The Billie Bulletin

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Class of 2026 set to fly

Words matter

By Annaleigh Epperson

The way we speak makes an impact on the way people view us as a person.

I have heard many instances in which people use coarse, crude words to talk about their peers—even their "supposed" friends.

More specifically I have heard many classmates use the "R" word or "retard" about those with special abilities.

This word is offensive and insensitive and reveals a profound cruelty and ignorance on the part of the user. In the early 1900s it was a word used to describe someone with intellectual disabilities but this later shifted into becoming a general putdown and derogatory word.

I have heard people say it about themselves in a joking way when they mess up or feel stupid, and this is not okay. It is impudent and disrespectful to use this word in such a light way. Making fun of the way someone is, is not acceptable and can diminish a person's self worth.

Everyone's lives and worth are equal. There is no one human better than another. Those with intellectual disabilities learn in different ways, which sometimes may take longer to do, but they still have worth, just as much as you do.

Using those hurtful and derogatory words not only hurt the targeted person, but also those around them. It really hurts me to hear people talk about others in a way that is destructive and rude.

I have participated in coaching Special Olympics for over 4 years now and have enjoyed every second of it. Special Olympics is a program that gives children and adults with intellectual disabilities an opportunity to participate in sporting activities.

I hold a special place in my heart for those with special abilities. They are the most loving and affectionate people I have ever met in my life.

Even though I am their coach, I feel like I learn more from them and need them more than they need me. I hope this article has opened your eyes to the issues that are taking place in our school. If you hear people saying anything hurtful or rude about anybody, confront them, tell them that it's not cool to be mean. Remember that your words matter. Choose them wisely.



Prom Queen, Isabel Hammond-Mendez and Prom King, Oscar Jimenez, beam at the Graduate.

Your digital footprint could be your undoing

by Jolie Heacock

"In the future, your digital footprint will carry far more weight than anything you might put on a resume." -Chris Betcher, renowned teacher, and certified counselor.

I'm curious. Think right now if any of your friends have ever sent you a screenshot of something. I know I personally have been sent many. Most of the time, it's casual. Our friends want advice on what to say, someone said something crazy in a group chat, or you even need an address and you just quickly screenshot it. We request screenshots far more than we realize. In fact, apps like Snapchat even notify you when someone has screenshotted your message or story.

As soon as it's been posted, it's not private anymore. As soon as it's been screenshotted, it's saved forever. Lately, I've been seeing videos that say "my private Instagram stories vs my public Instagram stories." The reality of a private story is that it's far less secure than we may think. Nothing on the internet is ever private. Something from when you were a freshman can resurface 20 years later in a corporate job interview. You may have deleted the story, but you know what is likely not deleted? A screenshot of it.

Messaging our friends in a group chat is all fun and games until a picture gets sent. Not only has an incriminating photo of you or your friends been sent, I guarantee you at least one person has already saved it. The ability to save photos, messages, and videos has become more prominent as social media has progressed.

If you've taken Mrs. Casarez's Honors English class, you likely have watched the Social Dilemma. This gives great insight into the negative effects of social media, how it affects your mental health, and those around you. Documentaries and studies like these are great, but they don't really cover what a digital footprint is. A digital footprint is a series of traceable actions an individual or organization leaves behind while using the internet in general. Liked a video? Digital footprint. Accepted all cookies? Digital footprint. Screenshots? You guessed it. Digital footprint.

Personally, I think screenshots are the root of all evil online. One screenshot can ruin a person's life. Nowadays, you always see headlines about major personnel losing their jobs over a single screenshot. One picture sent and saved. Social media has many positive outcomes, but the cons outweigh the pros.

Posted videos are another huge source of incrimination. Have you ever watched the video of the man that went to a Coldplay concert with a coworker to cheat on his wife? That video went viral instantly. But the thing is, even if only two people saw it, it would still change his life forever. The internet never forgets. The video would find his way to him eventually. I was actually surprised by how fast people were fascinated by this video when it was posted.

I'm not telling you to stop texting your friends pictures, and I'm not telling you to never text another group chat, or never take another screenshot. But I hope this article convinced you to at least think twice about sending a photo or posting a video. I just want you to be aware of how dangerous a digital footprint can be. But remember this: The internet never forgets, and a digital footprint is greater than anything on your resume.

She makes things happen

By Tim Meinzen

Kim Basaraba is many things. She is "energetic and outgoing," a substitute janitor, a class mom, an event photographer and she works on classic muscle cars.

She just "does everything."

But what Kim does that perhaps is most astounding is fund raising. She is responsible for organizing her daughter's class fundraiser and gathers tens of thousands of dollars for the senior party.

So she has rich friends right? Nope. The secret to Kim's success is old fashioned hard work. Kim, her daughters and brother Ken work a regular shift at U of O home games in the concession stands.

She estimated that they raise from $3000 to $4000 each time her crew manage a booth up to $21,000 for a season. And for the U of O, Kim's crew is consistently reliable so they get first picks of the concessions.

Kim and Ken [Brown], their kids and other friends and family work regularly to earn the funds for the senior class where the money allows for extravagant fun for the seniors.

Kim's savvy and sweat come from a life of working around "cars, [as] the flashlight holder." Her dad is a jack of all trades and "we still work on stuff." Nowadays, she and her brother Ken are partners in "fixing up cars." [She is]looking out for her dream '67 RSS Camaro. She made her daughters learn to drive shift and take care of basic maintenance.

Beyond car work, Kim and her crew are regularly involved with their church community, always volunteering.

Kim gets along great with guys having been everything from secretary to management. She is especially reliable and trustworthy. She said that "she always has the keys, always has the money."

Kim also raises money through annual wreath sales.

And as if all that volunteer work is not enough, Kim helps put on Mr. Billie, keeping alive a much beloved tradition that delights the school community and raises more funds for Children's Miracle Network.

The Basarabas and Browns pour hours into creating good things in the community. Funds Kim's crew raised even paid for the landscaping around the new sign, transforming the stone circle into a rock garden.



Katelyn and Kenny Brown and Erica Basaraba put in hundreds of hours of volunteer time for the school.



Ryan Thomas continues her return to excellence with a first place in the 100 m District Championships.

Tendick bids farewell

By Juan Contreras

After 10 years, our very own band director Mr. Zac Tendick, will be leaving at the end of this school year. It will mark the end of a decade of growth, achievements, titles, and especially the impact he had on his students.



During his time at Pleasant Hill, Mr. Tendick was able to rebuild our jazz festival from the ground up. He was able to guide many talented musicians on their journey in music. Some of the finest musicians in recent years include: Noah Bernacki, Levi Ross, and Dallin Bahen.

Alongside that, Tendick was able to create a healthy learning environment for all his students, a place where all students could get to know each other, and create friendships. One of the ways he helped his students bond were the jazz band trips he organized. In recent years, he has taken his jazz students all over the western US, such as Nevada, California, and just recently Vancouver, Canada. These festivals/trips he brought us on did not only help strengthen student skills and companionships, but strengthened his relationship with students.

There is no better way of hearing it but from the students themselves!

Reid Kinman said "Tendick was inspirational, he was the main reason I stuck to music. The thing I most liked about his way of teaching was that he pushed me out of my comfort zone; by allowing me to perform in Second Gen (the jazz band for the freshman and sophomores) early. Tendick was also good at encouraging me to do better instead of giving up; but really the thing I most liked about him was that we could relate with him, he wasn't just a teacher, but more of a friend. And my favorite memory of Tendick was going to pep band games and trying to play high notes with him!"

Daphne Phillips said "When I first heard the news I had no other feelings than sadness, I had years of experience with him, I looked up to him, I admired him. I was devastated to hear I wasn't gonna be able to have him for my senior year. The thing I most liked about Tendick was how you could joke with him. He wouldn't mind even if he didn't have a lot of patience with us… haha, it was fun. My favorite memory was when I was first starting out when I was in an intermediate band and how he made it fun to be in there. I also loved when I was in seventh grade, and I was able to be with the all freshmen playing harder music. I looked up to being into Solar Jazz, which was my dream to be in!" (Daphne is currently a member of Solar Jazz)

Dallin Bahen said "When I first heard of the news, the first thought that had crossed my mind was that I wanted to give him the best last year that I could and work hard to do so. One thing that I always appreciated about his teaching was that he encouraged us to grow in a way that laid out why we would want to.Another thing is that he listened to our input and worked with us."

When I asked him about what he will always remember about Tendick, Dallin responded "Again he just always took time to listen to the students or help them out in anyway that he could; like there have been a couple times during the summer where I have taken a lesson from him or I'm just in the practice room and he comes in and critiques me on what I'm playing and he just always wanted to help."

And when I asked him the question about the future of the band program these were Dallin's thoughts:"I definitely don't think that it'll be the same but all that I hope for is that this new teacher takes as much input as Tendick does from us. I think that it's really important that we don't quit because then all of Tendick's work of instilling the love of music in us just would've gone to waste just because he left."

Now as Mr. Tendick prepares to leave Pleasant Hill at the end of this year. One thing is for certain, our band program will not be the same without him. Throughout the countless hours in rehearsals, performances, festivals, trips, and memories; he not only shaped our musicians, but shaped the friendships and love for music he learned we had.

Although the band program will not be the same in the following years, that does not mean our students will give up on it, because of Mr. Tendick, our students will continue to thrive in our program; So that's why I would like to say on behalf of the students and community, thank you for an unforgettable decade Mr. Tendick.

The Legacy of Mr. Meinzen



by Greta Gramzow

For thirty-five years, Pleasant Hill has been blessed to have Timothy Meinzen around. Whether it's to teach, to garden, or to lend an ear, Mr. Meinzen has been able to do it all. In 1991, Mr. Meinzen first began teaching here as a history teacher.

"I loved teaching history because history is full of stories. And full of pathos," said Mr. Meinzen. "History helps us imagine how we might respond to crises. Teaching history can be powerfully interactive as when we did mock trials, debates or role playing [in class]. For several years I divided the class into Romans vs. Spartans vs. Vikings vs. Persians in mock combat. Very little actual history was learned, but it was a great theater to see such imagined battles play out."

As of 2019, Mr. Meinzen has been working as a part-time teacher for our Publications class, which covers the creation of the school's yearbook and newspaper. In the class, students are also taught photography skills, graphic design, big vocab words and even a few history facts here and there! Which is no surprise, since Mr. Meinzen did not want to retire from teaching completely. So when he was offered to teach two class periods as a Publications teacher, he was thrilled.

He had experience writing for his college paper, "The Torch", and redesigning Sweet Home's paper in Graduate school, even though they never asked him to.

Mr. Meinzen is always happy to help others and his community in any way he can. It's thanks to him that we have a new sign in front of the school, a well organized Veterans assembly every year, a neat courtyard, new trees planted, and students of all ages inspired by him!

And finally, after all that and so much more, Mr. Meinzen is now officially retiring from teaching. Many students are saddened by this, but Mr. Meinzen isn't going to be as far as we think.

"Well, I plan to come back once a week to weed at the school and to hang out at lunch with anyone who would like a chat," he said.

Mr. Meinzen says he will miss,"each of the students who interacted with me and shared bits about their lives. I was a cynical introvert in high school and so I still find it astonishing that some kids want to talk with me. And other kids, they make me laugh. I wish I was as funny as them."

As for life outside of school, Mr. Meinzen says, "I want to explore the west, tent camping, work harder at getting that beach bod, kayak more and try to get back into reading."

"I will also volunteer at our church, volunteer serving food at Hosea House, maybe volunteer as a Court Appointed Special Advocate for foster kids. Mostly I want to be helpful."

That's a lot to want to accomplish, but knowing Mr. Meinzen, he can do anything. Especially since he won't have to worry about us rowdy kids anymore!

I asked Mr. Meinzen if there was anything he'd have liked to do differently in his time teaching, his response was, "yes, I would try much harder to get more sleep. I lost a lot of sleep trying to be a good parent and good teacher."

Everyone who has gotten to know Mr. Meinzen appreciates the work he has put in. Even if it's just some simple advice for us teenagers who are still growing or a funny story from your adventures in Africa.

Before Mr. Meinzen takes his leave, he'd like us to remember that, "curiosity grows the heart. I want people to see people around the world as their siblings, not their enemies. I want people to realize that history is an incredible story that each of us plays a role in. I want kids thinking: 'He was odd but cheerful, and he loved creation, especially plants, rocks and Billies.'"

We thank you Mr. Meinzen for everything you've done. You truly are a sagacious and ascetic person. You have enamored our school with your company and we wish you the best. GG

Who is Mr.C?



by Pippa Hammond and Riley Jordan

Mr. Cockman , (Mr. C), is the new 8th grade English teacher. We asked him to share some last thoughts of the 2030 class. But before we dive in, let's get to know him and learn things about Mr.C that you didn't know before.

