

The Billie Bulletin

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Ring Ring, it’s the Bell

by Camryn Carey and Sofia Ameen

Recently, Pleasant Hill High school administration decided to install a bell, signaling when classes begin and end. Former Principal Fisher banished the bell years ago, arguing that bells are NOT used in career fields. But since then it has proven a bone of contention between a few students and staff on the marking of tardy students.

The current administration concluded that it was time to return to the bell system. The first time the bell was heard was January 15. Needless to say, with this sort of change, students and staff have differing opinions.

The whole point of the bell is so the students know when they should be in class, when they are free to go, and it keeps the time consistent when kids are tardy. School secretary, Mrs. D’Agosta, shared, “I don’t mind [the bell], and there have been fewer tardies since it started.”

We heard some positive feedback as well. Steel Hubbard said, “I like it. I don’t think there’s anything wrong with it.” Paxton Miller said, “It’s great.”

While talking to people, the most common complaint we heard was that they didn’t like the sound. People thought it sounded too much like they were on an airplane. Ally Moch, an 8th grader, said, “It sounds like an airport and it’s very annoying.”

Junie Epperson, a 7th grader, said, “I wish it was a different sound, but other than that I like it.”

Mrs. Moch also gave her opinion of the bell. She said, “I feel like I’m in an airplane, like all the time. Take off, landing. I need to buckle up.”

Kamdyn Green said, “I think it’s good, but I feel like I’m in an airplane.”

Colton Carey, a freshman, shared, “ I think it sounds like an airplane.”

The bell might have an odd sound, but it is there to assist both students and staff. It is nice to have and could help everyone.



Ascensions sings in the winter concert. From left to right, Peyton Meyers, Joanna Holley, Evander Ruiz, Benalah Carrera and Olive Brown lead the singing for th eholiday show. First year teacher, Ryan Dixon is choirmaster.

“Noo, Not My App”: TikTok gets banned?

by Zane Koszegi

On January 19th of this year, the most widely used social media app in the USA, TikTok, was supposed to be banned. TikTok reaches a concurrent 100 million users in the USA alone. Now that we have passed that date, it turns out that TikTok was only banned for 5 hours. President Trump however made the ban short lived as he pushed for an extension to Congress’s ban. However, let’s take a look back at the fearful reaction of users and non-users of TikTok in Pleasant Hill High School.

I interviewed Hunter Crabtree, a dedicated user to the platform since its beginning phase in 2018. Hunter is very much aware and up to date on the ban and says it’s “blasphemous.”Fearing for its inevitable ban, Hunter said “I would most likely go to Twitter, Reddit or Discord.” Although Hunter made a plan of fallback apps, he isn’t sold that the ban will actually go through because a similar ban was tried and failed just last year. Hunter also said “President Trump talked of saving TikTok so, fingers crossed it gets saved.” Mr. Crabtree also provided me with a hot take of his saying “TikTok is Chinese spyware but the only reason the US government is upset is because they have to pay for the information now instead of it being free.”

Next I interviewed Carson Bernardo, a current senior and another avid user of the app. Carson has been a user for over five years. Carson also keeps up with the information on the ban but has lost all hope and believes it finally will happen. Fearing for the worst, Carson said “Unfortunately, I will be going to Instagram.”

Mr. Bernado left me with another hot take, “The only difference between TikTok and something like Google is that Google is American spyware and TikTok is foreign spyware.” Carson also said that he would hate if a celebrity buys it as they would make it 1000 times worse.

My final interview was with a non-user of the app, a freshman by the name of Cody Moore. Cody, instead uses YouTube. He has been a user of YouTube for six years. Although aware of the ban Cody did not have any strong feelings of the ban. Cody said “I don’t believe it is spyware but then again I don’t use the app.” Mr. Moore also left me with a hot take saying “Youtube is better than TikTok”

I believe the ban is unjustified—especially when more pressing matters are at hand for the government.

Do the grades a student gets in middle school really matter?

By Aria Verma

Middle school can be a bridge between carefree elementary school and stressful high school. From what I've heard in high school, if you fail a class you have to retake it, but in middle school you can fail a class and move on.

So do the grades you get in middle school even matter?

Yes! Even though middle school grades don't go on your transcript, they still matter. Studies found that a 3.5 middle school GPA makes a student 50% more likely to succeed in college.

High schools also look at your middle school grades for placement. For example some high schools will look at your Language Arts grade to see if you should be put in honor Language Arts or in normal LA.

Middle school forms the study tactics for helping a student be successful in high school and college. If a student doesn't learn how to study at a young age, they may struggle in school in the future. The essential importance of good grades is that getting them requires some self-discipline.

Now do you believe that middle school grades matter?

<https://www.collegetransitions.com/blog/do-colleges-look-at-middle-school-grades/#:~:text=Middle%20school%20grades%20are%20still,for%20in%20your%20college%20applications.>

<https://www.quadeducationgroup.com/blog/do-colleges-look-at-middle-school-grades#:~:text=No%2C%20Harvard%20does%20not%20look,that%20Harvard%20will%20look%20at.>

TWIN TIME:

MS. Emma Castle, on maternity leave, brings her twins after school to share with the staff. The boys seemed quite content if a little disoriented.



MS. Bella Parque is our new 8th grade Language Arts and Social studies classes through the semester. According to Mr. Reiersgaard, “Bella has experience as a student teacher In the Springfield, 4J and South Lane School districts. She has student taught 11th-12th grade Social Studies, 10th-11th grade English Language Arts, and 7th Grade English Language Arts.”

“Bella brings with her a passion for middle level students, a positive attitude, and a relentless work ethic. I am excited to have her in the building working with our 8th graders, preparing them for the rigor of high school.”



The GOAT in the Art Room

by Hunter Crabtree-Musgrove

Ms. Jampolsky is the art teacher here at Pleasant Hill, She teaches middle school and high school. She is a well-liked teacher and a blast to be around.

Zane Koszegi thinks that in the short time he has been here he has witnessed her finding time to help everyone and making sure everyone gets their work done. From day one, Ms. J offered Zane a safe and wondrous environment. She dedicated time to Zane and helped him.

There have been times where Ms. J has been under stress and no matter how bad it was, Ms. J always found a way to help Zane. He has seen students mess with her flow but Ms. J has never folded under such pressure. She is a “GOAT” teacher and the best art teacher in the United States of America. He has seen her at his lows and highs, in his words “she is the best art teacher I have had in my fifteen years of life.

Emily Wardle said that Ms. Jampolsky is patient. Emily has seen kids eat paint and all but Ms. J still keeps her cool.

Ms. J is very good at actually teaching instead of just telling you to do that. Emily’s brother had her for years and loved her as well.

Jampolsky has a very “hands-off” teaching style letting the students really use their creativity. She is very good at art and different styles. Ms. J is very knowledgeable and worldly on very niche topics.

“In my nearly eighteen years of life she is the best art teacher I’ve ever had”.



MS. Jampolsky, or “Ms. J” as she is called affectionately, is beloved for her energy and patience and passion for art. She can be silly and serious and is constantly doing art.

2-opinion

Artificial “Intelligence”: the downfall of our work ethic

by Carson Bernardo

I would be lying if I said I didn’t find the idea of Artificial “Intelligence” interesting. I’m using quotes around “Intelligence” because the word intelligence implies that something is smart. We aren’t there yet. In its current state, the most popular AI model is ChatGPT. I can guarantee that 90% of readers have heard of ChatGPT and wouldn’t be surprised to hear that it will be graduating with the Class of 2025 because it practically did half of the combined classwork. I’m not throwing anyone under the bus, but you know who you are.

