a student's mistake, which was quite helpful.

Then spoke to Greta Gramzow. She mentioned that her favorite teacher is Mr. Meinzen. According to Greta, Mr. Meinzen is always kind, smart, funny, and attentive. He's curious and always willing to help his students.

When the classroom gets noisy, Mr. Meinzen is always there to assist and he understands his students' needs.

Another person we talked with was Jay Griffith. Jay appreciates Ms. Jampolsky as a very chilled and funny person who often makes jokes with her students. He also mentioned that the projects he has worked on under her guidance, if you are in a ceramics class, you can still be productive even if you choose not to work on ceramics.

The fourth person we spoke with was Kesslyn Bell. When asked about her favorite teacher, she mentioned Mrs. Watne. According to Kesslyn, Mrs. Watne has a great sense of humor and often makes funny comments during her lectures.

Autumn Smith also shared her thoughts on Ms. J. According to Autumn, Ms. J is a lovely person with a great personality. She appreciates how open and free Ms. J is, and how she does not force her students to stick to a specific medium.

She also narrates funny stories and jokes which makes the class more enjoyable. Kesslyn appreciated Mrs. Watne's teaching style, as Watne explain the concepts very well, and even lets the class watch educational shows.



Are we in for more great ice storms?

By Andrew Taylor

What caused the Great Freeze? Well there's a simple answer and a more complicated answer. Simple answer: The atmosphere above is at freezing temperature, while the ground below is colder. This causes the precipitation to freeze.

This is actually why Oakridge and other places up on the Cascades didn't get as affected as the valley floor.

But, why did it get so cold so quickly? Scientific American says, "Typically, very cold air in the Arctic is trapped inside a high-altitude swirl of winds called the polar vortex, which is surrounded by a lower-altitude band called the polar jet stream. If the polar vortex gets disrupted, however, the jet stream can become wavy and carry frigid air much farther south than usual in an Arctic blast".



The polar jet stream is formed by warm southern air mixing with colder northern air. This brings in more questions, like does climate change affect The polar jet stream, and therefore making arctic storms more prevalent? The answer is yes, kinda.

UChicago News says "by about 2% for every degree Celsius the world warms. Furthermore, the fastest winds will speed up 2.5 times

faster than the average wind." The article also says that there needs to be further information on what the effects of this increased wind speed will be. We can't be for certain but there is a possibility there will be more violent winter storms.

THE STORY OF VALENTINES DAY

By Izabella Patterson Giles

Today's Valentine's Day celebration is about love and giving gifts like chocolate, candy, or flowers, but Valentines did not start like that.

The holiday is supposedly named after Saint Valentine, but there might have been two different Valentine's. They were executed on February 14, possibly in different years by Roman Emperor Claudius II, around the 3rd century A.C.E. and it's believed that a Catholic church had set up St. Valentine's day in honor of those two men.

Another legend says that one of the men, Saint Valentine of Terni had secretly officiated Christian weddings for a few Roman soldiers since it was against the emperor's wishes. That is how he was seen as a prominent supporter of love.

Another story is about practicing love letters to your Valentine. It's believed that St. Valentine wrote a love letter to a girl he had tutored and fell in love with while he was in prison for marrying soldiers in secret. While he was on his deathbed, he wrote one last letter to her and signed it using, "from your Valentine." This closing many people still use today.

What does cupid have to do with Valentine's day?

The small winged god Cupid, is usually found on Valentine's cards or advertised for romantic stuff. But in Roman mythology, he was the son of Venus, goddess of love and beauty.

Cupid is known for shooting a bow and arrow at humans and gods, which made them fall in love instantly. Cupid was originally not seen as a baby, he was seen as an adult for his more important roles other than being a matchmaker. He was depicted as a baby because babies usually symbolize two people loving each other.



1635 painting of Lupercalia, a Roman fertility festival in February involving men flailing goat straps on to women.

How a concertmaster and composer changed my life

By Aria Verma

Let me tell you a story.

Our band teacher, Mr Tendick, told us about an opportunity that our school was offered. We were able to listen to a composer named Michael Djupstrom and the concertmaster of the Eugene Symphony Orchestra, Searmi Park.

It brought my excitement to new heights when I found out that the composer played piano. As a hopeful pianist myself, I thought of all the questions that I could ask him. For example, what do you do when you are stuck? How do you arrange for piano accompaniment? And more.

Caroline Carlson and I got front row seats. I was going bonkers! As Caroline said "Aria, I know this is just like a five-year old going to Disneyland but we need to stay calm." I was elated to be in the presence of great musicians who started out just like us.

As they started playing, I listened to how the players sounded together and apart. Listening to the pianist playing I was inspired on how to continue my own composition.

I loved broadening my music vocabulary by seeing another composer at work. After they finished performing the room erupted with

applause. Many students stayed after school to help clean up. I talked to Mike Djupstrom and I told him that I was stuck with my composition.

So we walked over to the piano and he said "play me what you have." After I played, he took my place and started to play around with octaves and notes while talking to me. In the end, he took my motif (a melody that is repeated throughout the song) and turned it into a song on the spot.

My jaw dropped.

I was starstruck to see someone take what I wrote and make it his own.

This moment has changed my perspective on composing. Next time that I'm stuck, I will just think of this moment. It was an honor to have a professional musician play something that I wrote.

Later I sat back at the piano to work on my composition. When composing I started to experiment with octaves and notes just like he did. I was able to take myself out of this bubble of my hands being stuck in just one position.

Now I want to become a professional pianist and composer more than ever.

Left: Pep Band, led by India Isaacson and Robbie Casey, takes a break from inspiring school spirit.

What is DEI and why do some people hate it?

By Angel Calva

What is DEI?

To comprehend why others might criticize DEI, we need to understand what exactly it is. Diversity, equity, and inclusion are three values that many organizations uphold to be supportive of different groupings of peoples like other races, ethnicities, religions, abilities, genders, and sexual orientations.