Mr. C originally came from Thurston High School. He came to Pleasant Hill in February. Fun fact he's currently one of the Thurston High school tennis coaches! He coached there for 5 seasons and still does. If you've gotten to him you'll probably know he's obsessed with Subway.

His go-to order is "The C special" which if you don't know its a "12'" herbs and cheese, chicken bacon ranch, 2x provolone, make sure its toasted, lettuce, onions, olives, ranch, aioli, chipotle, salt & pepper, parmesan, Miss Vickies salt & vinegar, a large sprite and to top it off 2 raspberry cheesecake cookies. #bigback #Eatfresh. Just don't mention Jimmy Johns then you'll be fine.

In his free time he loves reading, writing, watching movies, coaching tennis and of course eating Subway. Let's hear what he has to say about the class of 2030.

Dear class of 2030, "This 8th grade class has a lot of potential on any given day, any one of them has the potential to achieve greatness." "This class is full of creativity and are excellent problem solvers. I hope they all do really well next year!"

Mr.C will definitely be missed by the 8th graders. But we are so glad he came to Pleasant Hill this year. We have made so many new memories with Mr.C and are grateful for getting to know him.

Breaking News: Don't worry he's coming back next year!

Summer = Sunscreen

By Kenzie Jensen

Have you ever wondered why you get a sunburn? Or why certain places get burnt more? What's the problem with sunburns? I mean they hurt, but otherwise they do no harm, right?

The truth is it causes a lot of damage. Getting a sunburn increases the risk of skin cancer. The chance of getting skin cancer is 68% higher with sunburns. The more you burn, the higher the chance. How many sunburns does it take to get cancer, anyway? It will take a long time, right? While it often takes years or decades for damage to surface, just one severe sunburn can significantly increase your lifetime risk of skin cancer. Skin cancer is the result of cumulative DNA damage that your skin "remembered" even after the redness and pain have faded.

Sunburns can also cause faster aging of the skin. If you get a lot of sunburns it can actually make you look older. Nobody wants to look older right? I know I don't!

As you can see you don't want a sunburn. They make your skin age faster, and can cause cancer. Now I'm sure you want to know how to avoid getting a sunburn.

Preventing sunburns requires a combination of daily, broad-spectrum sunscreen (SPF 30+), protective clothing, seeking shade, especially during peak hours (10am-4pm). Reapply sunscreen every two hours-or immediately after swimming or sweating-and cover exposed areas like ears, neck, and lips.

The most common areas to get sunburnt are the ears, scalp, neck, face, shoulders, tops of feet, and lips. These are just some of the common places to get sunburnt, but any skin exposed to the sun is likely to get burnt without proper protection.

The ears are highly vulnerable and frequently missed with sunscreen. Our lips lack a strong protective barrier causing it to burn quickly, so use chap stick or lip gloss with sunscreen in it. The places that don't normally get sun exposure will burn easier. So when you wear a tank top or a swim suit make sure you put enough sunscreen on.

For our final question, why do we get sunburns in the first place? I mean it doesn't help our body in any way, it causes harm. Shouldn't our body repel it like many other animals do? Well it's a complicated chemical process, but the short answer is, the sun damages our skin cells. We don't have fur, so we have to make our own repellent (sunscreen) or barrier (clothes).



about Needohs?

By Emma Phillips and Paisley Moncrief

What's so cool about Needoh's? Well we think that Needoh's are really enjoyable and can help you if you have anxiety.

We asked a few people what they think about Needoh's and this is what they said. Violet Rashicio said, "They are fun to play with and very satisfying." Now we will ask Hadlie Saxon "when she is stressed she can play with it. She has 10 real Needoh's and 10 dupes, and her favorite Needoh is the Jelly Squish because it is a perfect texture."

We asked Paisley Tiller and she said "that they are fun to play with." She has 42 squishies. Her favorite one she has is a fuzz ball but it was her pickle "until it popped"

We think people started liking squishy's because it started being a "trend". They are helpful for some people and a distraction for others.

6th graders should not date

By Harper Brothers

I don't think sixth graders should date.

I think that sixth grade dating isn't an actual thing. Most of the time when I see sixth grade friends say that they're "dating someone" they're really not.

These "posers" are really just texting or they're too scared and hide from each other. I never see people who are actually dating, and actually hangout and interact with each other. They don't even walk to lunch together, and that's the bare minimum.

Such "daters" are always too busy being on their phones and texting each other rather than having a real conversation.

I interviewed some high school students and got their take on how they feel about "6th grade dating".

Spencer Smith, a senior, said

he "wouldn't have even wanted to date" during his sixth grade year, and he wasn't "capable of holding a young lady's hand." Spencer said that a good age to start dating is the age of fifteen or sixteen.

His dating advice is to make sure the person you're dating is ready to date.

Greta Gramzow's take is that she thinks that sixth graders have just learned about dating so they get really excited to date and try to act like a "big kid." She thinks that a good age to start dating is when you're in high school but don't rush it.

Laynie Reed, a junior, said that sixth graders don't really know what dating is yet. But she thinks a good age to date is when you really know yourself.

Boredom is not a bad thing

By *Mark Buchan*

Boredom gets a bad reputation.

It's treated as something to get rid of as quickly as possible, but I think that instinct is sometimes working against us.

When you remove the constant excitement brought by things like Spotify in the background, or doom scrolling on social media, something important happens. Your mind begins to wander. When you're bored, you might find yourself thinking thoughts that would otherwise be irrelevant to the things happening around you. Removing that kind of stimulation, even for just a little bit, helps you introspect, decipher your own feelings, and think of new ideas.

Boredom highlights what actually matters to you. Without something else to focus on, all your brain is left with is you. Your feelings and interests. This state of mind is where you find the motivation to do things.

Also, without the pressure to react to something, your brain shifts out of alert mode. This really helps you to relax. It's like how your muscles need rest after a workout. Your mind benefits from breaks too.

I'm not telling you to abandon your technology or your interests.

It's a good thing to be engaged with something some of the time (if not most of the time). I think it's also just as important to have those little pockets of boredom, a time where you are barely stimulated at all, to reflect and relax. You could maybe just sit for a bit, or do something that doesn't require active thinking, like a monotonous chore or going on a long walk.

Don't Judge on Style

By Hattie Bruns

In the school parking lot you see muddy four-wheelers and in the next parking slot over a clean Dodge Charger. It appears this school has two kinds of style with street wear of baggy pants with trendy Essentials hoodies and the country western aesthetic of boots and buckles.

Sometimes the way people dress depends on where they live, say like boots for living on a farm. Or if you live in an urban area, you're more prone to wear sneakers and dress for expression rather than the necessity of rural living.

Some people wear their heart (or their religion) on their sleeves. A lot of people at this school wear cross necklaces and sayings on their hoodies such as "Jesus loves you." Sometimes what you can wear can lead to conversations especially from their faith related text.

The cross has turned into a statement piece around your neck or wrist.

"I love to display my faith, it gets people's gears working towards religion," said Aubrey Driessnack when asked about her hoodie displaying Proverbs 23:7 from the Bible.

A few girls around school carry fashionable bags while others have fun cartoony backpacks.

Anyway you stack it, the clothes you wear are a reflection of you. Sometimes it's how you want to be seen or how you develop your sense of style and what you like to wear.

So don't be quick to judge people's styles.

Sunshine brings the happiness

By Arianna Bowman

The winter seasonal depression is immediately lifted when the sun comes out. It feels like being reborn. When spring emerges from the darkness, flowers start blooming, birds start singing, grass gets greener, UV gets higher, days grow longer, and overall everyone is happier. It's a constant cycle reminding us that good can, and will, spring from the bad.

I claim that spring is the best season of all. I think it is because you are getting a little taste of summer without the blazing heat, the seasons are like Goldilocks. Winters too cold, summers too hot but spring is the perfect in-between.

One of the biggest reasons spring brings happiness is its connection to renewal. Trees that once looked lifeless and sad suddenly are blooming with color. The landscapes muted by winter tones turn vibrant again.

It has been scientifically and chat GPT-proven that seasonal depression is a result of the colder/darker weather. Such weather causes drowsiness, fatigue, increasing appetite etc. And other things that bring one down. But spring reintroduces sensory richness. The smell of fresh rain and a thunder storm, The texture of warm air. After the sensory dullness in winter incoming sensations feel almost amplified.

Socially spring opens many doors, people go outside and talk more. They gather easily, and reconnect without the barriers of shivering cold.

What makes spring special in my heart and the most powerful is that its happiness isn't loud or intense. It doesn't rely on big events or dramatic shifts. Instead, it builds slowly through small consistent changes.

Anyways, this is my pitch on why Spring is the best and I think you should think about why it's not your favorite yet.

Standards are Necessary

By Zane Koszegi

t has become common practice to walk the halls of PHHS and hear statements like "God I hate her class" or "He needs to quit" from students. This isn't out of left field because schools are seen as a nuisance, teachers included.

However you do not hear teachers complain of their many annoying students, or wish foul on them despite their lack of listening and enthusiasm. I understand the argument of maturity but at the high school level this shouldn't be a problem.

I don't use the term setting standards lightly either because it should not always be the teachers fault when students show up with three hours of sleep, two energy drinks, and a lack of will.

When I spoke to Cody Moore he said "Students have been misbehaving and not taking responsibility, it's hard for teachers."

It is even worse when you have students who don't show up, and put zero effort in the entire semester and plead at the final hours.

There needs to be some standards in place that students recognize at least for the sake of some professionalism…

It is even worse when you have students who don't show up, and put zero effort in the entire semester and plead at the final hours.

There needs to be some standards in place that students recognize at least for the sake of some professionalism.

Reactions to our new sign

By Pepper Gottfried

Let's talk about our new sign.

Mr.Meinzen has put a lot of time and energy into it and it looks beautiful—unlike our last sign. That sign had holes and was practically falling apart.

Our new sign is bright, fun, colorful and has a great area around it. I personally love the sign and so do other kids like Kaeleb Hawkins. Kaeleb said "the sign looks good and I love the rocks on it, they add a nice pizzazz."

Violet Raschio said "I like it because it includes the middle school in the title." But not everyone likes the new sign.

An anonymous source said "I hate it, the new sign is way too expensive and was a waste of money."

Another source said that "I did not like it because it did not have the monthly reminders."

The last person I interviewed said " I don't like it because it is just weird.""



How to keep a great friendship!

By Jazzy Mohamed

I am writing a story about how to keep a great friendship. I interviewed Kaeleb and Paighton, long time friends about what it takes to stay friends.

So first I asked Kaeleb he said "You need to respect each other's emotions and you have to talk about things that you both enjoy talking about so you keep the friendship going."

Paighton said "Don't say mean things to your friends because that will make them mad and then you will not be friends anymore."

Another way you can keep a great friendship is if you just say "sorry" (but be sincere) and let the past be the past then you will become friends again.

And if you apologize and they don't accept it, just move on and find an even better best friend that won't always fight with you. When you fight with friends it is hard to keep the friendship.

I bet you, you will be very happy that you found this even better friend. And you won't regret it.

What are other behaviors that will help establish and maintain friendship? I am thinking about asking about them, doing things they want to do and being supportive

Gardening at PHHS

By Jolene Pierzina

I interviewed kids at Pleasant Hill Middle School who helped plant the trees in front of the high school. This is what I found out.

When students were asked "What was your favorite part of landscaping at school ?" Tessa Sprague said, "helping Mr. Meinzen because I don't want him to pull a *hammie* or his back."

Ty Sprague said planting the [Hornbeam] tree and digging the hole.

Jolene said her favorite part is not having to go to my class while helping Mr. Meinzen.

Then I asked everybody if they like landscaping. Tessa said sometimes, but I mostly like to help Meinzen because he is an "old crippled man and he needs help." Ty Sprague said he does not really like gardening.

Jolene said she loves gardening and helping Mr.Meinzen because he needs a lot of help and likes to make the school look a little better.



What did they learn?

Tessa said "how to plant trees in the right way."

Jolene learned that Mr. Meinzen is "very bossy and insists that you do it a certain way."

I did learn that it is important that you plant the tree at the right depth. I learned that you need to make sure the root flare is not buried.

Why are these students working so hard?

Tessa said that she likes helping people and it is good work. Ty said his friend put him up to it. Jolene said she wanted to make the school look better and help the community out. And to make sure Mr. Meinzen doesn't do the planting all by himself.. (above: Jolene, Kallie, and Tessa stand by the trees that they planted, an Emerald Sunshine elm.)

Michael Jackson

is the greatest musician ever

By Locke Apker

Michael Jackson is the greatest. From humble beginnings Jackson became more popular than every star around him. He started young, as part of The Jackson 5, where he was a better singer and dancer than his brothers.