Back to the point: ChatGPT is not “smart.”It simply pulls information based on what you ask/tell it from the internet. OpenAI, the company behind the model, is actively working to try to minimize this however, but this isn’t done overnight. We are far from the days of AI forming its own opinions and gathering good data.

What concerns me about the future of AI as a whole is what it will do to the workforce. We can already see some of the effects right here in our own school. Students asking ChatGPT to write essays, give book summaries and more. The motive is clear: people don’t want to do their work. Why would they? A robot online can just do it for you. But there’s a major flaw in this. GPT can just give you crude data it pulled from Reddit or something like it. Without thoroughly checking the sources and texts it gives you, you will never know where it gets its information from. And that’s concerning.

So why is this bad in the workforce? Well, I’ll let you piece that one together. Many companies today use AI to look through applicants for jobs. This is troubling because without having a real pair of eyes looking over an application and its applicant, it could hire the worst people for the job. This is just the start. Some restaurants use AI to take and place orders. This in theory is great because it frees up that position, but the inconsistencies and malfunctions make it way more frustrating than it needs to be.

AI isn’t the way to go. Do your work yourself. That way, you’ll know that it’s reputable, concise, and not crap.



Wrestler Peyton Buckley knows the benefits of sport for her health and confidence. With skills learned during her wrestling season, she has found a source of strength and fun. Here she mentally prepares for her match with music in her ears while she flexes her “guns”.

The impact of sports on athletes

By Colton Carey

There are many students here at PHHS that have dedicated themselves to being athletes in addition to students. “When I first started basketball, I wasn’t really good at it and thought it was boring,” said Kaden Fisher, a Billies basketball, football, and baseball player. “But now I really love playing this sport and I consider it now as an escape.”

The lives of student athletes throughout our school have not only been changed by having gotten stronger and more athletic. It also teaches them with building character, strategic and analytical thinking, leadership skills, goal setting and risk taking.

“Basketball has taught me how to be supportive and be a better teammate,” said JV girl’s basketball captain Destiny Foster. “It has just taught me to be a leader towards other people and work better together as a team.”

Over time, the athletes that compete in sports have bonded and grew to treat each other like they’re family.

“Wrestling has always been a part of my life. It taught me to work hard and never give up,” said wrestler Dean Scott. “It was hard at first but I kept pushing through and now I have a lot of friends from wrestling...we’re like a big family.”

Sports do a lot of very great things in peoples’ lives, and it can be hard to spend a lot of time doing sports. But it mostly will change all the athletes’ lives for the better.

Below: Zaira Duarte locks up her opponent eventually throwing her and pinning her. Wrestling teaches all sorts of skills and has been attracting girls more of late.



Positivity

“I am who I am, love it or walk away.”

by Caroline Carlson

“Baby girl, I don’t think you should buy this skirt. It needs someone who is thicker to bring out the beauty in it.”

“You look like a boy without makeup.”

“You’re so skinny that I can see right through you!”

“How can you go out with anyone? You look like an elephant.”

These are things that people have said to women. These thoughtless comments demonstrate a thing that keeps girls from eating. Keeps them from happiness.

Body shaming.

About 96% of teenage girls in America have been shamed for how their bodies look.

That means almost every female has experienced body shaming before she can attend college or get a license. The shame many women receive throughout their lives can have lasting — and even debilitating — effects on their self-esteem. Because of this shaming, an estimated 4% of girls believe that they are pretty.

And all of this is also occurring in male body images.

This is tragic.

If you start believing these common comments and then trying to change your body, it can lead to eating disorders, body dysmorphic disorder (BDD) a negative obsession over your body and this can lead to depression and suicidal thoughts and behaviors. Body shaming can lead to excess exercising, anxiety & depression, and physical health issues.

Luckily, it is possible to overcome. Here are some ways to turn around body shaming and negative personal thoughts:

Nurture self love: Give yourself love and acceptance.

Replace negative self-talk: Try shifting your focus on aspects or yourself that you love.

Manage your time spent on social media: Practice mindfulness and connect in person.

Make friends with food: Be mindful during meal time and avoid distractions.

Reach out to someone you trust for guidance and support: Surround yourself with people that love you for who you are and don’t think negatively about each other.

And this is just the tip of the iceberg. There are many other websites and hotlines that are ready to help people that need/want help with their self esteem.

Just remember, “Calling someone else fat doesn’t make you any skinnier. Calling someone stupid doesn’t make you any smarter. And ruining Regina George’s life definitely didn’t make me any happier. All you can do in life is try to solve the problem in front of you.”

-Cady Heron (Linsley Lohan) from Mean Girls.

“When you discover your self-worth you will lose interest in anyone who doesn’t see it.”

“We can’t hate ourselves into a version of ourselves we can love.” –Lori Deschene

<https://classpass.com/blog/8-brave-women-share-their-heartbreaking-body-shaming-stories/>
<https://www.helpguide.org/mental-health/wellbeing/body-shaming>

3-opinion

We need a class that prepares you for life after graduation. We need

HOME ECONOMICS

by Jaxson Potts

Over half of newly graduated high school students say they aren't prepared for adulthood, according to a study posted by Mike Savino.

One class that could go a long way in preparing students for adult life is Home Economics. It used to be a staple of all high school curriculums.

Home Economics would prepare students not just for college but for daily life. This class is becoming less common mainly because of the different work environments that America had when the class was more popular. Also, more jobs are specialized industry wanted more specialized skills.

A poll of 10th, 11th, and 12th-grade students showed that more than 80% of students at our school think it's important to have Home Economics at our school. A student who wished to stay anonymous said "Money and economics are parts of life that school doesn't teach you much of. This is important information to know throughout your entire life. This is the information we need and will use all the time."

Home Economics teaches cooking, and general life skills like how to do taxes. For the record, taxes are taught in senior year economics class. Only 3% of high school students know how to file their taxes.

If you don't know how to file your taxes you have to hire a tax professional, which can cost around \$137-\$454 per session. If you don't file your taxes you get a money penalty that takes 5% of your income per month, it can go up to 25% of your income. Home Economics could teach you how to file taxes fast, efficiently, and the right way.

Teachers think that this class would help their students succeed in life. Teacher Laken Casarez thinks it's a great class to add. [Home Economics]"teaches skills for kids that they might not get outside of school to prepare them for the future."

Health teacher, Caleb Wilson said,. "[Home Economics helps students] "learn lifelong skills to cook. You don't wanna eat McDonald's every day. Learning how to navigate the maze of life can be a difficult juncture. Education on this topic greatly benefits our students preparing them to be successful in whatever life holds after graduation."

The main issues with implementing Home Economicsinclude the cost of hiring a qualified teacher and securing a room with stoves, fridges and storage space.

The cost alone for the teachers salary sets the school back over 50k, but this issue can be solved. If you want this class an important first step is to talk to the school administration.



Valentine's Day is a joke! Like, literally

by Zoe Harr

Ah, February. With the ushering-in of the second semester also comes the Month of Love, where we rejoice with our lovers with boxes of cheap chocolates and hollow emotions.

But me? I'd rather cackle like a Disney Villain over the heap of funny stories! Like ditching your prom date to go fishing, or getting a melon as a Valentine's present. What a joke! And guess what? Our teachers have plenty to share with us. Listen close, and hopefully have a snort or two.