Often Diversity, Equity, and Inclusion are grouped because they interconnect with one another, but they still have many differences. Diversity is the practice or quality of including or involving people from a range of different social and ethnic backgrounds and various genders, sexual orientations, etc. There can be gender diversity, age diversity, and ethnic diversity.

Maybe diversity perhaps means something more. Nobel Prize winner Richard Thaler says, "We tend to think about that (diversity) in terms of things like racial diversity, gender diversity, and ethnic diversity. Those things are all important. But it's also important to have diversity in how people think. (McKinsey & Company)." This is a strong statement because it stresses that we need to have diversity in as many ways as possible. And that diversity is a good thing because it brings into any experience a variety of experiences and insights.

Some often mistake equity for equality, they have a slight but important difference. Equality is where all people are treated the same. Equity takes into account peoples' specific circumstances adjusting accordingly.

Inclusion refers to a person's sense of belonging and ability to participate, whether in a workplace or school.

DE&I seems like a positive implementation we put into organizations, but why do some hate it? Some criticism of DEI comes from the conclusion that such a goal acquisition that they have ignored antisemitism. Some have argued that the DEI framework categorizes people into "the oppressors and the oppressed."

Because of the war happening in Gaza, some claim that Jews are categorically placed as oppressors and that they are "white oppressors." When Tabia Lee, a former DEI director, attempted to get Jews under the DEI umbrella, she was denied and was ousted from her role. One counselor explicitly referenced her attempts to place Jewish students "on the same footing as marginalized groups."

There was another incident at Stanford University where two students complained about antisemitic incidents on campus, and were told by the DEI committee, "Jews, unlike other minority groups, possess privilege and power, Jews and victims of Jew-hatred do not merit or necessitate the attention of the DEI committee."

Another criticism of DEI comes from the claim that at the heart of pushback against DEI, is the threat to "white supremacy." Some right-wing activists and individuals maintain the view of diversity and inclusion as a direct challenge to their perceived dominance in American society. Some might also claim that DEI is too "woke."

It is important to understand why DE&I might be values that we all should have whether in the workforce or at school. But also to understand that it might need more work as it is still new and changing with us.

The urge for toxicity

By Kyra Bebb

Many people end up in toxic relationships. But why is that? From the way I see it, such people look like they are copying how they were treated when they were younger.

I see people in toxic relationships and when I hear stories of their childhood one can see connections. Some people are just so scared of commitment they force themselves into toxic relationships because they know nothing will come out of it, while other people just want to be in a relationship so the first person who seems interested in them they go for. Looking at one family's past relationships it seems that it's a continuous thing.

When looking at this family's relationships it seems that they get into trouble because it is "normal"—or how they understand "normal." Change can be terrifying so as humans we tend to stick with what we are used to even if we know that it is bad for us.

People go out looking for love anyway they can to fulfill the love they missed out on during childhood.

How do you stop toxic relationships?

You can't. There will always be toxicity.

The trauma comes from the parents. Kids may then perpetuate the neglect or abuse.

The one thing we can do is try to prevent the harm by helping parents to do doing a better job at raising their kids.

What makes a relationship toxic?

By Aurora Brott

Recognizing signs of a toxic relationship is crucial for maintaining emotional well-being. Red flags can manifest in various ways, such as constant criticism and belittling. In toxic dynamics, one partner may undermine the other's self-esteem, creating a power imbalance.

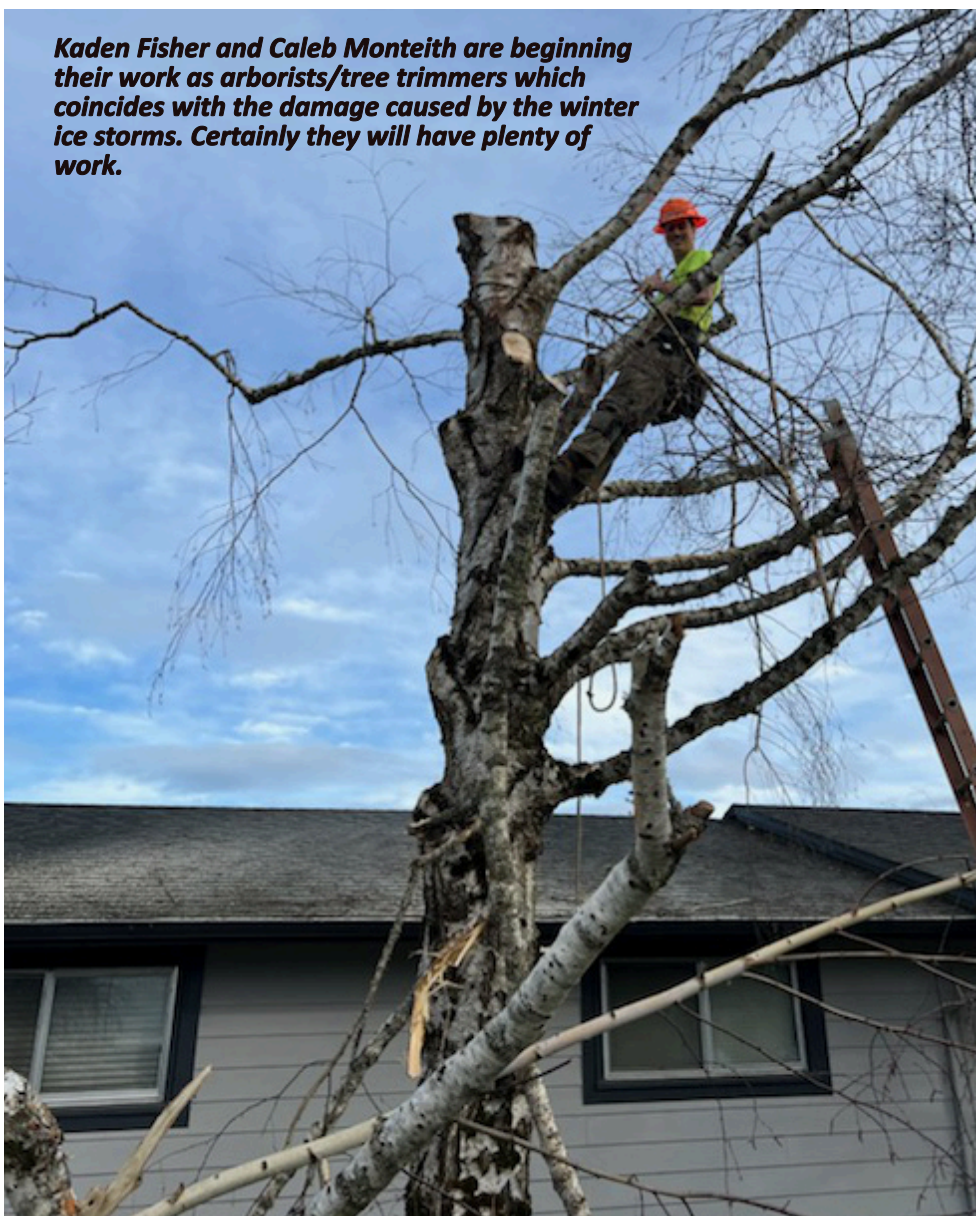
Communication breakdown is another warning sign. Healthy relationships thrive on open and respectful communication, but toxicity often involves manipulation, stonewalling, or passive-aggressive behavior. Trust issues can escalate, leading to controlling behaviors like monitoring phone messages or isolating a partner from friends and family.