After hosting The Jackson 5, Ed Sullivan stated, "the little fella in front is incredible." As Jackson grew older, he moved from being a child star to becoming a solo artist who was even more famous than many of the biggest names at the time.

His albums Off the Wall, Thriller, and Bad showed that he would do more than make hits, he would make history. Thriller became the best-selling album of all time, selling 70 million copies worldwide, and earning him eight Grammys, the most ever won in one night.

That put him ahead of many stars who were already successful when he was still rising, such as The Beatles, Elvis Presley, and Elton John. His songs, videos, and live shows made him a worldwide hit. The constant adulation turning him into less of a human and more of an idol. His presence was so strong that people recognized him instantly anywhere in the world.

His influence in modern media is the biggest reason he is still remembered as an icon. Michael Jackson changed the way music was presented on TV, in videos, in fashion, and in movies. He focused on the quality of music videos, believing that music should always go hand-in-hand with dance. It paid off, the moonwalk became the most famous dance move ever. It still shows up in modern media, in performances, commercials, movies, TV shows, and videos.

His biopic shows how strong his legacy is, because it drew major attention and lots of attention in the box office, with it grossing over 550 million dollars worldwide, having the highest grossing opening weekend of any biopic. Following the release of the biopic, the amount of Michael Jackson songs streamed almost doubled. With him going from 65 million to over 100 million listeners monthly. Jackson was briefly the most streamed artist on Spotify.

This proves that even almost 20 years after his death, he still has an insane amount of fans. Even after all this time, Michael Jackson is still the biggest name in pop.

Pride Month is a good thing

By Ember Lenhart & Maddie Rife

June is here and with that it means Pride Month will be celebrated. But many people don't really know what it is about. So let's revisit the history of Pride Month.

Pride Month is celebrated in June to honor the 1969 Stonewall Uprising in New York. The Stonewall Uprising was a pivotal moment in the history of the LGBTQ+ community as well as the LGBTQ+ rights movement. Before the uprising, gay and lesbian folks were constantly harassed by the police for meeting in and around the Stonewall Inn. On Friday night, June 28th, of 1969 police led a surprise raid of the bar to arrest gay and lesbians simply for hanging out with their friends. The gay community had had enough and fought back in protest to the police raids. This began an era of protests to defend the right of gay and lesbian Americans to associate with people they want to. Just like all Americans.

The name the protesters latched onto was Pride month, to remind people that one can have pride in who they are just as other Americans do. Thus June became known as Pride Month to promote self - empowerment.

Looking back at yearbooks is a history lesson

By Grace Bradfeldt

Ever thought about what high schoolers looked like the day you were born? Well year books from 2008-2013 were a little different then they are now. I took a look at what year books looked like back then, and was surprised about the similarities and differences I saw. The similarities are that they also used a lot of photos with names of people, but in a different format. Names were listed down the side on most pages. And fewer pictures were in color. Now all pictures are in color.

A big difference in yearbooks is the "popular" fashion choices. What teenagers were wearing back then is much different than now. Now you see people in baggy jeans and crop tops. Then there were lots of bright colors and unique outfits. If a senior in 2009 saw you now they would definitely give you a double take.

At Pleasant Hill the Mr. Billie Pageant has been going on for, I believe, 23 years, so you know you'll find this thrilling contest in the yearbook then and now. If you take a quick flip through a 2010 year book you'll see pages full of side parts and buzz cuts with the occasional bald person, similar to now. Looking back at old yearbooks, you might just find a gem of Mr. Meinzen, or one of your parents caught in the moment.

Yearbooks do more than have pictures of the school year. Yearbooks are like time capsules that preserve a particular point in time AND can be useful to see what your parents were up to when they were your age.

Below: Mr. Steve Smith retires this year after decades of service to the District. He will be missed by his many students and athletes.



04 Seniors Wills, Quotes and Memories

Seniors were surveyed on their quotes, their predictions and other questions. We included their names spelled as they gave them.

Nora Yath
Senior Quote
The soul's information informs the body's status; a happy soul creates a happy body
In 10 years.... If all goes according to plan, probably in southern Oregon doing electrical work.
I will... pass down my immaculate aura and fashion sense.
What did you learn most from your high school year? you can only really fail if you do literally nothing, this applies to classes and life, just good general advice I think.
What will you miss about Pleasant Hill? probably the community, for all the differences we have I find it's generally hard to have negative interactions with people here.

Taylor Gielish
Senior Quote: No matter what side you flip a sandwich, bread always comes first.
In 10 years.... Probably saving lives, or making millions, maybe under a bridge…
I will… Give my stupidity to Boyd Craig
What will you miss about Pleasant Hill? Hanging out in the office with Mrs. D

Brandon Tobey
Senior Quote: "If it's your job to eat a frog every day, it's best to do it in the morning. And if it's your job to eat two frogs, eat the biggest one first." -Mark Twain
Confession: I'm actually a leprechaun spy that was sent to collect DNA from every Pleasant Hill High School student to make the ultimate Pleasant Hill High School student...
Favorite memory at Pleasant Hill or overall school years: Going to Wildlife Safari with the entire Pleasant Hill Wrestling Team after the first day of a tournament.
In 10 years....I will be a deep sea marine biologist studying off the coast of Chile.
I will... My bank account to Jay Griffiths.
What did you learn most from your high school year? I learned that the best way to approach problems in life is to throw another rock at it, just like you do with wasp nests.
What will you miss about Pleasant Hill? Tita's and Mr. Neill

Alexis Pardee
Senior Quote: When the sun sets where you are, it is rising somewhere else.
Confession: I skipped Mr. Gardner's Horror class one time and I felt so bad I never did it again.
Favorite memory at Pleasant Hill or overall school years: Senior year school dances
In 10 years.... Hopefully working as a ultrasound technician and somewhat rich
I will... My patience to Mrs. Dagosta, My softball number to June Johnson, My toe touch to Sophie Knights
What did you learn most from your high school year? School is just memorization rather than actual learning.
What will you miss about Pleasant Hill? My friends and softball.

Destiny-Ann Foster
Senior Quote: "People change, things go wrong, just remember life goes on" -Mac Miller
Favorite memory at Pleasant Hill or overall school years: Rage-baiting Mrs. Holmes during freshman seminar
In 10 years.... I will be a dental hygienist
I will… my ability to never be on school campus to Jessica Hansen
What did you learn most from your high school year? I learned that its not about school, or the work, but its about the memories made along the way .
What will you miss about Pleasant Hill? Angela White

Kayla Metcalf
Senior Quote: everyone you meet is fighting a battle you know nothing about. be kind. always. -Robin Williams
Confession: I plead the 5th. Thank you Neill for teaching me my rights!
Favorite memory at Pleasant Hill or overall school years: lunch when everyone would meet at the church
In 10 years.... traveling the world with my dog
I will... Kyla Hampton and Ellie Whipple will get all my econ and government notes, Jasper Bruington has to keep Ms Shannon in her place
What did you learn most from your high school year? be single.
What will you miss about Pleasant Hill? Ms Fyona Dow and Amanda Moch. The two people who always saw the best in me, when I didn't see it myself

Cota Aanrud
Senior Quote: It's 100% worth it to choose what classes you take based on the teacher
Confession: the last book I fully read was the outsiders in 8th grade
Favorite memory at Pleasant Hill or overall school years: Senior/ Hoco night against sisters
In 10 years… exploring the world
I will... my football skills to Trevin Kennedy and my outfield skills to Takoda Brothers
What did you learn most from your high school year? do whatever you can to live the life you wanna live
What will you miss about Pleasant Hill? My football team

Cooper Brown
Senior Quote: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it" - Ferris Bueller
Confession: In freshman year I cut off half of my friend's hair in the girls locker room and flushed it down the toilet, It clogged the toilet and flooded the stall.
Favorite memory at Pleasant Hill or overall school years When Steve gave me a Pepsi after I got heatstroke while doing dry walling in the sheds.
In 10 years... Quitting my job and hiding out In Yellowstone.
What did you learn most from your high school year?I learned to not take everything too seriously and to let it go.
What will you miss about Pleasant Hill?My teachers, some of my classmates, and having almost unlimited access to all the tools In the woodshop

Trinity Smead
Senior Quote: Our biggest fear is not that we are inadequate, it's that we are powerful beyond our measure.
Confession Kevin reads this...
Favorite memory at Pleasant Hill or overall school years every time i got to run at Hayward field
In 10 years.... i will be working at riverbend with my mom
I will... who ever gets my parking spot (#138) you have to put your first initial then "town" (keep the tradition alive)
What did you learn most from your high school year? people walk really slow in the hallways
What will you miss about Pleasant Hill?Karsyn Stapleton

Tina cCoyd
Senior Quote: I'm just happy to be done
Confession I skipped spanish everyday yet still passed with an A
Favorite memory at Pleasant Hill or overall school years: senior prom
In 10 years....In ten years I'll be a paramedic
I will... I will pass down my stupidity to eden
What did you learn most from your high school year? I didn't learn a thing
What will you miss about Pleasant Hill? friends and sports

Hunter Crabtree Musgrove
Confession 95% of the "Crabtree's Corner" quotes are not from me.
Favorite memory at Pleasant Hill or overall school years My favorite memory/memories were my senior year school dances or the 2025 football season.
In 10 years.... Hopefully I will be an electrician but if that doesn't work I will be a homeless man under the Jasper bridge.
I will... Give my thrifted underwear collection to Max Keepers. Next I will give my pet lizard, Leonard (who may be a male or female I don't really know) to Mr. Neill.
What did you learn most from your high school year? People won't talk to you or like you unless you benefit them in some way.
What will you miss about Pleasant Hill? The spicy chicken sandwiches.

Benjamin Bryson
Senior Quote: raise hail praise dale
Confession: ive forgotten my grade book login for the past 2 years
Favorite memory at Pleasant Hill or overall school years working on trucks and hanging out in the metal shop with all my buddies
In 10 years.... commiting tax fraud
What did you learn most from your high school year? not too put anything in the microwave your not supposed too
What will you miss about Pleasant Hill? the people, the good times

Jordyn Hightower
Senior Quote: " I am not throwing away my shot!" - Hamilton
Confession: I skipped 'run a Mile day' every single time.
Favorite memory at Pleasant Hill or overall school years: I loved doing lunch buddy's
In 10 years.... I will be working as an EMT
I will... I would like to pass down my tape collection to Sadie and Abby (freshman). I hope they will count this as my final win.
What did you learn most from your high school year? how capable I truly am.
What will you miss about Pleasant Hill? My teachers.

Piper Willson
Senior Quote: Your the most beautiful female senior in this world
Favorite memory at Pleasant Hill or overall school years: My favorite memory of the years in high school was when me and my girl friends went to our first homecoming and I was dancing with my girl friend Trinity which i remember being so much fun or when ever I've hugged one of my girl friends or when I was hanging out with Lou and Annaleigh and we were watching a movie and Lou was doing my nails or the times were I've hugged Trinity or Laynie or Ellie or Lou or Annaleigh or Sarenity or Luci or Solies or Addie or when I watched Pirates of the Caribbean with my girl friend Erica. And doing art club and also doing Track and also doing cross country and also TAing for Ms J.
In 10 years.... In 10 years I will probably be a babysitter because that's what I want to do for my job.
I will... One thing that I want to pass down to two sophomores is a bracelet that my sister made me that I had as a 11th grader I want Lou and Annaleigh to have it because next year they will be 11th graders a trait i want to give these underclassmen is making sure of it that they continue to like doing art and continue to like to color pink just like me.
What did you learn most from your high school year? What I learned from my high school year was that you can't judge a book by it's cover and that you should never try to become friends with a girl or boy who is mean because if they make fun of you or lie to you or play practical jokes on you then its never a good idea to be friends with them so if you someone that's mean and aren't sure if they're the nicest person then just don't become friends with them I learned that you shouldn't choose people who aren't nice to be your friend
What will you miss about Pleasant Hill? My friends and teachers that were my favorite teachers

Peyton Buckley
Senior Quote: JTM
Confession: The women's bathroom sign is in my room. Goodbye Kyle
Favorite memory at Pleasant Hill or overall school years: walking into classes I don't have to talk with teachers I don't have
In 10 years.... in 10 years I wont remember what I wrote here
I will... I will the women's wrestling team to Dahn Nikitin's
What did you learn most from your high school year? that people are fickle and do outlandish things when they think they have no time left
What will you miss about Pleasant Hill? the relationships I've formed over my last 13 years at this district

Marissa Stroud
Senior Quote: abcdefg, i have to go "kourtney kardashian"
In 10 years.... I hope to be a successful nurse with a happy family
What did you learn most from your high school year? how impactful teachers are
What will you miss about Pleasant Hill? Ms. White