I had a conversation with Kynan Shantz, a previous substitute teacher of eighth grade LA and Social Studies. We had a laugh over his own comically cruel Prom tale.

"Our school had more girls than boys. Mr. Shantz said "so the girls ended up doing all the voting for the songs and mottos for prom and all that stuff."

Shantz's friend group were the cocky arrogant type, so naturally it felt like the girls putting them in their place. "But then it came to prom and we were like, 'Let's get them back.'"

Uh-oh. "So we all asked out our dates and rented our tuxes, and they all got their dresses and stuff. And instead of picking up our dates, we all went out to the lake, and we went fishing all night in our tuxedos" Shantz said.

How cruel! Those poor girls! Don't worry, because Mr. Shantz and his buds weren't let off the hook for that.

"The next day we had a ton of fathers and mothers showing up, explaining how much money they spent for their daughters to go to prom and get their dresses, and we hadn't showed up."

Don't tell anyone, but that's karma!

Rejection aside, have you ever gotten a Valentine's present so odd that you simply nod your head and smile as you accept it?

Michelle Olson certainly has! "One of my roommate's boyfriend for Valentine's Day, like, came over with gifts for all of us because he was like, 'You live in a big house, and so I thought I should give everyone something.'" Olson explained.

Aw, how sweet! "But he brought us a melon. One of each for the four or five of us."

Uh, what? "He was so proud of himself for bringing us a melon, and we're all like, 'Okay?'"

Olson then told me probably the strangest part of the whole thing:

"He proceeded to tell us that 'It's the perfect food, and gives you all of this and it has no calories, and it's such a great food for women to eat and blah blah blah,' and we were like, 'I don't get it.' But it was so confusing and we had no idea what was going on, or why!"

And reader? I've no idea either.

There are certainly more silly stories out there, but I think I've had enough for one day. I've certainly cackled all I can, and my eyes are watering from the Valentine's Story Heap.

All jokes aside though, if you truly enjoy Valentine's Day, by all means, do so. I just gain great joy in mocking it. Au revoir!

The dangers of procrastination

by Mark Buchan

Have you ever put off a stressful task until the last minute?

Of course you have.

We've all procrastinated at some point in our lives. But why, oh why would somebody delay a task against their best interests? Is it because you have bad time management? Is it laziness?

No, it is most likely not either of these. Procrastination is an irrational response to negative emotions (like stress or anxiety) correlated to a task. When faced with these negative emotions, the brain prioritizes escaping them instead of just doing whatever you need to do.

Procrastinating often only increases the negative emotions we experience, putting you into a feedback loop of procrastination. The longer this goes on, the effects become increasingly more destructive, and you lose more productivity.

Procrastination is all about emotions, not work ethic or self control. The way to stop procrastination is to properly manage your emotions. One thing that can help you overcome procrastination is to reassess the task in your mind. Instead of focusing on how difficult the task will be or that it might not be good enough, focus on your goal at the end.

Think of the benefits of getting it done instead of worrying about what will happen if you don't. At the very least if you get it done it will be over. It also helps to trick yourself a little bit. Just think about what you would do, hypothetically, if you were to start the task, and then do that. If you were writing, even though you're totally not, you would open a text document and start typing. Once you've deceived yourself into starting the task, you start to get into the rhythm of it and it's less scary and easier.

Procrastination is common and normal, but if left unchecked it can make you feel terrible and unable to get anything done. It's important to not let stress and anxiety control you. Try a different approach to managing your emotions and get that next task done.

Tim Meinzen-Advisor
Jocelyn Heacock
Ellie Epperson
Ellie Thebo
Jolie Heacock
Laynie Reed
Taliegh Jackson
Angel Calva
Carson Bernardo
Evander Ruiz
Greta Gramzow
Zoe Harr
Aria Verma
Caroline Carlson
Sienna Malekzadeh
Alexis Moch
Darren Soper
Arianna Bowman
Camryn Carey
Colton Carey
Sofia Ameen
Jamon Heacock
Hunter Musgrove-Crabtree
Zane Koszegi
Kylie Lan
AJ Taylor
Jaxson Potts
Mark Buchan
Andrew King
Dani Boyd
Emerie Martin
Emily Wardle
Fatima Garcia
Juan Contreras
Jay Griffiths
Maddie Rife
Oscar Jimenez
Lawson Halstead
Autumn Epley
Sofia Dennis
Ava Umbarger
Alexis Moch

The Billie Bulletin Staff

Below: Wilee Peacock and McKenna Stump perform a service project picking up trash around campus. Both girls removed about 10 lbs of trash.



4-love&friendship

What's in a bromance?

by Brooklyn Breslaw

When two guys become close friends they form a special bond. Some bonds are stronger than others. The strongest ones get called a “bromance.” There are some bromances at our school and I interviewed a few of them.

The first is Kaden Seaton and Gavin Pocholec. When I asked Kaden what his favorite memory was with one of his best friends, Gavin. Seaton said “there's a lot of great memories we have together but the best one is probably when we went wake surfing with Dallan Bahen.” Gavin claimed that they had “very memorable memories” on that trip.

The next bromance is Carson Powell and Axel Higbee. I asked Carson how long he and his best friend Axel have been friends. He said “out of the womb we just kinda bonded.” They have known each other for a long time apparently. That might make their bromance bond stronger than others.

The last bromance is Maverick Martin and Max Atkinson. They are not sure what makes them such good friends. Maverick said it is “magic.” They also have some common interests like playing video games together.

The bromances I interviewed all seem to have in common that they have the same interests and lots of memories together. They were all laughing and having fun during the interviews. It might be a little magic too.

“A Nickel and a Peck and a Hug Around the Neck”

by Jay Griffith

As the season of love and caring starts to blossom into view, we start asking ourselves how we can show we care about important people in our lives. To answer this question we interviewed some of the guys on how they show their appreciation for the important individuals in their life.

Rene Lopez had some great advice and tips to share, he said, “You know I think you just really gotta hold the door for the girl, gotta like take her to dinner, and the biggest thing overall is respect for her and her parents.”

Joseph Housen and Aiden Navarro gave their opinions. Joseph said that surprise gifts are always a good idea, flowers, and handwritten letters. Joseph also said that he's a big hug guy and always says “where's my hug at?”

Aiden Navarro also had very similar answers as in, flowers, letters, and hugs.

Hunter Crabtree had some poetic words that were passed down from his mother to him, “It's a nickel and a peck and a hug around the neck.” That phrase sums up Hunter's expertise on the subject and his pure wisdom.

We decided that it might have been a good idea to interview people with more life experience than the average high school student, so we asked Mr. Neill what he thought caring for someone really is about. Mr. Neill said, caring is an investment in time, being there through the ups and the downs, and that actions show you care because action speaks a thousand words.

Trevor Shields, widely known as the “Tech Guy,” had some very thoughtful answers to our questions. Trevor said being a listening ear is the most important and efficient way to show someone that you care. That listening to someone's problems might be the solution they needed all along.

I think after listening to the responses that have been given from the differing people, from differing age groups, and from differing social groups, we see the division of how people care.

There is no “right” way to care. Caring is just like the person you are trying to care for, unique. Some people often said gifts, smooches, and surprises; other people said to invest time into someone and be the listening ear that they need, there is not a correct answer and there never will be, so keep on caring.



Our “Ride or Dies”

by Sofia Dennis

Friendship is an important thing in someone's life.