Jealousy and possessiveness are alarming traits in a toxic relationship. Partners may feel threatened by each other's independence, leading to an unhealthy need for control. Emotional or physical abuse is an extreme red flag, with any form of violence being unacceptable.

Constant drama and instability may indicate a toxic relationship. Healthy connections foster a sense of security, while toxicity breeds chaos. It's essential to recognize these red flags early on, as they can erode emotional well-being over time.

Vigilance in identifying signs of toxicity—be it through communication, control issues, jealousy, or abusive behavior—empowers individuals to prioritize their mental and emotional health, fostering a path towards a healthier relationship.

Kaden Fisher and Caleb Monteith are beginning their work as arborists/tree trimmers which coincides with the damage caused by the winter ice storms. Certainly they will have plenty of work.



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Above: Pleasant Hill's first book club in many years has begun at the inspiration of Dakota Hyland who gathered a group of bibliophiles and selected a book, "The Midnight Library." Hyland then got funding from the PHEFoundation for the books and is working toward her National Honor Society project. Dakota said "I started the book club because I wanted to re-instill a love of reading, literature and community at PHHS. As for the book." "The Midnight River" was one of ten on a diverse list of novels chosen by myself and voted on blindly by the girls.

4 on love

Love in Literature

By Sienna Malekzadeh

Romeo and Juliet (The Tragical History of Romeus and Juliet), Noah and Allie (The Notebook), Elizabeth and Mr. Darcy (Pride and Prejudice), Scarlett and Rhett (Gone with the Wind) are some of the greatest love stories of all time. But, what makes these character's love stories so famous?

As a book lover myself and an aspiring writer, I am fascinated by what makes these stories so successful.

Is it that the stories are an escape from what love actually is? Are they idealistic and perfect stories that let us get away from the broken hearts and tears, making us believe that everything will be okay, when in reality things rarely go how you want them to.

Or could it be the excitement of their love stories? The ones that won't happen but make you wish they had. The exhilarating forbidden loves, and the feeling of unlikely relationships. It's once again an escape from the humdrum attraction, to such adventures that could never happen to a normal person.

Maybe it's just simply their happy endings (except for Romeo and Juliet). The reassurance that no matter what happens, love will prevail. Knowing that every problem can be solved as long as there's love.

Think about The Notebook, a book which contains all three of these. Starting off as a boy who does everything to get the girl of his dreams, climbing a ferris wheel, and risking his life hanging from the edge just to get one date. It's such a fantastical thing to want to happen, but maybe it's more than the excitement. Maybe it's how committed he was just to one girl, who at that time was on another date herself. Sure, the couple goes through ups and downs just like in reality, facing disapproving parents, a line that must not be crossed between "poor" and "wealthy" people, and another man she has to choose between. But with all odds against them, they still find a way to have a happy ending together. Sadly, some love stories just aren't that simple, but maybe it's the books like this one that fulfill some type of emptiness or desire we all have inside ourselves.

Whether it's any of those, we can all agree that there is just something that captivates us in these stories. One can only hope to have their own love story written, and hopefully, it becomes their favorite.

Love isn't always "Romantic"

By Zoe Harr

We all know about romantic love and familial love, right? But have you ever considered platonic love? Why do we frown upon it? Sometimes it's just as simple as not understanding it? But whatever the reason, the big question is why?

The first key to understanding platonic love is knowing what it is! Platonic love is loving someone unrelated to you in a non sexual or romantic way. Not everyone is into romance shenanigans, you know. But platonic love can even be as simple as caring about your friends very strongly! It's endearing!

However, a lot of people think it's weird. "I believe that platonic love is something that definitely exists," says Aria Verma, a 7th grader. "I definitely have platonic love with all of my friends, and I don't think it's weird."

Talk of "love" can be heinous in some people's eyes if you have very close friends of different genders. The classic, "Oh my gosh! You guys are so cute!" Or, "I ship you guys, you should get together!" gets old over time, you know? Loving your friends doesn't have to be romantic! Such love shows we care about them on a deeper level.

"I mean, I definitely feel platonic love with my friends, definitely," says Dominic Hammond-Mendez, another 7th grader. Duke LaRoche also joined our conversation!

"Having a crush is like, I think you're pretty and I want to date you and you're just hot. Having friends like platonic love, it's like dude, you're my friend, I love you. It's a different kind of way."

In another sense, friends are people we care a lot about, but we wouldn't want to date. Something to keep in mind, though, is that sometimes things change. You may end up having feelings for a friend!

But it's important to draw the lines between friendship and a crush. "When I think of loving a friend I think kind of like a Sisterhood, or a Brotherhood, or you think of them as family, and less like a romantic crush," said Caroline Carlson. She explained, friends can be family! However, friends might mean different things to everybody. Now that's up to you.