Kelcie Thomas
Senior Quote: Love Yourz
Confession: i was def not sick 3 days a weeks
Favorite memory at Pleasant Hill or overall school years: Meeting my best friends
In 10 years.... Hopefully ill be an ultrasound tech or marry rich
What did you learn most from your high school year? class is basically optional
What will you miss about Pleasant Hill? certain teachers

Jordynn Crawford
Senior Quote: a bombshell has left the villa
Confession: i still miss my ex from 8th grade
Favorite memory at Pleasant Hill or overall school years: volleyball
In 10 years.... ill be rescuing cats with my rich husband
What did you learn most from your high school year? teachers only want the best for you
What will you miss about Pleasant Hill? I will miss the volleyball program and everyone in it, Mrs. Messersmith, Mr. Neill, Mrs. White and my friends

Abe Craig
Senior Quote: I'm not a perfect man, but Jesus still died for me
Confession: I'm banned in 194 countries
Favorite memory at Pleasant Hill or overall school years: Andrew and Jacoby playing musical chairs
In 10 years.... Flying airplanes
I will... give my chill demeanor to Wyatt Krauss
What did you learn most from your high school year? You may become friends with people that you never expected you would
What will you miss about Pleasant Hill? Rage baiting Wylie in statistics

Skyler Anderson
Senior Quote: The world's on fire, the economy is in the trash, and the government is doing its best to screw us, but I'm still here and they're not going to get rid of me no matter how hard they try.
Confession: I have gone to lunch early every day this year and no one can stop me from doing it again
Favorite memory at Pleasant Hill or overall school years: Eating lunch outside with my group of friends as spring is blooming and summer's beginning to slowly approaching
In 10 years.... I'll hopefully be done with medical school and be in my psychiatric residency, assuming everything goes to plan. If not then who knows, not me.
What did you learn most from your high school year? Biochem is, and will continue to be the bane of my existence in my college life
What will you miss about Pleasant Hill? The couple of teachers who actually encouraged and helped improve my education and high school experience rather than just doing the bare minimum required by their job

Allison Rife
Senior Quote: I encourage you to live with life. Be courageous, adventurous. Give us a tomorrow, more than we deserve. - Maya Angelou
Confession: A secret staff member gave me the wifi password every time it changed.
Favorite memory at Pleasant Hill or overall school years: Basketball state freshman year getting an airbnb
In 10 years.... Sitting in my backyard starting out my degree in education with hopefully not a worry in the world.
I will... I will June my backspotting skills and Mrs Watne my spanish speaking skills
What did you learn most from your high school year? I learned to slow down and enjoy the time with those around you but most importantly to never have a 7th period.
What will you miss about Pleasant Hill? The small learning environment as well as the small class sizes

Jamison Davis
Senior Quote: this too shall pass
Confession: Jesus is coming soon
Favorite memory at Pleasant Hill or overall school years: friday night lights
In 10 years.... only time will tell
I will... wisdom
What did you learn most from your high school year? God is great
What will you miss about Pleasant Hill? my friends, playing basketball, playing football

Addison Hyland
Senior Quote: "Have fun, even if it's not the same kind of fun everyone else is having." - C.S Lewis
Confession: I never ran a mile for P.E (I made a deal to just do a backflip each time instead)
Favorite memory at Pleasant Hill or overall school years: The Coast trip we took in 8th grade.
In 10 years.... I will be travelling the world with my sister.
I will... I will manager the Food Drive position to Rhianna and I will give my great notetaking skills to Kaylee J.
What did you learn most from your high school year? How to forget everything you have studied for the day of the test.
What will you miss about Pleasant Hill? Driving to the coffee shop or to go get tacos with friends.

Jimena Jimenez-Martinez
Senior Quote: "Lo bueno simepre va ser dificil, pero todo se va poder, poniendo a Dios por delante." -Hermanos Espinoza
Confession: My confession is when I asked teachers to go to the band room to practice, I actually never went to practice, I went to my car and doom scrolled.
Favorite memory at Pleasant Hill or overall school years: My favorite memory was winning 1st place at the state championship for OMEA for my senior year and Mr,Tendicks's last year.
In 10 years.... I wanna have my own Real Estate Firm, start a family, be rich.
I will... To Gabby I leave my secretary job for band council, To Dom i'll leave my cannonball sax, and to Daphne I leave my will to go to all my classes whether that's on time or late.
What did you learn most from your high school year? I learned how to use the bathroom card, when I wanted to be late to class.
What will you miss about Pleasant Hill? I will miss my 2nd family(Solar Jazz) + Makayla :)

Kolbi Hampton-Knights

Confession: Holmes let our entire Spanish class go to Dairy Queen when she subbed for Watne because it was free ice cream cone day.

Favorite memory at Pleasant Hill or overall school years: Playing cards with Erin and Allison everyday during 2nd period because of the phone ban

In 10 years.... I will be a research psychologist, focusing on bettering the mental well being of teens and athletes

I will... All of my Needohs to Kyla, Red bulls for Jess every time she PRs in track next year

What will you miss about Pleasant Hill? All of my teammates and friends

Ryan Thomas

Senior Quote: To be ballin you gotta b-all-in

Confession: Chatgpt helped more than teachers at times

Favorite memory at Pleasant Hill or overall school years: Laughing with my friends

In 10 years.... Being rich and living on a private island with lots and lots of dogs

What will you miss about Pleasant Hill? Being with my friends everyday and making memories with my classmates

Piper Fisher

Senior Quote: money never broke a heart

Confession: i'll only tell if you don't tell my mom

In 10 years.... makin' hella money

I will... pass down my lore to khloe Perkins

What did you learn most from your high school year? its easier to be the life of the party than to be the one nobody remembers

What will you miss about Pleasant Hill? absolutely nothing.... maybe Mr.Neil and Mrs.Noel

Kenna Caldwell Copeland

Senior Quote: May your neighbors respect you, trouble neglect you, angels protect you, and Heaven accept you.

Confession: never actually did a single assignment my whole snr yr... it was all chat gpt

In 10 years.... ill be laughing at all of u on my yacht in the bahamas

I will... who ever gets my parking spot (#39) you have to put your first initial then "dog" (keep the tradition alive)

What did you learn most from your high school years? Absolutely nothing, everything went in one ear and out the other.

Ashlyn Johnson

Senior Quote: "I had 3 years to think of a quote but I procrastinated on that too."

Confession: skipped Spanish class and went to DQ with 7 ppl in my car to get the free cones.

Favorite memory at Pleasant Hill or overall school years: Going to state with any sports team

In 10 years.... I will be a pediatric hospitalist, making bank and traveling the world with my husband

I will... My parking spot to Kaylee J., My leadership in soccer to Gabby, My humor and cramming skills to Eden

What did you learn most from your high school year? Grades aren't as important as actually learning the material.

What will you miss about Pleasant Hill? The people and community

Cole Heisler

Senior Quote: ChatGPT generate me a quote

Confession: I was actually a part of the group that Tp'ed the boys locker room with Ben, Clayton and Landon.

Favorite memory at Pleasant Hill or overall school years: Ben setting the microwave on fire

In 10 years.... Being a tweaker

What did you learn most from your high school year? How to sit in place and do nothing

What will you miss about Pleasant Hill? Getting fed for free

McKayli Seaton

Senior Quote: "You can't add more days to your life, but you can add more life to your days"

Confession: I've ran into the pole outside of the main gym at least 4 times...

Favorite memory at Pleasant Hill or overall school years: My favorite high school memories are the ones where I spent time with my team at meets, competitions, and performances.

In 10 years.... I'll be a stay-at-home mama or a teacher in a kindergarten classroom

I will... I leave my speed to my little brother... oh wait, he already took it.

What did you learn most from your high school year? I learned that your comfort zone is a beautiful place, but nothing ever grows there.

What will you miss about Pleasant Hill?I will certainly miss the wonderful and tight nit community that comes from our little school

Caitlin Olinger

Senior Quote: "She knows she lived through it to get to this moment" -- Phoebe Bridgers

Confession: I always lied on the quarter checklists, sorry, Mr. T.

Favorite memory at Pleasant Hill or overall school years: During my sophomore year, we performed with Esperanza Spalding at the Pleasant Hill Jazz Festival. Later that evening, during finals, we got a standing ovation and won 1st place in our division. After the concert, we all ran outside and watched the most beautiful sunset together.

In 10 years.... In 10 years, I will be living in Seattle as an immigration attorney. I will have just returned from my two-year service with the Peace Corps, where I taught English in underserved Spanish-speaking communities. I will be living close to my sister and thinking about starting a family.

I will... I will give my first chair in Solar Jazz to Sahalie Johnson and/or Dom Hammond-Mendez. I will park at Charlotte Newman. I will give my section leader position to Daphne Phillips. And I will my crippling senioritis to the entire class of 2027.

What did you learn most from your high school year? There is no reason to start an assignment unless it's less than 24 hours before the due date. It works out every single time.

Erica Basaraba

Senior Quote: Don't get too distracted with temporary temptations that you miss the opportunities that God has lined up for you.

Confession: Spanish 4 isn't actually as hard as it seems, we talked Mrs. Watne out of actually doing work more than we should admit.

Favorite memory at Pleasant Hill or overall school years: Mr. Billie Coast Trips!!!

In 10 years.... I will have a family on a big piece of land

I will... I will my good grades to my sister

What did you learn most from your high school year? I learned how to hold my tongue and choose to be patient even when it's hard.

What will you miss about Pleasant Hill? I will miss seeing my friends every day and being able to play jeopardy in Neill's class.

Oscar Jimenez

Senior Quote: Life is meant to be sweet but, but taste doesn't last for forever

Confession: i skipped my AP literature class for 4 months straight my JR year, and than dropped the class

Favorite memory at Pleasant Hill or overall school years: Meeting my closest friends

In 10 years.... in 10 years from now I will be financially free, with myself running a business and having a lot of people working for me.

What will you miss about PHill?skipping class to go make money

Jocelyn Heacock

Senior Quote: There are far, far better things ahead than any we may leave behind - C.S. Lewis

Confession: I confess that Ellie Epperson and I have a google drive folder of all the photos that never made it in the yearbook.

Favorite memory at Pleasant Hill or overall school years: My favorite memory was traveling to Sweet Home on a Tuesday night to go watch the girls soccer team's final state game. We had a bigger student section than the other team and were so loud the girls couldn't hear each other on the field.

In 10 years.... I will either be working as a high school teacher or in marketing, and traveling in my spare time.

I will... I will Bible Club to Judah Kelso, my position as yearbook editor to Jolie Heacock, and my ability to arrive on time to Charlotte Newman

What did you learn most from your high school year? Enjoy the moments that matter the most to you, because they will become your memories down the road. But, in the moments you wish would pass by, have the perspective to look ahead and see beyond the moment.

What will you miss about Pleasant Hill? I will miss long talks in the car with my friends, rambunctious conversations at lunch, getting coffee with Jolie, and chatting with Mr. Meinzen about life. I will miss the little moments of high school that make it special.

Isabel Hammond-Mendez

Senior Quote: "Have fun, even if it's not the same fun everyone else is having" C.S. Lewis

Confession: I skipped Spanish to get free ice cream.

Favorite memory at Pleasant Hill or overall school years: Going to a haunted house in Salem at a school for the deaf with my soccer team sophomore year

In 10 years… I will be working as a Physical Therapist and traveling whenever possible.

I will... I leave my soccer abilities to my brother Dom, I pass on my competitiveness to my sister Michelle, I pass on my soccer leadership to Kaylee, and I leave my track gear to Jolly J.

What did you learn most from your high school year? Don't procrastinate doing school work or studying

What will you miss about Pleasant Hill? I will miss the friends I've made over the past few years.

Taz Raman

Senior Quote: Don't worry bout' fitting in when you are custom made. -Views -Drake

Favorite memory at Pleasant Hill or overall school years: The times where I could chill with my friends and not worry about life on the outside world

In 10 years… Chillin somewhere hot financially free

What did you learn most from your high school year? How big of a world is out there on the outside and how the groups you got in high school won't matter once you graduate.

What will you miss about Pleasant Hill? Being able to see my friends everyday.

Andrew Portillo

Senior Quote:i dont interest myself in the why. more often in terms of when. sometimes where but always how much.

Favorite memory at Pleasant Hill or overall school years: getting suspended for the bathrooms in middle school

In 10 years.... hopefully plumbing

What did you learn most from your high school year? that life's not fair

What will you miss about Pleasant Hill? the times when i felt apart of a community of friends

Hunter Giles

Senior Quote: "They must be sick in the head, because they forgot that I'm him."

Confession: I don't think I ever paid attention to anything, ever. It showed.

Favorite memory at Pleasant Hill or overall school years: Ben Bryson lighting a microwave on fire in 8th grade.

In 10 years.... Something to do with nuclear engineering hopefully.