But you can also have your closest friend, your best friend. Your best friend puts up with you at your worst all the time, deals with your shenanigans even when they're too tired for that, they will willingly listen to your stories but knowing best friend will most likely interrupt you.

I asked questions to people about friendship and here's what they said. All responders are anonymous.

What do you look for in a friend?

“I look for humor.” - Phillip

“I guess kindness to others, and honestly, somebody who can put up with my illegal celebrity crushes.” - Anna

What is most important to you in a friendship?

“I tell my best friend things I wouldn't tell anyone else, so it's probably trust. I mean my best friend doesn't go tattling to other friends talking about my secrets or my obsessions unless checking in with me.” - Luna

“Kindness to everyone. I don't want someone who treats me or anyone else horribly.” - James

How did you and your best friend meet?

“We met in baseball. I was pitching and the batter hit the ball right back to me and it hit my chest, I was out for the rest of the game. Turns out my best friend was the batter.” - Noah

“We've been best friends since we were 4. Our

parents met at some daycare. I don't remember much from that time but my parents told me that we tried running away. Kids right?” - Jeremy

What do you like most about your best friend?

“I don't know, every thing's great. I guess how funny she is. I accidentally got the basketball and her shoe stuck on our roof, she climbed up there and to this day our parents still don't know. I felt very Mission Impossible.” - Rachel

“I like his hair. It's very luscious.” - Albert

Below: Great friends and funny guys, Rene Lopez and Hunter Crabtree compete as “hot dogs.”



The History of Romance

by Kylie Lan

Love is like a disease.

When you're in love it causes you to act recklessly, to make poor decisions. Because of this, stories like the Iliad and Romeo and Juliet were released to shine light on how love affects us.

Love has been a way of survival throughout the years, marriage helped to determine your survival prosperity. That's why in those movies when you see a girl run away with a poor boy, their entire village is in an uproar. Because of her one decision, it could affect the entire community. This isn't saying that if you want to marry some poor guy that the entirety of Pleasant Hill is going to implode. Things have changed since then.

With the arrival of the 19th century, love and romance changed dramatically. The Gilded Age brought notions of “happily ever afters” and the age of romanticism. But just because you've fallen in love with someone, doesn't mean that you should be with them.

It's possible that they're just sapping away all your love and happiness.

That's why arranged marriages were a thing, because the parents were the ones who decided who was fit for their child.

As the years went on, love changed, adapted to the times. Even now we're still grappling with the idea of love. Romanticism changed our views on love, that everything would end up wonderful, full of roses, rainbows, and with the two of you skipping off into the sunset, but as we start to mature and as love ages with us, we start to realize that isn't the truth.

Love is tricky. And it will continue to change but as it does, we have to change with it.

How guys can get a Valentine

by Juan Contreras

As most people know the season of love has already made its way here, and this brings up the question for most guys looking to ask out their crush to be their valentines or for guys with girlfriends. “How can I show my affection towards this girl I like or how can I show my affection even more for my girlfriend?”

Well, you no longer have to worry about these questions because I am here to help.

To start, let's talk about the single guys. I am assuming that if you want to ask your crush out to be your Valentine you've already started talking to her. You've gotten to know her and who she is and maybe you guys have even become friends!

But hey, I know not everyone has the confidence to make a move to talk to their crush because I was just like that. So I'm here to give you some tips on approaching your crush.

To start talking to her, find a natural way to approach her. For example, perhaps you have a class with her and use that to comment on something going on in that class, or ask for help in that class, just find a way where you can talk to her without making it seem weird.

From there just continue to start talking to her, complimenting her, simple things to keep the conversation going. At this point, you probably already have followed her on social media, maybe even before you started talking to her, so you could begin making conversations over social media. If you haven't, just ask her for it!

No harm in that right? As you continue to have conversations with her in person and over social media make sure you seem interested and be yourself. Just show her some affection, for example, showing that you care by remembering small details, or checking in on her by asking how her day has been going.

You can also show affection by supporting her goals and interests, it could be about a presentation she will present soon, or a sport she is in, always tell her how she will do great at whatever she does, but make sure you're genuine, you don't want to make up some fake persona or not be genuine just to impress her or make her feel good. When you're talking make sure you aren't making her uncomfortable and make sure you aren't forcing her to talk to you.

The truth is not everyone you like feels the same way as you, it's hard but it's the truth. But even so, maybe along the way, you might have just made a good friend!

5-love&friendship

Why you shouldn't fall in love

by Sienna Malekzadeh

Falling in love seems to be just the best thing that could happen. It's the "highlight of our lives", and what everyone seeks for from the moment they know of the word.

Falling in love appears to fix everyone's problems, but in reality it creates more of them, and not just for yourself but the others around you.

This generation gets our heart crushed more than ever, because of something that most other ages haven't experienced: The talking stage. A "situationship."

This is the time where you're more than friends but less than a relationship. Where you text, Snap, Facetime, essentially anything other than going on an actual date, and get to know each other so that you're certain that being in a relationship with one another is worth it.

Many people have had an extremely long talking stage, one that feels so much like a real relationship, but of course it isn't. These often end with one person saying they're not ready, or just blatantly ghosting their inamorata. Modern love has many completely crushed before ever going out in person.

The times after a break up or whatever you want to call what you had, leaves you to sulk in your own room listening to dejecting Taylor Swift songs. It's all a person can think about, their hopeless love life that is.

Naturally, people vent to their friends about anything and everything, including babbling on and on about the tragic affairs they face, what was once to be called love! One talks another's ears off about the same someone over and over again, and just as the friend thinks the other has finally moved on, the ringing and raging continues.

Needless to say, there is the chance that you do find that perfect someone, but really do you want to spend all that time looking when the delights of being single are waiting just ahead?

Just think about it: Being single means the joy of third- wheeling your best friend and their significant other, never needing to think if your partner wouldn't be okay with your most recent activity, and all that free time you'll have when you're not pondering why they aren't messaging you back.

If you take anything from this article, do it for your friends sake, don't fall in love.

Why is the heart the symbol of love?

by Emerson Hill

Why is the heart the symbol of love? There is no definite reason but there are speculations about why the shape of love is the heart. One reason goes all the way back to the Romans. They used a plant called silphium to make love potions. The leaves and seeds of the silphium were heart shaped and the blooms were bright yellow. The silphium was thought to be extinct but has been recently rediscovered in Turkey.

Back before the silphium mysteriously disappeared a city called Cyrene became rich because of silphium. Cyrene is located in Libya in North Africa. The silphium demand was huge so they made a lot of money by selling it. They even put a shape on their currency that looks like the silphium leaves and seeds (a heart) because of it.

Some scholars think that the heart shape came from the ancient Greeks. When Greeks first attempted to draw the heart organ they were inaccurate. The shape they drew looked like the modern heart symbol. So that could be a reason.

Another idea is that St. Valentine used the heart symbol while helping people get married in secret. Emperor Claudius the second had banned marriage for soldiers and St. Valentine thought that this was unfair. He secretly married many people and when the Emperor found out he was sentenced to death. The day he was executed became Valentine's Day.

The heart has been around for so long it just wouldn't make sense to stop using it now.

Who's a perfect "ship"? Comparing types

by Miss MatchMaker

With Valentine's Day right around the corner, almost everyone is looking for someone to be their Valentine. You don't want to be the one kid without a valentine, but you're scared of getting rejected when you ask. Well when it comes to a relationship, people have different types.

When you are rejected by someone, it's likely because you're not their type. Knowing someone's type before you ask them is important, because it'll save you a lot of embarrassment (especially if you don't want to be rejected.)