If it's confusing sometimes, then that's okay! You have all the time in the world to figure it out. And on the bright side, your friends will be there for you every step of the way.



PARENTS! Don't tease us about "love"

Billie Bulletin Staff Member

"Oooh, you have a crush!"

"Grr, I hate when parents do that!"

When parents tease their kids about liking someone it can be mean and discouraging.

This can make kids embarrassed and perhaps upset. I know everyone has felt this way at one time.

This embarrassing and humiliated teasing is why kids don't want to tell their parents things.

Parents listen up!

Stop making fun of your kids. Such teasing can upset and hurt your kids at an already vulnerable time. This is why some kids stop everything and go to their rooms (some people like it though).

Please parents, stop saying stuff around their kids' presumed "crush" that's weird and embarrassing. Also, stop commenting on stuff they do if they see their crush. It's super weird and really annoying for your kid.

Parents, you also don't get how it makes teens feel. We can feel hurt, sad and not understood. Kids might also feel mad about the teasing because parents have no right to tease just because they are parents.

So parents, please stop.

Bringing back personal ads

By Murphy Sprague and Charlie Neal

I am Wesleigh Harr, age 17—a wonderful guy. I am tall, strong, absolutely hilarious, honest, and romantic—just kidding. I am passionate about music -- jazz in particular -- and am proficient at many instruments, especially bass. Other skills of mine shine in the kitchen; My coffee is outstanding and I make some downright amazing carbonara too. If you're willing to put in the effort to get past my tough exterior, you could possibly discover the light of your life.

If you're in search of some silliness and whimsy in your life, look no further than me, Robbie Casey. I am a video game lore enthusiast, Mr. Billie candidate, and the goofiest guy you'll ever meet. With me by your side, your world's guaranteed to be a whole lot brighter.

Kathleen Willardson, 17, seeks a partner who enjoys long drives in the wilderness, judging people's taste in cars, baking, and being social. I do not know what a tyrosine kinase receptor is and I am too afraid to ask, but I do know about the potential chemistry between you and me.

Meet me, Brandon Tobey, 15, the gregarious athlete and artist bringing a much-needed gusto to our halls. I am "exceptionally tall," an expert at spur-of-the-moment nicknames, rap battles, and various marine creature trivia. If you're down for "dad rock" and unforgettable conversations, I, Brandon might be the missing piece to your puzzle.

Prom: Then and Now

by Greta Gramzow

In 1968, Cindy Curry (my mom's mom), went to her senior prom, 56 years ago! Nine years before that, was Eugene Gramzow's, (my dad's dad), senior prom, 1959. Things were certainly different back then.

Granny was typically chaperoned by a friend's parents. Between 1959 and 1968, not many high schoolers had their own car. They either borrowed a ride from their parents, a friend, or met at the dance that was themed "April Love". How funny, because Granny went to school at Sherwood High School with her future husband without knowing it—only to be married to him later in April!

For the party of 1968, students would wear their Sunday church clothes. Some of the boys would borrow a stylish jacket from their dad and the girls would roll their hair up into sweet, tiny curlers and wear satin shoes. Girls showed up in their curlers a few hours before the dance to help decorate.

Granny dressed in a pink satin, floor-length dress with a matching coat and a necklace with a pearl. "I thought I looked like Jackie Kennedy," she said.

Music was played on a record player, while everyone danced together and fruit punch was served.

"Mostly, everybody was pressured into a date," she said. Including my granny though the person she attended with was not a boyfriend.

Granny said about her prom in 1959, "It was a total formal affair, but we were country folk. We left our long white gloves on to sip punch."

As for Pappy, the theme of the 1959 dance at Springfield High School was "Ebb Tide" meaning a Hawaiian type of under-the-sea dance. The ladies all wore full skirt fancy dresses that draped just above their ankles. While the boys dressed in a white sport coat, white dress-shirt, black pants, and black bow ties.



Getting real about Astrology

By Caroline Carlson

Astrology: It's Amazing, right?

Depending on the date and time you were born, you instantly have a celestial sign. You are born during a special time in the stars and planets.

Only one in a million chance someone has the exact same horoscope. That makes you just that special. I mean at this point you deserve your own statue for being this awesome, right?

Wrong.

If you think this, then you may be a bit narcissistic.

Now, I am not a hater. I love astrology. But when people say things like "Leo's just want to be the center of attention" or that "Cancers can't control their emotions." Grr, it drives me crazy!

We need to understand that all signs have their ups and downs.

Lots of people look to astrology for clarity and answers but astrology is so broad and everyone is so different that you can take some of the information but you can't take ALL of it literally.

The Science: Why Do We Fall in Love?

By Abbie Landers

Why do we fall in love? What is it about us humans that make us long for love in the first place? Well, let's find out the science behind it!

From a young age we are dependent on love from our parents, the love you receive from your parents determines how you will love in your adulthood. But that isn't 100% accurate. When you reach adulthood you begin to look for the love you received as a child.

When people fall in love it is said that we fall into a state of "limerence," which is just a fancy way of saying you become infatuated. This happens because the hormones in our brains go crazy when faced with a genuine love interest. When we are faced with someone we love, our brain produces LOTS of serotonin which then gives us a sense of "well-being." But does this happen for everyone? So we asked some love "experts," our teachers.

"Love for me is a sense of safety and comfort. Combined with a desire to do my best for my partner." - Mr. Gray.

Serotonin isn't just limited to romantic relationships, it can also be that feeling when you look at nature or a very cute puppy. With serotonin comes oxytocin, which is known as the "love hormone."

"In order for us to find love, we must first be able to give love, and we must have this love to give within ourselves." - Dr. Beverly Palmer (author of "Love Demystified: Strategies for a Successful Love Life.") Once you're committed to loving yourself, finding the right person is just a matter of timing, chemistry, and finding common ground.

At the end of the day love isn't something to worry about. You don't need to be in a relationship to feel love. But for some reason, many people long for this as the fulfillment of their dreams.

Why is love associated with the heart? (Why not other organs in your body?)