I will... give half of my indomitable charisma and boundless swagger to Jay Griffiths and the other half to Beniah Carrera.

What did you learn most from your high school year? How to handle being bored.

What will you miss about Pleasant Hill? The sense of community.

Clayton Fischer

Senior Quote: It is important to draw wisdom from many different places. If you take it from only one place, it becomes rigid and stale.

Favorite memory at Pleasant Hill or overall school years: the church parking lot during lunch.

In 10 years.... In ten years, I'll be living on a large private property, not too close to my neighbors but still close enough to get taco bell.

Steven Bounds II

Senior Quote: none

Confession: Crabtree was the bandit iykyk

Favorite memory at Pleasant Hill or overall school years: Homecoming game vs sisters

In 10 years.... I will be rich

I will... Go to class

What did you learn most from your high school year? Be a shepherd not a sheep

What will you miss about Pleasant Hill? My friends

Chase Vargas

Senior Quote: Attendance was optional, success wasn't

Confession: Chatgpt clutched me

Favorite memory at Pleasant Hill or overall school years: Bus rides for sports

In 10 years.... Chilling on a yacht in Florida

I will... I will pass down my swag and height to TJ Berry

What did you learn most from your high school year? Being late means nothing

What will you miss about Pleasant Hill? Some people

Landen Melvin

Senior Quote: Keep it pushin

Confession: Sabintooth ifykyk

Favorite memory at Pleasant Hill or overall school years: Hangout with friends on team trips

In 10 years.... Owning my own business, Fishing, or Hunting

I will... I will my parking spot to Logan

What did you learn most from your high school year? Get the hard stuff done early

What will you miss about Pleasant Hill? My friends

Makayla Boaz

Senior Quote: "People change, things go wrong, just remember life goes on." Mac Miller

Confession: My confession is when Jimena and I were walking past Stearns office we over heard him talking to our softball coach about games.

Favorite memory at Pleasant Hill or overall school years: My favorite memory would have to be outdoor school. I loved being able to be a counselor and make a core memory for the sixth graders.

In 10 years.... I want to have a steady career and family.

I will… I will leave Summer with my advice, my softball number to Ava, and my humor to Lyla.

What did you learn most from your high school year? I learned that I could spend a majority of my high school years goofing off and somehow manage to get good grades.

What will you miss about Pleasant Hill? I will miss seeing my friends everyday.

Luci Brady

Senior Quote: If tomorrow isn't the due date, today isn't the do date.

Confession: my mom helped me write most of my writing assignments.

Favorite memory at Pleasant Hill or overall school years: my favorite memory was when I pantsed Ryan Thomas in the middle of the hallway during a passing period.

In 10 years.... Stacking my money and traveling the world with my hot husband.

What did you learn most from your high school year? Don't take the little things so serious.

What will you miss about Pleasant Hill? Being on my sports teams & getting to form those special bonds with my teammates where we giggle until we can't breath at practices instead of getting mad at each other, cheer as loud as we can for everyone success, & not only be teammates & friends but a very special family that only can come from sports.

Seth Lebow

Senior Quote: "If they can't, I'll play." -Lionel Messi

Confession: I have VIP on Dress to Impress

Favorite memory at Pleasant Hill or overall school years: Jeopardy in Mr. Gardner's classes

In 10 years.... I will be fighting in the Oregon-Idahoan war and putting the Greater Idaho movement to an end, once and for all

I will… The Pleasant Hill Boys Soccer Instagram to Jay Griffith

What did you learn most from your high school year? Spencer Smith has the worst music taste

What will you miss about Pleasant Hill? Waking up early every day during the summer to go to soccer practice

Kaylee Gardner

Senior Quote: "If you always wait until the last minute, it only takes a minute to do." by Andrew Schrecker

Confession: ChatGPT helped me get through junior and senior year

Favorite memory at Pleasant Hill or overall school years: Senior skip day to the coast with my friends

In 10 years.... In 10 years I plan to be freshly out of veterinary school and starting my veterinary practice

I will... all my free periods to Kaylee Johnson

What did you learn most from your high school year? To always procrastinate, stress helps get things done faster

What will you miss about Pleasant Hill? The friends I made

What now by Seth Lebow

As seniors flip the final pages of high school, one question hums with excitement: What now? For some, the answer is mapped out– college acceptance letters framed, plans set in ink. For others, it is less certain, written in pencil and subject to change. But regardless of what comes next, one thing is true for the graduating class: the life they have known for the past four years is coming to an end.

Graduation marks an ending everyone has anticipated, but few fully understand until it arrives. People always say high school is supposed to be the best time in a person's life, but many students are beginning to realize it is really just the beginning. Over the past four years, students have built routines around classes, sports, and seeing the same people everyday. Now, those routines are coming to an end.

"It still doesn't feel real," remarked Hunter Patterson-Giles.

(Continued on page 8)

Oh the thrill: Track and Field on the inside

by Violet Raschio

Track is a sport of thrilling experiences like hanging out with friends, running as fast as lightning McQueen, jumping like a hermit crab and throwing like Hercules. Blood, sweat and tears, you name it track has it.

For example, competition is everywhere. You can find new friends for life (and you don't even know their names)! You will see Cat masks and kids screaming as loud as they can for their team.

When the meets are over and everyone's tired, you pick up and get on the bus. When you get on the bus all your energy somehow comes back and you feel great. But when you get home it's a fight to stay awake and you practically fall asleep immediately.

To hear what other people have to say, I asked some of our track stars a list of questions including their favorite thing about track, what events they do, most proud moment this year and their favorite event.

Riley Jordan said her favorite thing about track is “our meets and hanging out with my friends.” I asked her what her events are

“My events are the 100m 200m hurdles, long lump and 4x100 m dash.” Then I asked what she was most proud of this season.

"My proudest moment has probably been my 100 meter race” 14.95 was her time she said it was her most proud moment because she got sub 15

Katin Black said is favorite thing about track “being better than Jaxon Thomson”

“100 meter 200 meter 4x1 relay” is the race he competes in. His proudest moment is "getting sub 13 seconds on my 100 meter race."

The Struggles of Club Sports

By Charlotte Carlson

What do you think of when you hear “club sports”? Rich kids, thinking they’re better? Kids that do the same things but just at a fancier gym? Many just hear of their achievements, but have you ever thought about their struggles? As a very committed club basketball player myself, I have experienced them all.

I started at Incline Sports in 5th grade and have been playing there ever since. I train 5-7 days a week, and I used to do 6am workouts in Eugene. The commitment itself is very difficult. We have 3 seasons per year, a fall season, winter season, and a spring/summer season.

Club sports can be challenging, fun; they can also be the best thing ever. No matter the sport. I am friends with a club soccer player, and she and I have very close problems and struggles. The big one is just the mental part. They require so much focus and determination, sometimes it gets hard. But you have to keep going or else it's just not worth it.

Another thing no one talks about are the sacrifices that have to be made. Instead of hanging out with my friends or family, I am in the gym getting better. Missing birthday parties, chill time, going in and practicing on holidays such as halloween and Christmas eve, these are all part of the process that I know and love.

In club you are going against teams from across the country who are very developed and just amazing at their sport, so you constantly have to be getting better. As a small guard as myself, I have to work twice as hard as tall players that already have an advantage. If you don't put the time in to get better, you will not go far.

All in all, club sports are super fun. You are surrounded by people that are equally in love with your sport, and really care about it. So now when you think of club sports, don't think of snotty rich kids showing off or bragging, think of dedicated kids that want to get better. Kids who love their sports and kids that can go very far in the future.

Below: Top Josie Heacock reaches for the receiver. Josie will later go on to punch in the winning point. Below: Luci Brady launches an sharp laser down field in the upset of Thurston.





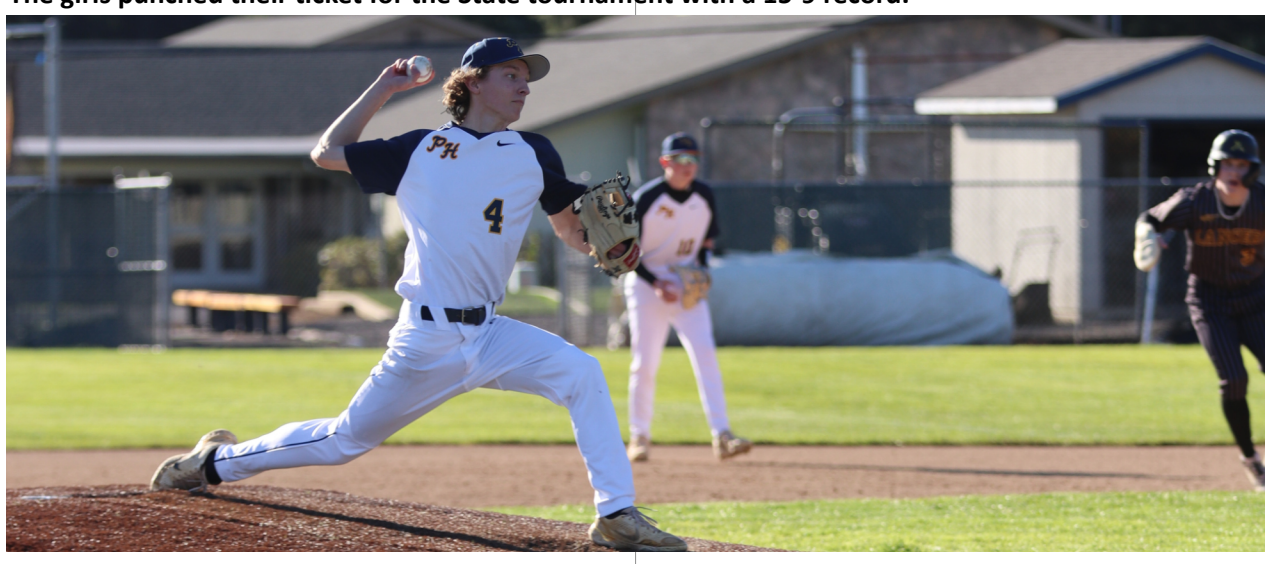


In one of the most thrilling plays of the year, the Billies tied mighty Thurston with a miraculous over the shoulder catch of a Luci Brady bomb to the sprinting Isabel Hammond-Mendez. After she raced to the end zone tying the game, Josie Heacock spun her way to the go ahead point on the PAT. The Billies took down #2 in state and 5A powerhouse, Thurston High School, in one for the ages.
Below: Scorching toward the finish line are Trinity Smead (left) and Isabel Hammond-Mendez. There strong strides put the Billies in great position. Below right: Corbin Heatherstone and Kwinn Haley push the field.





Below: Gabriel VanOrdstrand fires home a blazing fastball. Having a very young team meant essentially a building season for the team. Their season record of 9-15 but played tough League champ, Creswell, in every game. Below, Stella Carlton, fires toward first in a warm up before the Creswell game. The girls punched their ticket for the State tournament with a 15-9 record.





PROFILES 07

Cooper Brown By Sofia Dennis

Cooper Brown is a 2026 senior who you might have seen around in Woodshop. Cooper is many things, but she describes herself as “creative,” -and I agree. Especially if you have ever seen her in Woodshop.

As Teacher’s Assistant of Woodshop, Cooper doesn’t currently have a personal project she is working on. But Cooper mentions how she loves the sheds being built for homeless people, and seeing people progress in Woodshop. But her favorite project is when she made a playhouse for Steve’s granddaughter—it was her first big project.



Cooper wanted to be a TA for Woodshop because she only had one required class this year, and figured she’d do “something I like and help teach people.” She also loves Woodshop because she gets to teach people and “Gets to be creative in a hands-on way” and “feel capable with the things I am able to build.”

As a TA, Cooper's advice for future TA’s are, “Don’t be afraid to use your adult voice and yell at children. But don’t take everything to heart.”

Cooper is a person everyone should get to know, so I asked her a few questions. Her favorite color is blue, and her favorite animal is elephant. She says that people tell her that she reminds them of an elephant, “Which sounds really bad but it’s not.”-

Her favorite genre of music is Folk/classic rock because it makes her feel like an old blue collar man, which is respectable. Her hobbies are crocheting, reading, and wood working.

Cooper's plans for after high school are to go to Lane Community College so she can do an associates degree program for construction tech. This degree will help her become a contractor for residential construction tech. This means, “basically people give me money, I build house, then I have business.” She wanted to be a residential construction tech because it makes good money, and she is good at it.

Cooper’s message to you is that she wants you to remember that your GPA matters, but have fun and don’t take everything too seriously. And stay out of drama.

Jimena Jimenez-Martinez and Makayla Boaz by Ava Umbarger



Jimena Jimenez Martinez and Makayla Boaz are amazing people—although I just met them through softball. I really enjoy having them as friends. They are kind, funny, and smart, and I love them. So it's only fair that I introduce them to you so you get to know them. I interviewed them about themselves, their advice, and about their friendship.