We had the 8th graders take a survey asking about their types. We took their types and decided to make it easier for them by "shipping"* them together with other students like them, that way they can find their perfect valentine. *Related to "relationship" or "situationship."

Ship 1: Gabriela Contreras-Jeronimo and Connor Miles

Both Gabby and Connor are both skilled soccer players who play on a Club team. They fit each other's types, and they both have a great sense of humor.

Ship 2: "don't care" and "not telling"

These two anonymous quiz takers are perfect for each other. They answered every question with the exact same answers, "don't care."

Ship 3: Parker Whipple and Dani Boyd

Parker and Dani both enjoy country music and loyalty in a person. They both enjoy the football sport, whether it's on the screen or on the field.

Ship 4: Francisco Zepeda and Claire Harshberger Green is a pretty color, both Claire and Francisco can agree. These two enjoy baseball and basketball, and they both value good personalities. Francisco is a funny guy, and Claire is perfect to laugh with.

Ship 5: Aria Verma and Max Driver

These two both have the exact same type, making them perfectly compatible! They enjoy the same things too, like animals and popcorn.

We only have enough room to pair 10 of the 8th graders in this article, if you didn't see your name, don't worry! There will be a part 2, so stay tuned!

Staff stories of Romance

by Ellie Epperson

Love is an interesting thing during high school years. In many cases, it seems like a joke. Often, it ends in flat-out rejection or a sob-story breakup three weeks later, especially for those freshies—don't worry, we've all been there. However, for some it ends up working out.

Mrs. D'Agosta and her husband were high school sweethearts in California. They met for the first time at a Halloween party where her friend's car broke down. Her now-husband helped fix the car and while he was fixing it, he let Mrs. D'Agosta sit in his car and gave her his coat. "He was in a full leg-cast at the time. He broke it bull-riding so that's pretty cool!"

Sometimes love in high school is not actually love at all, but more about the experience of getting to know someone.

When Mr. McClain was a freshman in high school, he asked a girl to the homecoming dance and she said "yes." Mr. McClain said, "I was on the wrestling team, and one of my teammates, later that same week, asked her too and she said "yes" to him as well. We ended up being mad at each other and had a wrestling match in my backyard and I beat him. That was the deal. Whoever won the wrestling match got to take her. "

He never asked the girl about why she said yes to both of them. "I was just an awkward freshman, not really good at confronting people. But it ended up being a fun homecoming and we never dated [after that] but the dance was fun."

According to Mrs. Devish, if you happen to be lucky enough, you'll know when real love has found you. Mrs. Devish worked with her husband for nine months and one day she found out he was single.

"The day he told me he was single, I immediately called my mom and said 'So, Alex is single and I think we're going to date and get married' and then we did. I just had a gut feeling. I just knew."

Romance in the 2000's

by Alexis Moch

What was romance like twenty five years ago?

We think of romance as a sweet text, going on expensive dates or beautiful jewelry, but back when most of our parents were in high school romance looked a lot different.

Back then it was sweet handwritten notes passed in class, chocolate roses or physically getting asked to be someone's Valentine (Not getting asked from someone hiding behind a phone screen.) I interviewed Mrs. Moch and her husband Mr. Vince Moch(my parents) who graduated from Pleasant Hill High School in 2007.

I asked each of them what they remembered romance to be like in high school.

Mrs. Moch replied, "handwritten notes that you would pass around in class when your teacher wasn't looking, or notes that you would put on people's cars that they would find later."

I also asked her what kind of things you would typically see on the notes. She replied "most of the notes were about crazy things you did, love notes, making plans for the upcoming weekend, crazy memories or anything that made us laugh."

I asked Mr. Moch if he remembered about romance in highschool. He answered, "walking your girlfriend to class, and sharing your math homework."

In addition, people who broke up with someone with a note were seen as "weak." The right thing to do is break up face-to-face. You didn't have anything to hide behind; everything was straight forward. Ideally.

Allison Wallace said, "Um well I was young, but in my little 11-year old romances we didn't have the luxury of texting. It was all face-to-face. Boys would make me little bead bracelets and cards. We played on the playground and held hands. It was a simpler time." You could join the only co-ed sport, track, with really long bus rides,

Overall back in the 2000 romance sounded really interesting. I think we could all benefit from writing notes to each other or talking to each other face to face instead of from behind a screen. Let's ask some others.



Keep me out of it: Advice for girls

by Autumn Epley

Do you have trouble staying out of drama?

This may be because of boys or a "he-said/she-said" situation.

It's also because in middle school we're going through a lot of changes like life transitions, combination of hormones and changing relationships.

But the best way to keep out of it is to stay out of people's business. Don't ask questions that don't involve you and if it's about a boy I promise it won't be like that forever.

Everyone has their own opinion, but I suggest that you don't be a follower. If you're going to change your point of view based on the people you're hanging out with. I suggest you leave them because at the end of the day the goal is to know yourself and have a healthy mindset.

Girls, do not break your friendships and ruin your connections for a boy.

I know most students don't want to hear it. Only 2% of high school relationships last until marriage, less than 1% without divorce.

If he's not making you feel like "the only girl in the world" instead making you feel like you're not worth anything then get out now.

6-sports

Sideline vs competition cheer: hard vs hardest

by Laynie Reed

Many fans assume “Cheer” to be just cheerleaders cheering at football or basketball games. But there's so much more to cheer than that.

Most people are oblivious of because cheer not as appreciated for the commitment, work and skill the sport requires.,

During fall Competition cheerleaders learn choreography that we work to perfect before we debut in December. In the time between choreography and our first competition comes two and a half hour hard core practices that come with injuries, blood, and Tears, leading to exhaustion.

The injuries I've faced are torn rotator cuff, broken fingers, slipped back discs, and ankle and wrist injuries. The workouts we endure are laps around the track, full outs, and core strength.

That may make cheer sound horrible and dreadful, but once we take to that mat to compete, all worries go away.

We just have fun with all of our best friends.

Sideline cheer is so much different. We only practice about 3 days out of the week and sideline cheer's practices are a little bit more laid back. We practice each stunt many times to perfect it so when we compete it's perfect, we make sure we are capable of doing the stunt before we take it to competition.

Competition practices are long. We work hard, putting all our energy into learning our routines.. We only have a certain amount of practices before comps and we have to make all of them count because we are aiming to be State champions. While we compete we have to maintain having facials like smiling and exaggerated facial expressions and look like we aren't tired at all, we have to keep energy up to ensure we are fun to watch.

I asked a PHHS student “what do you think cheer is all about, does it look hard?” Her response was typical “Cheer is easy, and it isn't as hard as any other sports.”



<https://www.latimes.com/sports/highschool/story/2023-02-03/cif-approves-girls-flag-football-official-high-school-sport>

Spring brings...newer sports

by Josie Heacock

Pleasant Hill High School has recently made some changes to its spring sports lineup. This year, we are offering, alongside our normal spring sports, Boys Volleyball, Girls Flag Football, and Boys and Girls Golf. There are lots of questions surrounding these new opportunities, so let's clear some things up.

Boys Volleyball was offered last year at PHHS, with around 15 boys on the team. They qualified for the state tournament at the club level, which was with 1A-4A teams. Mr. McClain, the vice principal and A.D. said, “I am hoping to continue that and keep that ball rolling...getting kids out for that and continuing to build that program. Last year Jessica Crawford coached [the team] and this year she is stepping back and letting JV head coach MacKenzy Borek head it. This will help build our boys and girls program. [It will] help build excitement around volleyball as a whole in our community.”