By Maddy Gunn

What organ do we associate love with the most? The brain, the appendix? It's our hearts. The reason behind this is not just because of its shape. "Every heart is different" Or so we think. Every person is different but that does not mean our hearts differ. They can be on either side of our bodies in some cases, but they are all used for the same thing. To keep us alive. Our hearts pump blood through our veins to our brains, this is how we function. If our hearts stopped, we would stop living. So, why are our hearts the main symbol of how we feel love when their main function is to transport blood through our vascular systems?

"Medicine, law, business, engineering, these are noble pursuits and necessary to sustain life, but, poetry, beauty, romance, love, these are what we stay alive for"

-Robin Williams (Dead Poets Society)

First of all, the symbolism of hearts and where they originated is unknown, but there are a few theories. One is that it represents the pointed leaves of the Silphium plant which was used as an ingredient in love potions during the time of the Roman empire. Second, Saint Valentine, who is the famous character for Valentine's Day, used the symbol to arrange secret marriages. And, third, because of the heart chakra. It is believed that every part of your body has a chakra, simply put (an area of energy). Your heart has a chakra too. It is supposedly bright red, depicting that this is where all of the love you feel comes from. Have you ever felt a warm and fuzzy feeling in your chest when thinking about someone or something? This is described as your heart chakra expanding, carrying good energy to those around you. Who knows?

But, the main reason why love is focused on our heart is because of the way our bodies respond to exciting events or time periods in our lives. This is the boring answer, bear with me, whenever you see someone you like, doesn't your heart beat faster? Or someone you are dating when you get the chance to see them again, you could get butterflies in your stomach and your heart may pump faster! We notice our heartbeats when we are in certain situations that have to do with feeling love or observing love. Give some love to your heart by acknowledging how much it does for you this Valentine's Day.

Teenage Love vs Adult Love

By Rhianna Prakash and Ellie Thebo

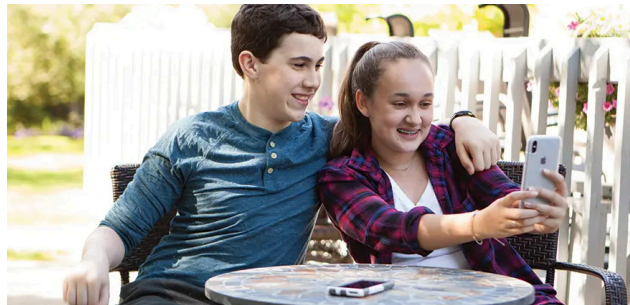
If you're a teenager you've most likely heard the phrase "you don't know what real love is," or "that stuff doesn't matter, especially in high school." Maybe it was from a parent, a relative, or even a peer. The problem with this "adult" reaction is that it dismisses the power of the emotions swirling around love for young people.

In some cases, teenage love can be even more intense than adult love. For some teens, the feeling of "love" is new and exciting. It's a good feeling, and when you feel it once, you of course wanna feel it again. It's nice to have a distraction, and in this case the distraction is in the form of another student.

Teenagers have very intense emotions, this is due to hormonal changes and brain development. This makes us feel like we fall in love faster.

This leads to us being more passionate about things, especially love. It can also make us impulsive with our actions, jumping to conclusions. These intense feelings can feel like a drug. The feeling when you actually do make eye contact, or catch them looking at you is an addicting feeling. Then, you start taking a new route to class, just to see them and hopefully make eye contact with them, or dressing up just in case they happen to look your way.

Many teens like to call this feeling "a delusion" because the smallest things get us excited. The most insignificant gestures could mean the world to us, accidental eye contact from across the hall could feel like a full love confession.



Things that guys* love

By Billie Bulletin Staff Member

Boys love a lot of things, some dumb, some cool, but they all love different things. Here are a few things boys love.

A BIG thing boys love is video games. Some popular video games include : Fortnite, Valorant and Call of Duty. And there are a lot more. Fortnite is most likely the most popular of the boys at our school.

I don't really get why so many boys like it, but I barely play it so I can't judge. Another game most boys play is Call of Duty. I have never played Call of Duty, but all I know about it is that it can sometimes be fun unless you aren't playing with someone else or you are really good. A game that I play a lot is Valorant. I only play it with my friends (besides when they aren't online.) It can be really fun if you are good or have a good team.

More things boys like are food. Personally I like spicy foods. One of my favorite foods is chicken alfredo. It is very easy to make and can be either eaten for lunch or dinner. I also love spicy food and most people can relate. Some other foods that most boys like are: cheese burgers, pastas and other junk food.

*And of course girls love these too.



love

It's complicated

by Ellie Epperson

Love is a complicated thing. It has been for centuries, at the very least.

The legend of Saint Valentine and Shakespeare's Romeo and Juliet might have you believe "love" is purely romantic and all that gushy stuff.

It's not. Love is not something that can't be placed in one box.

Even the ancient Greeks say so, and we tend to believe things really old people say.

The ancient Greeks believed that there are seven different types of love: *Eros*, *Philia*, *Storge*, *Agape*, *Ludus*, *Pragama*, and *Philautia*.

Eros is romantic love, named after the Greek god of fertility. It represents intimacy and romance in its most cliché form.

Philia is a platonic love, hopefully something we all have in our lives. This is the kind of love you have for your friends. These kinds of relationships are close and affectionate in a friendly kind of way.

The bond that connects a parent to their children is known as *Storge* by the ancient Greeks. Sometimes it's referred to as "unconditional love" because it can be one-sided, like a mother that loves her child even if it is not returned.

Agape is interesting because not everyone receives or can give this kind of love. *Agape* is selfless love. People with *agape* can love nature, people they've never met, the less fortunate and more. Those who express *agape* can be left with a feeling of euphoria and joy.

Being in high school, you might've experienced *Lupus*: the flirtatious and playful kind of love. *Lupus* is a playful kind of endeavor. Sometimes "butterflies in your stomach" can accompany this type of love. It's casual, fun and lighthearted.