What's your favorite memory together?

Jimena answered with “my favorite memory is probably car karaoke before softball practice!!!”

What's your favorite thing about each other?

Makayla replied with “My favorite thing about jimmy is that she’s always someone you can count on and laugh with.”

Jimena replied with” My favorite thing about Makayla is that I can always talk to her about anything and that she’s very caring and that she also feeds into my delusions.”

What is something you are proud of each other?

Makayla said “ I’m proud of Jimena for getting into western Oregon University and pursuing her dreams.”

Jimena said "I'm just always so proud of Makayla in general.”

What advice would you give younger grades?

Makayla responded with “ stay on top of your school work and don’t stop trying when things get hard (basically just persevere and push through).”

Jimena responded with “The advice I would give to younger grades would probably always stand on top of your classes and don’t pretend to be someone who you’re not just to fit in.”

What's your favorite memory from school?

Makayla and Jimena both replied with “My favorite memory from school would probably be from freshman year when Jimena and I were in the back of Devish’s math class doing anything and everything but our assignments.”

What's your favorite grade and what is your advice for someone going into that grade?

Makayla said “I think my favorite grade would have to be freshmen. My advice is to just be yourself. I feel like it’s really important to be yourself so the right group of people find you instead of trying to blend in to what is deemed as cool or popular because at the end of the day being cool or popular doesn’t really matter.”

Jimena said “I think my favorite grade would have to be sophomore year. My advice would be to think about the people that you hang around with, not all of them stay with you forever, don’t try to be someone who you’re not just to fit in, be yourself.”

“Whats your favorite school activity (sport, extracurricular)?

Makayla replied with “I think my favorite school activity was being an outdoor school counselor. I always had a blast doing activities with the kids and just building different connections and helping make a core memory for the sixth graders.”

Jimena replied with “I think my favorite school activity would be the pep band, and jazz band. Both of these activities helped me find who I really was and for the past seven years I’ve made some really good memories with everybody.”

Nora Yath by Aria Verma

Nora Yath, Class of 2026, is a great person to interview. Bubbly, smart, funny and wildly inventive and full of knowledge. I had lots to ask her.

How would you describe yourself?

Hmm.. How can I put this in nice words?

I would say, sort of, like, eccentric?

What would you say is something you're passionate about? Because you said, you just know a lot about mushrooms, so...



“I haven't really been passionate about much.

Um, I guess... Just, like, visual art in general.

I've been trying to get into, like, music theory and stuff.”

But that's fun and difficult.

Yeah. I haven't really been tackling that bull recently. That was more for the music theory thing I haven’t been working on that much recently. I've been busy with finals.

Yeah.

What do you do for fun?

I'm mostly write.

Write? What kind of stuff?

Um... Generally, like, sci-fi and fantasy stuff. Occasionally, I do, like, realistic fiction, but I haven't really done any realistic fiction stuff, in who knows how long?

I certainly don't.

What accomplishments are you most proud of?

And I'm all right at math. Or a little better than all right. I'm good.

I'm good with math, mostly. I feel like it's a better job opportunity than, like... most things at the moment, 'cause, you know, a lot of stuff is being replaced with AI.

I hate AI, specifically, AutoCorrect.

Before the whole... AI rise or whatever the hell. AutoCorrect was great.

it worked, it worked as a, it did. It was good. But then the AI craze happened, and now it barely works.

Because, you know, they replaced it or they replaced the original code with this, like, generative AI thing. It sucks.

At best, a mild inconvenience, at worst, it's killing the planet. Well, along with... everything else humans do, I guess, but...

That's a whole other can of beans that I don't think I should get into in a school setting. I would like to, like, do art professionally, but in this day and age, that's not really a viable option. So I'd rather do something where I can fund the art I want to make.

Benaiah Carrera by Nora Yath

If you’ve been around this school for at least a little bit, chances are you’ve seen Benaiah Carrera or at the very least you’ve heard of him but do you really know him? Unless you’re in choir or a friend of his chances are you probably don’t! So that's why I interviewed him!



My first question for Benaiah was why did he join the choir. He said, “My first year at Pleasant Hill was in eighth grade… I had to take choir because a music class was required, this is where I found out I was a tenor and good at singing.”

I then asked him about his career plans, and if he would pursue a choir related career. He said, “In college I plan on pursuing law. I'm going to start by majoring in(most likely) political science, and minoring in musical theater and then going to law school afterwards to pursue my juris doctorate.”

Deviating from the serious questions I asked Benaiah if he had any hobbies that he would like to work on more. He said, “I infrequently draw, I would say I’m very good at it, but I struggle to find motivation enough to encourage myself to do it.”

I then asked him if he considers himself a cool person. He said, “Yeah I would. Anyone who doesn’t try to fit their concept of what it means to be a “cool” person is lame.”

Jordyn Hightower by Jase Hightower

Jordyn Hightower is my sister. She is the best sister ever and I love her so much.

Jordyn Hightower is a smart, loving person that I care about so much. I learn so much from her, from math to history to geology etc.

Jordyn Hightower is strong mentally and physically. She will help you in every way she can if you need it. She helps me get through tough times like the time when I lost my grandpa. She was there for me. Even times when you least expected it she is there for you

If you go to college , what college are you going to?

I plan to go to Lane. I'll only need to go to Lane for about 3 months because of the credits that I have.

What is your plan after you graduate from college?

I plan to be a full-time EMT.

What has helped you get through high school?



The people around me and the idea of being able to do what I want.

What is your legacy?

My legacy that I like to leave behind is showing people that kindness is available and it can help others.

All About Liam

by Tessa Sprague



Liam Sprague is 13 years old and in seventh grade. Liam has one sibling, named Brannigan, a third grader. Liam loves the color blue and his favorite hobby is sports. He loves playing video games with his friends. And he loves all his friends equally. He insists he has too many friends to name them all.

Liam's favorite sports teams are the Ducks, theChargers, the Trail Blazers, and the Mariners. Justin Herbert is his favorite athlete. Herbert is the quarterback of the Los Angeles Chargers. Liam loves PE. He loves being active, especially playing basketball and baseball. Liam loves dogs. His dog’s name is Telly. His favorite restaurant is Taco Bell. He likes their tacos.

Liam is really smart. He aces all his tests. His mom and dad made sure he learned even in Covid. He likes getting good grades, which makes his parents happy. He likes his dad's cousin's side because they live closer. He hates choosing favorites.

Year round school is a bad idea

By Liv Wagner

It’s almost summer break! You wanna know what I heard? Some schools do all year school! That would ruin all my summer plans! I bet I would be so burn’t out if I did a whole year of school. I would hate that so, so, soooo much! All year school usually has a lot of short breaks. (If you're lucky) Most of the breaks don’t match up with parent’s work schedules, that means the child lacks the care they need because the parents aren’t earning enough money. If schools knew that they could possibly be harming children they should shut all year school down.Some high school students have jobs and a lot of students have sports. I play tennis in the summer, and if I had a whole year of school, I would be too burnt out to play my favorite sport!

A lot of students or teachers can get very tired or burnt out by school. Which means a lot of schools that do that will not have enough students and teachers to keep the school running. So this means those schools are doing harm to themselves too?

Some people say “All year school can prevent forgetting what you learned" which is called Summer Slide. But, if parents feel like their kids are forgetting what they learned, you can just send them to summer school. I don’t even go to summer school and I am pretty smart if I can say so myself.

It can also be hard to switch grades. Imagine one day you're in 5th grade and then boom, you're in middle school! I bet you wouldn’t even know how to get to class, or even your locker code. That would be so stressful!

That’s why I think all year school can be harmful and stressful, hey school now will you let us have our summer break? I have proven that summer break is a necessity! Let fellow students have their break!

National Geographic documentaries are smart

By Michelle Hammond-Mendez

I love watching National Geographic documentaries when I get home from school because I love learning about animals and it’s cool seeing animals hunt and survive.

Documentaries show that researchers have in-depth scientific knowledge, and have expert insights so they are able to explore hard topics like animal intelligence, climate change and history.

Advanced technology also helps researchers be able to show us many types of animals and how each one of them live in different environments. Documentaries show clear footage of animals in their environment instead of grainy footage like a trial camera. Computers and geographers are able to show us their work in ever more interesting ways.

Geographers use thermal imaging cameras so they can record in the dark and so we can see the animals when they cannot see us. All-in-all documentaries are good for you, they could teach you some really cool stuff.

A new study on Reddit shows that watching nature documentaries “gives you a boost of positive emotions such as joy, amazement, awe, contentment, and curiosity."

Reflections by Spencer Smith

I want to tell the story of my high school experience in the hopes that no matter where you are on that journey, you can take something away from it.

When I was a freshman, I viewed high school as a mesa: a steep climb to ascend to, but one that would require little from me after finishing. This perception gave me undeserved arrogance and pride. My eagerness for the future in fact damaged my present because I believed that no more progression was necessary. The mistakes I made on this mesa taught me humility, and I approached the next two years at a much slower pace.

A new normality set in: now I viewed high school as an ascent of varying steepnesses, where life moved in a cycle of high stress and apathy. At the detriment of my wellbeing, I overcorrected my previously hair-brained behavior and became dangerously aloof. In stark contrast to my earlier self, I now felt like nothing in this high school period mattered. This was a type of low I had never experienced, not soul-crushing but spiritually deflating. This taught me empathy.

Then senior year began, and that agonizing feeling was coupled with an immense workload. It felt like balancing a full thanksgiving meal on a flimsy paper plate. But, even during this hurricane of stress, I found pockets of peace where I came to know my worth and purpose. A new, revitalized faith was born in me and manifested by the support I had felt at the hardest points of this climb. I am full of gratitude for the lessons high school has taught me. Though I may cringe and ache over moments along the journey, it has testified to me my true identity: a child of God.

What Now by Seth Lebow continued from page 5)

For many students, the uncertainty surrounding graduation is just as strong as the excitement. Some seniors are preparing to attend universities across the country, while others plan to enter the workforce, attend community college, join the military, or simply take time to figure out what they want. In a culture that constantly pressures teenagers to have a perfect five-year plan, not knowing exactly what comes next can feel intimidating.

Yet teachers say uncertainty is not necessarily a bad thing.

“People often say these are the best years of your life,” Ms. Raade added. “I don’t believe that. These are the years where you learn who you are, and start building the rest of your life.”

That idea seems to resonate with many seniors. High school has been more than homework, tests, and grades. It has been football games under stadium lights, rushed assignments before midnight, and conversations in the parking lot after school events ended. It has been a collection of moments that felt ordinary while they were happening but now seem impossible to separate from growing up itself.

At the same time, there is an understanding among seniors that life after graduation will not come with easy answers. After all, adulthood doesn’t come with a tutorial. Some students feel prepared for the independence ahead, while others admit they are still trying to process how quickly everything changed.

Maybe that is why the question what now? matters so much. It is not really about college majors, job titles, or where someone will live next year. It is about standing at the edge of something unfamiliar and realizing there is no single correct path forward.

Missed Opportunities

By Caroline Carlson

There is so much going on in our heads. So many things that are placed before us and we have a choice, right or left, yes or no.

Many people decide to live on the safe side. Keep their opinion to themselves. Now many people regret NOT saying these thoughts. Not taking the opportunity. These are a few things that people wish that they said.

“I am thankful to have you in my life.”

“Why?”

“I love you.”

“I wish I had told my friend to shoot his shot instead of shooting himself in the foot.”

“I wish I told her to speak up.”

“Thank you for being there for me.”

“Thank you.”

“I wish I told them no.”

“I wish I told people to be nicer.”

“I wish I complimented more people.”

Now these are just a few examples of things that we never said yet still bug us today. At the end of the day we regret the chances we didn’t take.

"Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do." — Mark Twain. "Life is a game, play it; Life is a challenge, Meet it.; Life is an opportunity, Capture it." – Unknown.

Have fun. Be daring. Please stay safe but live on the wild side. Love life, and life will love you back, giving you amazing experiences. We only have so much time on this Earth. Create a life that you look back on and smile at.

Be proud of your boldness. Be original. Remember that you can and will mess up.

A new perspective

By Jay Griffith

Some freshmen feel they would give anything to press the hidden skip button on their life and skip right to senior year, while some seniors desperately look for the rewind button. The reality of this is that none of them will ever find what they are looking for.

We spend so much time wishing to be somewhere else in time, we often take for granted where we are now. This is common for junior year. As of right now I feel like If I could find that hidden skip or rewind button I’d click either one. But, when I slow down and think about where I am, I feel a change in my perspective.

When I was a freshman all I wanted to do was go back to 8th grade, and when I was a sophomore all I wanted to be was a freshman. It's hard to be content with where you are in school but It's important to know that there is most likely a future version of you who wishes for nothing more than to be you in this exact moment.