The new girls flag football team will be coached by Paxton Miller, the girls basketball head coach and P.E. teacher at Pleasant Hill. At the state level, leagues have not been set. McClain said, “Those get set at the beginning of February [then] we will learn who is in our league and once that's finalized we will start to create a schedule.”

Last year, local schools had an eight game season with a culminating event “a kind of de facto state championship” at the Nike campus in Beaverton.

The new golf program has been entirely student initiated. McClain stated, “A lot of boys came to me and said ‘Let's start golf.’ We had a student interest meeting and 20-25 kids showed up. Hopefully we can get that off the ground and start the program.”

As of right now, Boys Basketball JV head coach CJ Johnson and choir teacher Ryan Dixon have stepped up as coaches for the program. “It will be a good transition from playing as a hobby to competing against other schools. If we can show that students are interested and there is sustainability in the program, there is the option of offering it as a varsity sport.”

The most important thing about the new spring sports is the potential for students to be involved outside of playing on the team. “I want students to be engaged with it, in whatever capacity they want to be involved in. Whether that's a student coach or student manager, the more students we have involved the better the experience is going to be and the easier it will be to build the program.”



Sideline cheer is the most often observed form of cheering. Here Ellie Whipple Eliana Altimirano, McKayli Seaton and Kolbi Hampton energize the crowd.

How to prepare for the upcoming track season

By Ellie Thebo

With this year's track season right around the corner, many of our track athletes have already begun training. On Tuesday and Thursday, Mr. Smead runs pre-season practices after school. All the best track athletes know that your season depends on your off season. In order to have a successful season, you must stay active, and keep yourself in shape during the off season.

Training in your offseason helps injury prevention, most sports caused injuries are overuse injuries, caused by overly repeated movements. The off season is a perfect time to work muscles that are neglected in average practices, essentially “balancing out” your body.

But how do you effectively train during your off season?

Firstly, like I said, the off season is the perfect time to focus on muscles you don't usually work in average practices. Like your arms and core. Your arms and core are essential for any track event, having strong arms and a strong core help with your speed and posture while running.

Another good exercise to focus on is plyometrics. Plyometrics are high intensity, usually jumping-style workouts that help runners by improving reaction time, and increasing power input in the muscles. If you do decide to do plyometrics, you should only do them around 2-3 times per week. This is because of the risk of injury.

Training in the off season is necessary to reach your full potential as a track athlete, but you must be careful, because with the lack of activity, you're more prone to injury during your off season. Training too hard, and too often will wear out your muscles, and potentially injure you.



Top: Riley Smith takes off for a long jumper as the boys slipped by the Eagles Bottom



Brooke Weimers and Katie Dutton bring the ball down against Harrisburg. The game slipped out of the Billies grasp in the last minutes.

7-the pasture

Black Ops 6:pricey, fun and full of features

By Angelina Calva

Most of you probably know about Call of Duty, a popular first-person shooter game that causes most people anger issues.

Will Black Ops 6 be part of the Call of Duty series? It is a new game that came out in 2024. The main difference between BO6 and the games before it is its omni-movement. This Omni-movement allows the player to dive and sprint in every direction.

A lot of people have good things to say about BO6, some including its new body shield move, where players can take enemies hostage if they get close enough behind them. When they take that enemy hostage, it allows for proximity chat, where they can talk to the enemy as they use them as a body shield.

This is a favorite among players. Other major features of BO6 include a prop hunt and many old maps, including Nuketown.

Although this game is popular and many seem to like it, it also has its critics. Many complain that the maps in Black Ops 6 are too big. MostCritikal comments on the maps saying “the map selection is trash, I don’t know what went wrong with the maps, they got hit with the stupid beam over there at the headquarters when designing these things.”

The maps make it hard for players to find enemies. Another complaint is the ranked matchmaking. Some say it's too extreme, causing players to get up to 60 kills in one game and then bring it down to 20 in the next game because of the matchmaking.

In my opinion, Black Ops 6 is a good game. It has good mechanics, and a couple nostalgic maps. But besides that I wish they had smaller maps, and better matchmaking.

The point of Black Ops 6 varies, for multiplayer there's a bunch of different game modes but the basic point is to get kills, less death, to level up and upgrade your gun. For the campaign, you go on missions that include cutscenes and you are playing primarily as a case.

Another feature in this game is ranked play, this is where you start out as level 1. And each game you win you level up. If you lose, they take away a certain amount of points which can level you down if you lose too many games in a row. The last one is resurgence, battle royal, and plunder. You start in Area 99, Urzikstan, or Rebirth Island with 100 people, and depending on the party size you chose, you or your team has to survive and kill off the rest of the players.

Although Black Ops 6 has many new features, it would be better to stick with the Call of Duty games you have considering these cons and the fact it’s just another Call of Duty game that costs \$70.

Popular and Promising female artists

by Arianna Bowman

Everyone has their own opinion about who is the “best” musician because we all have our likes and dislikes. It is our own taste or opinion that determines “best” rather than some sort of objective scale. Although, in a general sense, there are the top artists such as...Sabrina Carpenter, Chappell Roan, Olivia Rodrigo and Taylor Swift this is due to their popularity. They are some of the most popular artists right now who sell the most music. Even I listen to most of them!

They are each known for their special “thing.” Sabrina Carpenter is known as short, cute and sometimes a bit dirty. Chappel Roan, I am not a big listener because of what she sings about, but she loves to dress up and is known for giving a real show singing catchy songs about her “lesbian love.” Olivia Rodrigo is known as being a sour ex but she also has helped girls all over the world deal with break-ups. And Taylor Swift, for obvious reasons, kind of rules the pop genre. Her lyrics “makes you feel like a girlfriend talking to you” says an anonymous Swifty, sort of giving empowerment to girls.

I think these are top female artists, they rule the billboard and the songs are awesome! I recommend these songs by each artist to find your best: Espresso by Sabrina Carpenter, Good Luck babe by Chappel Roan and Cruel Summer by Taylor Swift.

Recent love songs vs 70s love songs

by Ava loose

Some people love them and some people think that “cupid is stupid” but I'm going to compare 1970s love songs to recent love songs (2024).

I listened to popular love songs from each year and compared them. The songs that were most popular were mostly pop or something close to that. I focussed on the lyrics and how they explained love in a different way. We now talk about different ways we love someone like it's “ruining my life” or how we just want “hold you just for awhile and die with a smile (Die with a smile by Bruno Mars and Lady Gaga).” (But back then they talked about how “oh but love grows where my rosemary goes.” (Love Grows, Edison Lighthouse) and that “just like me they long to be close to you” (Close to You, the Carpenters).

Most of the songs had similar things to say. Some say that all they wanted to do is be near the one they love. A lot of older songs talk about features of the ones they love. The lyrics go “you see I've forgotten if they're green or they're blue. Anyway, that thing is I really mean, yours are the sweetest eyes I've ever seen”(Your Song, Elton John).

Another song from the Carpenters is about a loved one's features: “they sprinkled moon dust in your hair of gold and starlight in your eyes of blue.”

Across the decades many songs show similarities so love hasn't changed that much.

But the vibe of the song has definitely changed. Most recent love songs are more upbeat and lively while most of the older love songs are light and calmer.

Recent love songs like beautiful things talk about how they don't want to leave who they love to leave.