A happy, long lasting marriage will exhibit the love called *Pragma*. *Pragma* is a committed and loyal type of love, although even this will require effort to "make it work". This is a rare type of love because it requires sacrifice and effort but in turn is the longest lasting type of love.

Self love has gotten loads of attention in the past decade or so but the Greeks named it *Philautia*. Self-love is about more than simply relaxing and bubble baths and stuff like that. *Philautia* is about having good self-confidence and self-compassion. *Philautia* is best utilized when paired with other types of love. Too much *philautia* can lead to narcissism. This is not what the Greeks pictured when talking about *philautia*.

Love can be expressed in so many ways and most of them are not simply romantic love. High school is a time for having fun and getting to know people, even if just as friends. Focusing on developing different types of love will strengthen your relationships at home, in your families, at school and for the rest of your life.

Rider, E. (2023, November 6). 7 types of love (and what they mean): Elizabeth Rider. Elizabeth Rider - Modern Healthy Living. <https://www.elizabethrider.com/7-types-of-love-and-what-they-mean/>

BEST IN STATE Sienna Malekzadeh holds her award from the Veterans of Foreign Wars essay competition called Patriot's Pen. Sienna won first place for Oregon. Local VFW representative, Lt Col. Bob Baker, has encouraged student writers for many years.



6 sports

The Billies punch their State tickets in winter



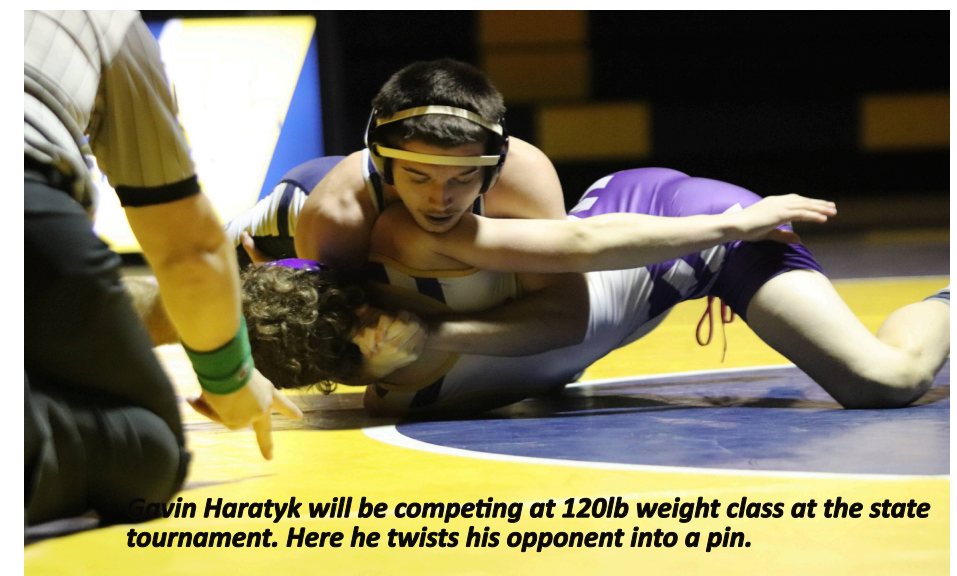
Jace Harris with victory over his opponent. Jace qualified for the State Tournament



Claire Crawford dominates the paint and was chosen player of the year.



Matthew Nguyen pushing through Creswell's defense.



Gavin Haratyk will be competing at 120lb weight class at the state tournament. Here he twists his opponent into a pin.



Karsyn Stapleton sailing over a La Pine Hawk. The girls won 53-17



Cash Dudley vs Creswell. The boys won 68 to 49.

Photos and story by Jocelyn Heacock

The Pleasant Hill Winter Sports teams have done exceptionally well this season and all finished with tops marks.

The Boys' Basketball team has been very successful this year, with an overall record of 20-4 and a league record of 11-1. Currently, the team is ranked #4 in the OSAA 3A Rankings. They have been dominating the court and are looking forward to heading into the state championships. The boys' highest scoring game during the season was a non-league game where they beat Coquille 109-32.