Thinking about that fact I’m forced to face the ever-inching closer reality that comes with the end of junior year. In about a month, the seniors I have spent all of high school with will be gone for good!

I don’t claim I’ll never see them again, because that would be false, but when I think I’d rather be somewhere else than where I am right now, I think about the things I’ll miss. It's pensive really, but a good practice.

When summer ends and senior year is here, I have no doubt I’ll be missing junior year, as if it were freshman year. The present has an odd way of painting the most beautiful picture with the dimmest of colors and the past offers a wonderful lens that shows the picture for what it really is.

I’ll continue to take the present for granted as it's the curse the young are granted with, but when I feel that my picture has become dim, instead of looking for some rewind or skip button, I'll look for a new lens.

Why Gluten Free?

By Eden Noe

Do you have friends that always decline foods because they claim to be “Gluten Free”? Going GF has definitely seen a rise in the past 10 years. Let’s look at a few reasons why.

There are a wide variety of reasons why people don't eat gluten. Some don't eat it due to intolerance. A gluten intolerance is when a person's body has a natural immune response to the substance or digestive issues when it enters the body. This can cause an upset stomach or just a feeling of being unwell. Some people even get a headache or flushed face. There are genes associated with Gluten Intolerance or sensitivity but they are not widely studied.

Others have a more serious reason, known as Celiac Disease. Celiac disease is when eating gluten, or more specifically, “the protein in wheat, gluten,” provokes the immune system to harm the body's small intestines lining. This leads to a person having severe stomach pains, and when untreated it can result in things such as severe malnutrition. There are two different genes that can cause Celiac Disease. A person won’t have Celiac Disease if they don’t have the gene, but not everyone with a gene (or two) will develop Celiac Disease.

The other reason why one may refrain from gluten is why I do. It is because of the risk of the body attacking itself, leading to Type I Diabetes. You see the interesting thing about Celiac Disease is that the genes for Celiac and for Type I Diabetes are the same genes. I have two Celiac Genes, one from my mom and one from my dad. My whole family has either an intolerance to gluten, or Celiac Disease. Two members of my family are Type I Diabetic, presumably from the consumption of gluten. Just having family members with diabetes increases my risk of developing the disease. If you take into consideration the double Celiac genes, I am at a high risk to develop it.

A person's body is designed to attack anything it thinks is dangerous within itself. Type one diabetes is a disease when your body, accidentally, begins to attack itself (Autoimmune). Eating a substance that my body already is intolerant to could initiate a response for my body to defend. In this action, the defense may accidentally turn into a double agent- leading to the attack of my own body. Being gluten free isn't always just a choice for a person. It has serious risks no matter which of these reasons one may refrain from it.

For now, I choose to do the best I can to stay away from gluten. It’s definitely a hard thing to do!

Financial Tips for Future Adults

by Jaxson Potts

Over 80% of young adults(ages 18-30) feel “unprepared for life skills.” Only 20% stated that they don’t have stress about being alone and having to figure out problems without help. Only 31% of the same group of people answered a financial literacy test correctly.

The article goes into the old school’s system for teaching these skills, sending the boys into “shop class” and the girls into “home economics.” Both classes were meant to give skills that fit societal standards during the time, after society’s view on traditional marriage shifted these classes slowly faded out of schools.

Now that the numbers of future adults’ financial literacy is lowering, Oregon created a bill called Senate Bill 3 (2023) “Students awarded an Oregon Diploma or Modified Diploma on or after January 1, 2027, are required to complete 0.5 credit in Personal Financial Education and 0.5 credit in Higher Education and Career Path.”

So the new “home economics class College and Career Readiness, was created. While this class teaches great skills for future jobs and prepares for college, it doesn’t teach finances.

So I wanted to have a professional in the field give his opinion on the topic. A personal Financier, Richard Driessnack. When asked, Why do you think financial skills are difficult for younger people to learn? “Part of it is simply experience. Many young adults haven’t yet had exposure to financial decision-making.” He also said “Another factor is human nature. It’s easy to prioritize things we want right now, while saving requires delayed gratification. Learning to balance those two impulses is one of the key financial skills people develop over time.”

Credit Connect conducted a survey and found that Gen Z made over 74 impulsive purchases per year, while Millennials only made 24 per year. The article proposes that the reason behind this is that social media trends influence people to buy something they don't need.

Say goodbye to 8th grade

by Camryn Carey

Many people talk about how it is such a big deal moving from middle school to high school. High schoolers point to a bigger work load, new teachers, more classes to choose from, and sports are a bigger deal than they were in middle school. Eighth graders express mixed feelings about moving to high school. Some people are excited for the new sense of freedom. Pippa Hammond said,“I’ll feel older, and just different. I’m excited for sports and all of the different classes.”

Classes are also a bigger deal. What your grades are will go on your high school transcript and every school will be able to see them.

Paisley McBride said, “I’m nervous for what it’s going to be like, especially since I’m not that great at school.”

Sports are also a much bigger deal. There is greater competition, because as a freshman, you could be going against seniors! It will take a lot more effort and commitment, but it will also help build friendships.

Jackson Melvin said “I’m really excited for the sports, basketball and golf. I’m also really excited to travel with the team.”

High school is a big deal for everyone, but for different reasons. Whether it’s the school work itself, sports, or the freedom, high school is an adventure. All of us eighth graders are ready to take it on, but I guess we don’t really have an option.

Things to do over the summer

By Emerie Martin

Over the summer we have hours and hours of time to waste. So why just sit down and do nothing. Here is a list of fun summer activities you can partake in as school comes to an end.

Make popsicles

Popsicles are super fun and easy to make. You can use juice and a cup mold to make them. Just pop them in the freezer and you have homemade popsicles!

Chalk drawings

Use chalk to write fun things all over the pavement. Draw some balloons, or the sun! Challenge yourself and get creative. Make an interactive hopscotch!

Go to the water

Get yourself to a lake, pool, creek, or even the coast! Water is an essential part of summer. If you have a boat, or friends with someone who owns a boat, go tubing!



Explore town

Go try some fun food, explore new places, and enjoy stores. Get fro-yo from your local businesses, and explore your local arcade.

Go to summer camp

Find a summer camp you want to attend. Whether it's in state or out, summer camps are extremely popular and you can make many new friends and memories at them.

Summer vacation for teachers

By Isis Ellis

Summer vacation is getting closer and closer, basically at our doorstep. Soon we’ll all be having the time of our lives.

But do you know that the teachers will be too?

I know it might seem crazy, but teachers actually have a life outside of school.

We asked three teachers what they were going to do during summer vacation. We asked Mrs.huff ,and she said “ I get to go to Europe for 10 days, and Canada for 7 days. In Canada we will get to go to a concert, and see the blue jays in a home game.’

Next, we asked Mrs.Moch,and she said I am actually going to Spain, Italy, and France for eleven days.“ That is a lot of traveling!!

Finally, we asked Mr.Priteken and he said “ We have a family trip to pacific city and I’m going to a reggae festival.”

Now you know what teachers do when they're not keeping us from blowing up the school. Those do sound like some pretty fun options don’t they? Teachers pick fun stuff to do! Well whatever you do, go to france, pacific city, or Canada, have a fun summer and keep up the billie spirit!

Looking back on 5 years at PH Elementary

By Elliot Henshaw

My experience at PHES has been … chaotic and fun and very worth remembering.

Legendary events like going to OSU for a basketball game and touring around, or going to the Portland Zoo rank high in my memory.

I have had a few hard spots here, in my outside life. But they have come to pick me up again.

I do have a complaint, however. I wish they had not added more fun things to the school right before I left PHES.

Now they have new, fun stuff, like the gaga ball pit, they are doing new challenges every day and much more!

Still, I don’t think I would change my time here. I am glad to move on, but very glad to have been here.

What students lose over the summer?

By Zia Jones

Do you ever feel like you lose everything you learn over the summer when you don’t have any school? A lot of children lose a lot of knowledge of the summer and it can create setbacks in learning new things.

Scholastic says “A more recent study of children in 3rd to 5th grades also showed that students lost, on average, about 20 percent of their school-year gains in reading and 27 percent of their school-year gains in math during summer break.”

Also LearningRX says “The summer slide is a well-documented phenomenon, and research has shown that children can lose between one to three months of academic progress over the summer break.”

The summer slide is the decrease in academic skills especially reading and math. Many students experience this over summer break.

Let's hear what other students have to say. Lucy Smith “I don't lose everything I learned over the summer but I do lose quite a bit.”

State testing? BOOOOOO!!!

By Chesney Andress

There are many important things at school: like lunch, break, relationships, State testing—wait what?!

Who put state testing in my script? Liv!!

State testing “sucks” in my opinion. I used to like it but now it is just trash. And when I go to high school it will be just worse. State testing in sooooo many classes for soooooo many subjects is awful. So in my opinion, state testing should be banned, or else there will be more and more complaints.

PHES gets new technology

By Dominic Martinez

Don't you want new technology? Well lucky you because pleasant hill just added a touch-screen computer that is supposed to replace white boards. So far Mrs. Durham and Mr. Grassman have tried it out and are saying it is great upgrade for Peasant Hill because some white boards are dirty!!! Plus expo markers run out but with this you just can plug it in to the wall.

The Billie Extra 6/3/2026

. Destination: Hawaii

By Colton Carey

One of the most visited vacation destinations in the world is a small grouping of islands in the south Pacific called Hawaii. Hawaii is the most isolated land mass on the planet and became the 50th U.S. state in August, 1959. Home to the tallest and largest volcano on earth and known for banning billboards and snakes on all the islands. People prefer Hawaii as a vacation spot for its natural beauty and welcoming culture known as the "Aloha Spirit."

When you stay on either of the islands of Hawaii, you can see the many natural wonders of the island with its diverse grouping of plants and animals. Then there are the people who celebrate their culture with a wide selection of food, like their poi and malsadas, traditions, such as the hula outfits people wore for dances and rituals, and the Hawaiian language that the natives used to speak.

In Hawaii, one of the most known things there is are the shockingly beautiful beaches that attract a lot of people, [including tourists], to enjoy their beach activities on. The clean tropic ocean waters and beaches make a beautiful site for groups of people to go snorkeling, view marine life, and take some photography of the amazing sights the islands have to offer.

Hawaii is a well-known vacation destination with endless resorts, beaches, and different experiences for anyone to enjoy. The unique things that the islands have are what vacationers love and are why people love visiting Hawaii because of the natural beauties that it has to offer.

Places to visit in Hawaii

By Kaeleb Hawkins

Have you ever wanted to go to Hawaii or have been to Hawaii? Were there places you enjoyed? This will be about cool, beautiful, unique places in Hawaii!

Have you watched Jurassic Park? Well at Kualoa Ranch is where they recorded Jurassic Park with beautiful mountains as you drive in a valley with dense rainforests. This valley is 4,000 acres big and is a go to place to visit when you go to Hawaii.

Pearl Harbor tour showing the sunken battleship the USS Arizona. You also can tour historic battle ships, and engaging in firsthand emotional history.

Another popular thing to do in Hawaii is to go snorkeling. While snorkeling you can see many different species of fish with vibrant colors This includes Green sea turtles, and Manta rays.

Something you can also do in Hawaii to get the true Hawaiian cultural experience is the Luau, a traditional feast. The Luau features hulu music, traditional Hawaiian dancing and a fire and knife show usually held outdoors at sunset.

Lastly, a classic place to go to in Hawaii is Waikiki world famous beach that stretches for 2 miles of white sand and turquoise waters known for surfing and relaxing.

These are some extraordinary places to visit in Hawaii that you will never forget the beauty of nature and the interesting culture of the Hawaiian people.

A place out of all of these I would love to visit is the Kualoa ranch because I want to see the beautiful landscape and nature.

The one and only Oliver Krauss

By Merrick Garrett, Finn Bascom and Carson Ferrera

Oliver Krauss has a great personality with a lot of energy. But there is more to Ollie than meets the eye..

Born in 2012 in Roseburg, Ollie moved to Pleasant Hill when he was three. He recalls going to Subway "a lot" with his mom.2012 born in rose burg came to pleasant hill when he was 3 before school he went To Subway a lot with his mom.

At the start he liked school. He was friends with Molly Craig. In 1st grade came he had Ms. Sprague could not be in class with Liam Sprague, his friend. Covid shut down school during spring break. During Covid he homeschooled. In 2nd grade he came half the day with Ms Dow for his teacher. In 3rd grade he had Ms.Dow again with Tyson as his best friend. In 4th grade he had one of his favorite teachers but couldn't remember his name. Oliver tried his first energy drink and really liked it.