Some older songs like “Hopelessly devoted to you” (Helen Reddy) express the belief that the singer cannot get over the one that they love.

But even though they are all different in subtle ways, I recommend listening to them and songs from all years I assure you there is one you'll love.

I listened to:
Die with a smile by Bruno Mars and Lady Gaga
Fortnight by Taylor Swift (feat Post Malone)
Beautiful things by Benson Boone
Sailor song by Gigi Perez
Love grows (where my rosemary goes) by Edison Lighthouse

Hopelessly devoted to you By Olivia Newton John
(they long to be)close to you by Carpenters
Your song By Elton John

Our unique pets

By Maddie Rife

As most people know, a lot of people have pets but what are the odd pets in middle school?

Odd pets vary from reptiles, horses, amphibians, and more.. While most might not think it's odd to own, others do. For most it's not common to have horses because most don't have the money or room.

I have a friend with horses, mules and many other farm animals. Makenna Stump, 7th, raises many animals such as horses, chickens, goats and a mule. Mules are not very commonly owned unless they are used as a packing mule. Her mule, Belle, was actually a packing mule before her family bought the mule, after years of being a packing mule.

When Belle, her mule, was a packing mule she was abused and whipped so when you trim her coat you can see whipping scars.

Now some tips about owning a mule: don't use electric fencing they will get through. Instead use a horse carrier cause then they can't get out. The easiest thing to do on a mule is clean their hooves because it is easier to get out.

Her brother was riding one of their horses named Dj and she tried to roll over with him on her. Another time her father was on Belle but he was holding a Coke and his phone and apparently she didn't like the smell of Coke so she bucked him off into mud him still holding his phone and Coke.

On Friendship

By Darren Soper

Do you have friends? If so, read this article to make it easier or learn about friendships.

Like most people know, making friends can be hard. With the invention of phones and the internet, friendships have gone from being close to can now be where some friends are in the middle of Russia or on an island in the Caribbean or still be close around.

For example, most of my friends are close and live in Eugene but I have a friend who lived in New Zealand for about 6 to 7 months and communicating with him was really easy. I still regularly talk to him almost everyday and play games with him.

Some people like long distance friendships while some like close friendships or some of both. The bad thing about long distance friendships is it is easy to trick someone into thinking you're someone you're not. I don't talk to people if I haven’t met them or if more than three of my friends know them.

Friends can be really hard to keep in touch with if you don't have access to the internet. If you do have a phone/computer that has internet access then you probably talk to your friends almost everyday.

Teachers top 5

by Fatima Garcia

Have you ever wondered what your favorite teachers listen to? If you have, we're going to spill tea on the tea-chers for you.

Top 5 Songs : Mr.Gray:

- Dark horse by Converge
- Pariah by END
- Vicarious-Tool
- Long Legged Larry by Aesop Rock
- Dreamline by Rush,

"Dark Horse" by Converge has been my favorite song for at least the last five years.

The incredible drum work by Ben Koller drives the song, which is powerful and aggressive. That momentum is the perfect platform to carry the lyrics - written and performed by Jacob Bannon - which are a surprisingly positive juxtaposition to some of the more dissonant chords used by guitarist (and bassist). Plus it's a 5/4 punk beat - what could be cooler than that?!

Mr.Tendick's Top 5 songs:

- Madison square by Lettuce
- Star guitar by The Chemical Brothers
- Ember - Kubbi
- The sidewinder by Lee Morgan
- Camptown races by Hunteertones

Mrs.Casarez's Top 5 songs:

Daughters by John Mayer

- All my love by Noah Kahan
- I had some help by Post Malone,Morgan Wallen
- These are the days by Cory Asbury
- Fast car by Luke Combs

“We listened to this song on repeat when we brought my daughter home from the hospital”

Mrs.Flood's top 5 songs:

- Ramble on by Led Zeppelin
- This must be the place by Talking heads
- Up all night by SAULT
- Dose by Teddy Swims
- Bring em back alive by Audioslave

“Ramble on is my favorite song because it reminds me of the road trips I loved taking when I was a kid. “

Mr Dube's top 5 songs:

- Let it ride by Ryan Adams
- Heroes by Peter Gabriel
- Bad by U2
- Into the mystic by Van Morrison
- If I go, I’m going by Gregory Alan Isakov

“Let it Ride is meaningful to me because my brother in law and I played together and unfortunately he passed away from cancer in 2013”

Mrs.Messersmith top 5 songs:

- Sugaree- Grateful Dead
- Cowboy Take Me Away- The Chicks
- Send Me Dead Flowers- Townes Van Zandt
- I Will Always Love You- Dolly Parton
- You Belong With Me- Taylor Swift

“Sugaree is my favorite song because it was one of the first songs of the Grateful Dead that I heard and it reminds me of when my husband and I first started”

8-the Billie Backside



IT'S NOT THAT SCARY, IS IT? Horror Movies reconsidered

by Emily Wardle

Are you the sort of person to urge your friends to watch the latest horror movie, or are you the friend being urged? A lot of people don't like horror movies for a variety of reasons, whether they think they are gross, too disturbing, or just cringy. Like when there is a loud band or thud in the basement and they call down the stairs "what was that?" or "who's there?". Or another example is when they are illogical, like hiding under the bed from a killer, or when they're clumsy and trip on nothing when running from said killer.

But maybe you're of the group, myself included, that loves the horror genre as a whole. There's a myriad of different avenues horror can take from psychological to classic slasher. As terrifying as horror can be, some find comfort in it. The adrenaline rush and anticipation gives an experience like no other, an experience and rush similar to that of when we experience genuine fear.

Generally when we experience fear our brain elicits a fight-or-flight response. When watching something we have the subconscious to tell us that we are still safe, that what we are watching is just actors behind a camera. An example of this is in Hereditary when Peter is looking just to the side of the camera and beyond, and in the upper corner of the background we can see a figure, in this case his possessed mother, perched up into the darkest depth of the corner, only barely able to make out her limbs poking from the shadows.

Now, some people get a kick out of being scared, but why?

Psychologist Glenn D. Walters says there are three main factors in entertaining horror: Immersion, relevance, and unrealism. Immersion involves fear of the unknown. Relevance involves the cultural relevance of timely social issues, an audience may also share some personal relevance such as if they empathize with the protagonist. The final factor is unrealism. Most people can keep themselves grounded by remembering that it is just a movie. Various camera angles, music queues and even humor used to remind the audience of this.

Alongside the fight-or-flight response our brain releases endorphins, dopamine and of course adrenaline. This mixture of mostly feel good chemicals help remind our brain that what we are experiencing is not a genuine threat. After the high wears off we experience a wave of relief, now whether or not this is enjoyable is up to the individual.

Introducing Bella Parque (par-kay)

by Aria Verma & Zoe Harr

Eighth grade Language Arts and Social Studies this year has been...well, interesting. Ms. Emma Castle, the teacher of eighth grade LA and SS brought new life into this world with her twin boys, Casper and Simon.

We're all happy for her, but...

Her twins came early. Long story short, eighth graders have been juggling different substitute teachers all year. It was a fun, but definitely bumpy ride.

Thankfully, we have been saved by the delightful Ms. Bella Parque!

When she was younger, she was quite the rebel. "I definitely loved to skip class, go around and do field trips around the school, and look at locker rooms."

She never had a teacher to lean on for support in class, so she grew up wanting to be that teacher for others.

"I wanted to be a teacher that was there for my students, not only to support and love and joke with them, but also care and push them to their academic success."