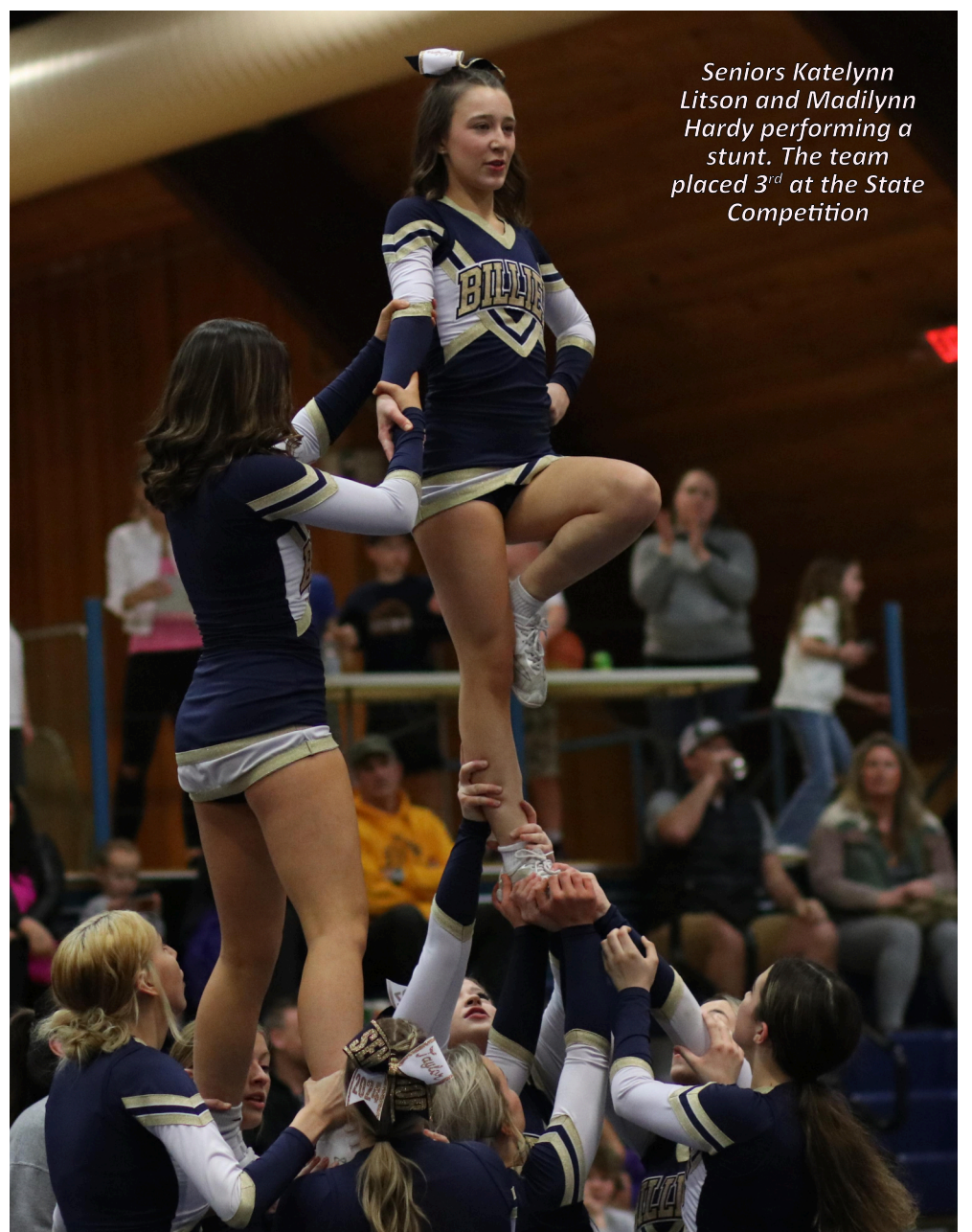
The Girls' Basketball team has hit the ground running with their new coach, Paxton Miller. They currently have a 17-6 overall record and a perfect 12-0 league record. Their current ranking is #6 in the OSAA 3A Rank. The girls are gearing up for state and are ready to take on who ever is next. Their highest scoring game this season was 57-15 vs. Siuslaw. The team's awards include Coach of the Year, Paxton Miller and Player of the Year Award to Claire Crawford. Their next game is February 24 at Nyssa.

This has been the first year the Pleasant Hill Cheer team has competed in many years. They placed 3rd at OSAA Cheer Competition under the guidance of Coach Chelsi Toles-Wallace.. In the future, the team is hoping to grow to have both a JV and Varsity team. The team's accomplishments include placing third at all of their competitions and having two cheerleaders, Serenity Peters and Laynie Reed, compete in All State Cheer.

The Wrestling team has had a successful and dominant season. Consistently over the course of the season the team has managed to place top wrestlers. Dean Scott, Bryson Boyles, Gavin Haratyk, Vedder Anderson, Jace Harris, and Boone Marquess all qualified for the State Wrestling Tournament. The team overall placed 4th at the Central Linn Invitational.



Seniors Madilynn Hardy and Chloe Gates performing at a halftime performance for the basketball games.



Seniors Katelynn Litson and Madilynn Hardy performing a stunt. The team placed 3rd at the State Competition

The Billie Backside

The Birth of Valentines Day

By Alexis Moch

Where did Valentine's Day come from? Who, in the world, came up with Valentine's Day?

Time for a history lesson. I know how boring it sounds but just read on.

Valentine's Day is thought to have originated from the Roman festival of Lupercalia in mid-February. People from all over gathered to celebrate the coming spring. Women were paired off with a man by lottery that included fertility rights. By the 5th century, the celebration was forbidden by the Roman Church. Some believe that this celebration transformed into what we know as Valentine's Day today. Valentine's Day didn't become a day of romance until the 14th century, but who created it?

Valentine's Day was not created by just one person. Some believed that a priest during 270 CE wrote a letter signed "from your Valentine" that he wrote to "his jailer's daughter."

Others believed it could have been St. Valentines, a bishop who defied the the Roman emperor's orders and married couples in secret. It is also believed they could have been the same person. No one really knows!

It wasn't until the 1500s that formal messages were sent. When the 1700s rolled around, Valentines were being commercially printed. The first U.S valentines were printed mid-1800s. Cupid was commonly put on valentines. Cupid is based on the Roman god of love.

Still to this day, Valentine's day is a big part of our lives. Traditional valentines gifts include candy and/or flowers such as red roses which are the symbols of beauty and love.



The Heart: Why does it symbolize love?

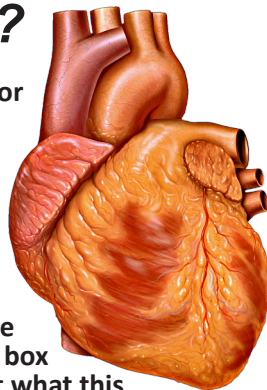
Humor By Carson Bernardo

February is here. The season for "immense" love and "deep" depression. That all depends on who you are and who you are to someone else. This month can make or break someone's year because it is the season of love, after all. A certain holiday that lands on the 14th brings this whole month together in a heart shaped box with a ribbon on top. But this isn't what this article is about. It's about the heart and why it is universally shown as the symbol of love.

Some could say the heart is the symbol for love because the heart makes us who we are. If anything, the brain defines us because it conceptualizes how we feel and think—but hey, to each their own. It would be rather weird if the symbol for Valentine's Day was a pink, mushy blob, though. I think the heart gets the point there.

Another reason people may have started to believe the heart is a symbol of love is the fact that whenever someone sees another person they have an interest in, the heart speeds up. If this were the case, then why weren't the hand(s) a symbol of love? They start to sweat when approached by a person of interest.

I guess the true answer to our question here is: we don't really know. The heart found in the human body is not shaped like a love heart, contrary to popular belief. I do think it would look weird if people drew hearts like they were found in the body. Many believe that the soul is found in the heart, so that's another theory.