In fifth grade he had Ms. Dow again but now her name was Ms. Smythe. This year he played baseball where he met katin and Jaxon These three hung out all summer. 6th grade he realized that he loved middle school more than elementary school. Noah and Tyson started coming to all Katin, Jaxon's, and Oliver's sleep overs so this friend group became 5.

He started travel hockey and had a 4th place season. He fell in love with the game and he met some new friends. After hockey season he got his dirtbike up in Portland with his dad. In the summer he went to a summer camp in New Hampshire called Camp Tecumseh where he met some new friends.

The new year brought 7th grade and a new hockey season where he got his new best friends named Xavier, Declan, Tracen, Liam, Conor, and Kelem. Christmas came around and he got his dream ebike and that is one of his main hobbies. His friend Xavier convinced him to play lacrosse and now in the summer he has plans to play club lacrosse with the millracers. He likes spring lacrosse.

The true origin of the story Beauty and the Beast

By Paighton Race

Here is the storyline of Beauty and the Beast. According to legend, a person in 1537 France had a hairy disease disorder where he had hair everywhere. This was called Hypertrichosis.

He was brought to the King of France where they treated him like a caged animal until they realized he could be taught. Eventually he married a wealthy woman from Paris and they stayed married for 40 years and had eight kids.because nobody wanted to see him. The disease afflicted him and his family.All of his kids had a special disease of growing hair too.

His wife was not told about his condition, but they stayed married.This was the origin of the story we know.

Saying goodbye to the class of 2030

By Paisley Crawford

As most middle schoolers and especially the class of '30 know that they will be moving into the high school side of the building next September.

When they transition to the high school side everything will be new.

Teachers and classes will get harder but as they learn they might even like the high school side.

For one, quieter and smells bette—especially the bathrooms.

As much as the soon-to-be high schoolers will be missed, they will thrive and be more respected by the other students (hopefully).

Most of the teachers will miss you and you will miss some of them too.

But... it will be a benefit to learning a new hall and new people/teachers. So while you might think being a middle schooler is better, you might find that high school will be better than being in middle school. With all the cool, chill, quiet features it'll be great!

You'll be in there for the rest of your life! Joking! but it feels that way lol!

Elementary genre preferences

By Kenzie Oyler

There are many music types but there are a couple that a lot of people know like rock, pop, country, and rap. I did a poll to see what 5th graders overall favorite music genre and 5th grade had an interesting take.What surprised me with Mr. Grassman's class (a.k.a my class) is that they really like rap! Rap was in first with 8 votes, and Pop was in second with 7 votes one vote behind, Rock was in 3rd with 3 votes including my vote, and last place was Country with 2 votes. Then I asked Mrs. Durham's class and the tables turned.

Mrs. Durham's class surprisingly voted Country as their favorite. They voted Pop as second, rap as third and sadly rock last. The total score for Mr. Grassman's class and Mrs. Durham's was Rap and Pop tied with 12, Country with 9 and Rock with 5. I asked Mrs. Smythe's and woah did they think differently.

I was sure that Rap or Pop was going to be their favorite but surprisingly Country got 14 votes and Rap got 5 and Pop got 3! Sadly, not a lot of people like Rock anymore because Rock got 0 from Mrs. Smythe's class.

After all the data, Fifth Grade's favorite genre was... Country!

Rap was in second, Pop in third and Rock well in last.

I was quite surprised with all the results and was so thankful that these classes let me take a poll with them. Now middle school, you're next for the poll.

Top Five movies to watch

By *Hadlie Saxon*

Movies are loved all around the world. My favorite movie is Harry Potter, but when I asked Emma Phillips she said, Cars and Katin said Holes. Getting into the war zone Liam said Avengers "Endgame" and Oliver said Spiderman "Into the Spider Verse" .

When you research the most loved movies this is what we figured out. In first place there's Star Wars: Episodes IV - A New Hope. This story is about a farm boy named Luke as he joins the rebel alliance to combat the evil empire. This movie is first because of the groundbreaking special effects that have the modern blockbuster formula, and delivering a timeless "hero's journey." Basically a reference to the first Hero's journey, the Odyssey or the Epic of Gilgamesh.

In 2nd place we have E.T. This movie is about an extraterrestrial who comes to the earth and meets a boy named Henry. Henry tries to keep E.T. a secret from his mom, while trying to find a way to get him back to his home. This is in the top five because of its emotional depth and the bond of two different things.

The 3rd movie is Princess Bride. This William Golding tale has a farm hand named Westly who needs to save his true love named Buttercup from an engagement to an evil prince. One of the many reasons this is a great move is that it is a perfect blend of love, comedy and adventure for people of all ages to enjoy and watch as a family.

And in 4th place is Lion King, which is a story about a lion that loses his father at a young age and is forced to leave his home only to come back and become king of the pride land. Unlike the others, this one is loved for its blend of Shakespeare and iconic songs that give a good vibe to the room.

Last but certainly not least, in 5th place is Spirited Away, an anime film that tells the story of a 10 year old girl who gets trapped in a spirit dimension who has to work to save her parents who got turned into pigs. According to the internet, one of the main reasons that it is rated so highly is because of the unparalleled hand drawn animation and the emotional depth of the story.

Students' favorite movies *By Jaycee Holley*

What is your favorite movie and tv show?I asked people what their favorite movies and tv shows are, why they like them, their favorite scenes, and their favorite character

First I interviewed Paighton Race(friend of Jazmine Mohamed) and she said "Beauty and the Beast" was her favorite movie because the Beast reminded her of people she knows.her favorite scene is when her and her dad are in the dungeon and character is the beast

Then interviewed Jase Hightower and he said "Terminator" because he likes "action movies.Next I asked Violet her favorite movie and she said "White Chicks." Her favorite character is Marlin.Because he is so funny. Harper Tiller was my next interviewee and she said her fav favorite movie was "Rapunzel" and her favorite character is the lizard. She said her favorite scene is when they released the lanterns on the water.

What do the newbies think of PHMS?

By Calliegh Rochelle

We were wondering what the new kids of PHMS thought about this school year. So we decided to interview them. In total we interviewed 18 kids.

The first question we asked them was "what do you think of Pleasant Hill so far?" 100% of people said they really like the school! Taylor Scott said "it is good. So far I really like the people at this school."

The second question we asked them was "what is your favorite class and why?"

No matter what the kids' answers when asked why that is their favorite class 100% said it was because they liked the teacher in the class. Like Carson who said "I like health because of Mrs.Williams."

The last question we asked them was "if you could choose your old school or Pleasant Hill, which one would you choose?" Once again 100% of people said they would choose PHMS. Dawson Jackson who said "I would choose PHMS."

Most wanted electives

By Katin Black & Tyson Humphrey

Elective's are the one part of your school schedule middle school students can choose. Some electives are more sought after than others.

Tyson Humphries and I were wondering what electives have the most applicants. We wanted to share the results of a poll with the students so they will not be surprised if they didn't get their choices.

We decided to interview over 75 students on what they want as their electives for the next school year. What do you think was the most desired elective class? A:)Leadership (B) Agriculture & FFA (c) Art.

If you guessed (b) you were wrong.

The most desired elective is (A)Leadership. Here are the percentages for each elective in ranking order.

1.Leadership at 25.7%
2. Woodshop and PE tied at 14.1%
3. Art at 11.5%
4. Band at 10.3%
5. Metals at 7.7%
6. AG & FFA at 9%
7. Choir at 3.8%
8. Robotics at 2.6%
9. Ukulele at 1.3%

One student said they wish they get leadership because Mr.Meinzen is their favorite teacher. Another one says that they want PE because there is no homework and they love sports.

Dear Mr.Salmond

I am writing this email to advocate for allowing backpacks in the classroom. I believe that it is beneficial to have backpacks in class so we can carry our supplies without being late.

Also students will not have an excuse to leave class when they have all their supplies. Furthermore, students are able to practice their organization skills by placing their backpack in the classroom in an appropriate spot. If all students were smart about where they put their backpacks in class, then there would not be the problem of loose backpacks and safety hazards.

Finally, in practice for being a high schooler next year, I would like to carry my backpack to class, as this is what backpacks are meant for. If I am going to be a high schooler next year, I want the ability to sort it out now.

Thank you for your consideration, Kai Stapleton

A fishy tale *By Eli Baker*

The mist was still rising off Lost Lake when I cast my line into the quiet water. It was 5:30 a.m., and the only sound was the chirping birds and my reel humming. I was using a bright red bobber and a worm, hoping for a nice trout. My dad says, "A day spent fishing is never wasted," and I was already enjoying the cool morning air.

Suddenly, the red bobber dipped under. Then it stayed down! My heart skipped a beat, and I yanked the pole, yelling "Fish on!" The rod bent in half, and I knew this wasn't a small fry. The line danced fast, dragging toward the submerged tree roots. It was a tug-of-war, a fight against a smart, big trout that wanted to stay home.

After five intense minutes, I reeled in a massive trout. It was definitely the biggest fish I'd ever caught, maybe 26 inches! It was shiny, cold, and a bit slimy. After a quick picture for the family group chat, I gently released it. Watching it splash back into the deep, dark water felt better than keeping it. That's the beauty of fishing: the thrill of the catch is all you need.

Nature *By Aubrey Driessnack*

There are a lot of things in nature to love—especially in a small town like ours. Another place to love is the ocean., When I think of the ocean I think of the salty smell, the sounds of seagulls and waves crashing against the shore, I think of the feel of sand beneath my feet and the waves gently lapping, after cresting with a roar. I think of the sights of pretty seashells and shark teeth.

Or if it's a forest I think of the smell of pine, and the fresh smell after a spring rain. I think of the sounds of activity all around, the birds twittering to each other in a language we don't understand. I think of the quiet calm that only a forest free of children can have. I think of the feel of rough bark and soft leaves. I think of the sight of towering trees and squirrels scampering about foraging in the leaves.

Different seasons bring different sounds, smells, and touches. In summer there are the sounds of children playing, loud music and outdoor barbecues. There are the smells of freshly mowed grass, campfire smoke and earth as you weed. There are the sensations of the warm sun, the cool water of a lake or pool, the itchy rashy sunburn we all get.

In the autumn there are the sounds of leaves crunching as you walk, the sounds of the kids screaming in a spooky house or corn maze, and the bustle of family as they come over for thanksgiving. There are the smells of fresh apple cider, Thanksgiving diners, and pumpkin spice lattes. There are the sensations of feeling that perfect pumpkin and carving it.

In winter there are the sounds of sleigh bells and Christmas Carols, there are the smells of cranberries and peppermints. There are the sensations of unwrapping a gift or feeling happy and filled with love and joy when your family comes over.

In spring there are the sounds of children playing and the smells of new flowers and a fresh spring rain, there are the sensations of excitement for an Easter egg scavenger hunt, or the fullness of fun you have when you're around younger kids and they are so excited to play or have a hunt.

Analysis of Favorite Electives

by Oliver Krauss & Liam Sprague

Leadership is a popular elective! Leadership is a 6th period elective class taught by Mrs. Moch. It is a class for school service projects, yearbook, planning dances and assembly as well as making posters for birthdays and writing stories for the Billie Bulletin.

With so many upcoming 8th graders wanting this elective it will be hard to choose who gets the elective. So we asked the teacher Mrs.Moch some questions on Leadership.

Our first question was her opinion on the class being so sought after. "I feel honored that so many students are interested in taking Leadership. It has been a privilege to get to know more students and collaborate with them on school projects. I've especially enjoyed watching students step into leadership roles as they design and create posters, dances, and assemblies for the school. It's clear that others are noticing the positivity and enthusiasm within the program and are eager to be part of it."

Our second question for her was how she will choose who gets into the class. "It will be a difficult decision to make. With so many students interested in taking Leadership next year, I will need to ensure that each student is prepared to commit to the expectations of the class. Each student will be responsible for creating at least one yearbook page, meeting photography requirements, writing a monthly Billie Bulletin story, interviewing staff and students, collaborating as part of a team on school initiatives, participating in community service, and more."

"I hope to receive a list of students who are interested in taking leadership next year, and speak to them before the school year is over."

Our final question was if it was better to have more students in Leadership. "I believe that students and adults don't always recognize a student's leadership potential until they're given the opportunity to show it. This year, many students who don't typically see themselves as leaders have taken that risk and grown from the experience. I currently have 34 students in my class, which is a large group, and there isn't a single student I wouldn't want there." "For next year, I would like to keep the class size between 25 and 30 students. As enrollment increases, so do the demands—especially with yearbook production, where more students mean more pages and higher costs for families. While I would love to include as many students as possible, there will need to be a limit on available spots."

Leadership will be very hard to get into next year and the research shows that 1 of every 4 kids wanted Leadership as their No.1 elective for the 2026-27 school year. It will be a question of what elective you get next year. And the best way to get in is "by being a hard worker and attentive student" added Mr. Meinzen.