We asked if she was enjoying her time as the eighth grade L.A. and S.S. teacher.

"I love it, definitely. There's some testy kids, I will be honest."

"I will say, though, I wanna have grace and just patience with everyone because I know coming in, you guys haven't had any structure and you guys have had, what, four different teachers in this classroom? So, again, there's a new sheriff in town!"

I think all of us eighth graders can say, Ms. Parque has a place in all of our hearts; and it's clear why.

"I'm the type of person who loves to joke, loves to hang out with you guys, and I want to get to know you."

As a plus, this job counts towards her internship! A two for one deal! Just between you and me, Ms. Bella Parque is a superhero. Not only is she a substitute for a bunch of crazy eighth graders, but she is also her own student! She graduates from Bushnell University in May.

So, you could say we have our very own Batman! Teacher by day, student by night!



Advice From Our Elders

by Greta Gramzow

As we grow, we are constantly learning new things. Hearing from folks who have had more experience in life can help us shape our future a little bit. They were once our age and especially when some of us are soon to graduate this year and move on with life, we could all use a little advice.

"Build genuine friendships. Listen to others more than you expect them to listen to you. Consider why some might see things differently. Value this education your school is offering you. Work. Great rewards await your best efforts. Are you gifted? Work, less gifted people are passing you up if you coast. Are you less gifted? Work harder. Pass the gifted coasters. Laugh often." quotes Chris Curry, a retired pastor, teacher, principal, and contractor who graduated from Sherwood High School in 1968.

His reason for this advice was, "I failed to take an interest in many potential friends. I was gifted, but I coasted...and got passed up. I had to pay tuition for education that was offered free in high school. Now, I love to work hard!"

Megan Gramzow, a stay-at-home mom of three, shared something that her grandmother used to say, "Mother always said, 'They say' are liars."

She explained this quote further by saying, "My grandma always said this to me whenever someone said, 'They say you should...' ", insert popular advice. Her mother was talking about not automatically going with the crowd.

Think of advice, hacks, influence, and tips as an ad for the best toilet paper. Can anyone really decide that for you? In this digital age of peer pressure, where "Influencer" is a job title, it is more important than ever to think for yourself. Don't be a follower. Be a thinker, a researcher, a well-informed decision maker. Don't be influenced out of your own convictions. 'They say' are liars."

"Always work hard and never let anything get in the way of your dreams or your happiness," shares Gloria McCormick, who graduated in 1964 from Albany High School in California. She continued by saying, "I guess just growing up watching how hard my parents worked to become successful and giving my brother and myself a good life." was her inspiration for this advice.

A quote from Kellie Merryman, "Re-evaluate your moral compass. Be respectful to yourself and your body." She explained her backstory to this advice was, "Giving my mind and heart away to the wrong person(s) at a young age when I wasn't ready. Moving too fast at becoming an adult instead of allowing myself to be a kid and enjoying my youth. Just because you turn 18 doesn't mean your childhood has to be over." Kellie graduated high school in 1977.

"Continue to educate yourself; always strive to learn more and obtain the highest level of education that you can, as knowledge is power, or however that old quote goes." shared Victoria Cushing, who graduated from Grants Pass High School in 1974. She claims her reasons for this advice is, "Personal observation of family and friends around me and how they went about their education. They set themselves up for great success down the road because they worked as hard as they could in your youth."

A quote from Katherine Rife, "Always be true to yourself. Get a good education. It is a privilege not a right. Listen and learn from your professors. Strive to be the best you can be. Always be aware of your surroundings and keep yourself safe." She then adds, "I had no funds to go to college. Tried to be what I thought other people wanted me to be. Never thought I was good enough to do much." Katherine graduated from Sunset High School in 1970 in Hayward, CA.

Take a moment to process these wise words, you never know when they will play a role in making a decision in your life. It could be today! That's my advice to you.

Raising show steers

By Lawson Halstead

Have you ever wondered what it's like to raise show steers?

I interviewed Wyatt Blake and asked him some questions about raising show steers. I asked Wyatt where he got his calf and he said "at a sale in Roseburg." I also asked where he kept this calf and he said "I keep my calf in my barn." He also keeps his cow in a pasture. Wyatt chose to do a steer because of the money aspect and because he likes to make friends. He also makes about \$5,000 to \$7,000 a year at the fair by selling his steer for market. The fair is at the downtown Lane County Expo Center.

The fair is normally in July. Wyatt's favorite breed of cattle is Red Angus as the name implies they are normally red. He likes Red Angus because they are calm. Wyatt's main expenses are the calf and the food. Wyatt also sometimes gets attached to his calf. Wyatt normally figures that he puts over 100 hours into his steer per year. The steer has to weigh over 950 lb and can't go over 1,450 lb.

I asked Wyatt what the buyers are looking for in terms of selling the steer and he said the build and the weight.



The Billie Extra

What algorithms are, and how things like Google and 3d printing use them

Algorithms are like recipes—they tell a computer exactly what steps to follow to complete a task or solve a problem. They take input (the ingredients), process it (follow the cooking steps), and give an output (the final dish). The steps must always have an end. They should be simple enough for a computer to do. Bubble Sort, Imagine sorting playing cards by repeatedly comparing two at a time and swapping them if they're out of order. Keep doing it until everything is in the right order. Example Sort (5, 3, 8, 6) to get (3, 5, 6, 8).

Think of organizing boxes by first picking a target box, putting smaller boxes on one side and bigger ones on the other, and then doing the same for each side until everything is sorted.

Example Sort (8, 3, 1, 7, 0, 10, 2) to get (0, 1, 2, 3, 7, 8, 10)

How Google uses algorithms

Google's algorithms help find the best answers for your searches, like giving you the most relevant result when you ask a question.

Think of Google as a librarian that reads all the books (web pages) on the internet THEN INDEXES THEM.nGOOGLE'S ALGORITHM then organizes and stores that information in a big database like a library catalog,

Ranking. When you search FOR SOMETHING, SAY BOARD GAMES, it picks the most useful and reliable GAMES based on How closely the content matches your search, THE POPULARITY OF THE PRODUCT, f the content is accurate and trustworthy and Whether the site is easy to use.

How Google bots use the algorithm to not double-search

Google has a system in place to keep track of web pages that have already been "read." Think of it as a list where it marks each page it visits so it doesn't accidentally read the same page twice. It also checks if pages have been updated or changed before revisiting them.

A 3D printer builds objects layer by layer, like stacking thin sheets of paper to form a 3D shape.

TO TELL THE PRINTER WHAT TO DO YOU HAVE TO USE you use computer software to design the object, Just like making a blueprint.

The printer software breaks the design into thin layers, like slicing a loaf of bread.

The printer follows these layers to create the object using materials like plastic or resin WHICH IT LAYS DOWN IN THIN STRIPS (HOW THIN?)to a configurable height ex 0.8 and it depends on both your printer and nozzle because your nozzle has to fit the printer, not all printers can fit a 1.8 mm nozzle

The printer moves in 3 directions (left /right, back/forth, up/down) using motors and belts to shape the object.

WHERE CAN YOU GET SOFTWARE FOR PRINTING THINGS? WHAT IS THE COST? Most of the software to print it is free but to design it using something like Fusion 360 and to print it inside the software you first need to download something like Cura Ultimaker or slic3r and import the .STL file which is just a 3-dimensional file for fusion it costs about ~\$470 for one year OR you can use a completely free software called Blender you can use it for 3D design and animations and photo editing