THE BIG FREEZE CONTINUED

"I can't even walk outside without slipping and sliding all over the place like a fish out of water! Okay, well, I guess it is pretty fun to slide on the ice. But still! The cow troughs are frozen solid, the house is frigid, all the trees are literally breaking apart and I swear to god if I have to heave open ONE MORE electric garage door, I will scream bloody mary. Ugh.

However, while the Icepocalypse is annoying and stupid, I might add, it is just as fascinating. Long icicles drip from nearly every surface. I can't stop looking at them! It's like someone pressed pause on a rainstorm. It's also quiet. Deathly quiet. The only thing to be heard is the sound of trees cracking and breaking in the distance. Oh and the crunching of my footsteps, which I'm actually quite fond of. Everywhere I go, save for the sleek surface of concrete. I hear it constantly.

Crunch.Crunch.Crunch." Z.Harr

"I hung out with my family but for someone who doesn't leave their room often I didn't stay long. I had really missed my friends, online or not. I really wanted to talk to someone that wasn't family. I wasn't even sure if my friends were okay because if it's freezing here, imagine how it is down there you know? (it wasn't that bad.) I felt alone in my dark room and I just slept and waited for power so I could turn my tv on, and repeat the cycle of waiting, occasionally talking, sleeping and watching tv in my cold, cold room."

"I spent most of my time during those 12 days curled up on my couch, wrapped up in blankets, trying to keep warm. I had several ways to keep myself entertained, such as playing with my guinea pig, doing homework, and painting. However, these activities became dull, so I spent most of my time sleeping. Throughout these days I was very lonely and longing for some interaction." R. DuBose

"It was a Wednesday, and it was super cold, extra cold. My dad and brother never wanted to play games with me so I was pretty bored. All I wanted was to play Monopoly. At night, it was pitch black. All I could hear were trees breaking and my cats walking around my house, yowling for my dad to go to sleep. I hope the power turns back on tomorrow, I have a feeling it will."

"I woke up and cracked the blinds —then I cracked a smile. I knew that there couldn't possibly be school tomorrow. I was more right than I knew. The first da was no problem, I still had power. My day was occupied with teasing Tressa and Noah, anyone without power I could get my hands on (Steven's phone must have been dead). I ate hot food, my family watched TV, and then I slumbered.

The next day was very similar to the day before, until about three pm. That's when we lost power. That's when the terror struck, our well couldn't supply water, we were low on food, our cars and gate were frozen over. My friends and I reminisced about the olden days, how carefree we were. I lurked in the candlelit rooms, thinking abstractly about dark, dismal, ugly things - such as doing homework. When all of a sudden, late at night, the power was restored. Hallelujah! The grace of God must bless this household. I retired to my chambers, once more content with my luxuries (running water and light)

I awoke once more - to a house devoid of power. DRAT. It was only a matter of time before we went full Donner Party (and I've been told my outfits are tasteful). So Dad and I fired up the heat gun with our generator - unfroze the car and gate - and my family made a pilgrimage to Albertsons. After the great hunt we stopped at a nearby restaurant for a quick bite. Four hours later I left hungrier than before, after the most meager meal of my life.

We spent that night in the heat of the wood stove (our one saving grace). I dusted off my cross country headlamps and went spelunking through the house. And then, akin to Columbus discovering America (well not really), I found an ancient device - the DVD player. Every night thereafter we would watch a few episodes of Wings, while the generator was on for the refrigerator. I don't think I've ever displayed more heroism.

Then I highailed it out of there to go on the Mr. Billie coast trip. The promised land - where I could shower. Virtue is always rewarded."

"During this experience it really showed me what we take for granted. Losing power, being trapped inside, no internet, etc were reminders of what we take for granted. But the Big Freeze also brought me closer with my family and I got to make a lot of memories with them this week. I won't forget this time and I have learned from it. Even though there are some unfortunate things that happened like a tree falling on my power line. We were scared to walk on our grass because we thought we might get electrocuted.

There were some positive things too. My cousin lives a couple blocks away from me so he would walk over to my house, my family would play card games and find unique ways to make food. In the mornings it was fun to see our family get creative when they wanted coffee, using tea lights in a muffin tray to heat water. Something I learned was how unprepared we were and how we'll be ready if this happens."

"This week was one of the least boring weeks of my life, I had to read a lot and play on my Switch or my phone. When I wasn't on my phone or reading I was outside looking at the trees and sliding around."

Do electric cars pollute just as much as gas cars?

By Wes Harr

Do electric cars pollute more than gas emissions? How much does battery production play into pollution? The EPA (Environmental Protection Agency) states "...an EV (Electric Vehicle) is typically responsible for lower levels of greenhouse gases (GHGs) than an average new gasoline car."

Most of the emissions that "result" from the use of electric cars come from local energy production as well as battery manufacturing. It is fair to say however, that the initial production of an electric car produces more carbon emissions than the production of a gasoline vehicle. However, looking at the carbon emissions throughout the life of both cars, those of a gasoline car are much higher than those of an electric one.

"Recycling EV batteries can reduce the emissions associated with making an EV by reducing the need for new materials."Overall, electric cars make it easier to prevent and limit the amount of carbon output more efficiently than gas cars, despite the earlier mention of the carbon emissions from EV production.

With all this in mind, it is also important to remember that we are still getting better at re-using and saving materials needed for EV production. The EPA mentioned in their "Electric Vehicles Myths" article, "While some challenges exist today, research is ongoing to improve the process and rate of EV battery recycling."This refers to our continued efficiency and ability to further cut down on emissions.

McIntire, M. (2023, April 20). The truth is electric cars reduce greenhouse gas emissions. Friends of Animals. <https://friendsofanimals.org/the-truth-is-electric-cars-reduce-greenhouse-gas-emissions/#:~:text=Myth%20%232%3A%20Electric%20vehicles%20are,even%20when%20accounting%20for%20manufacturing,plctured below, Chevy Bolt>



The ice created art in addition to terrible destruction. Here are example. Wires were brought down by ice encrusted branches everywhere. Amid the weird beauty was the misery of days without power and hours upon hours of work by utility workers.

