



# The Billie Bulletin

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Left: Maddie Boettcher is headed to George Fox University while Lorena Albright and Lena Daniel have near full rides to the Uof O. Tyler Bernardo won a scholarship to OSU.

## Library draws attention

by Tim Meinzen

More than 200 students upset about a potential redesign of the library signed a petition to block a move to create a “coffee cafe”— a cafe which may have been more imagined than real. But what is real is a sense that the library, long neglected in the school makeovers may now be due for renovations.

Two events sparked the desire to improve the library. First, the new administration team wanted to limit student access to the parking lot to cut down on absenteeism and shenanigans like litter, noise and misbehavior. When the admin team implemented the rule, they realized that students need a place to relax on campus and the library might provide the space.

The second event to inspire change was the grant application for new furniture by our librarian Amy Brothers. While the Foundation put a pause on her request for new furniture, the PHEF was interested in a plan for a dramatic refresh. One comment was that the “pasty plum” colored paint has been around for decades and needs to be refreshed.

With the Foundation interested and high student concern, the District engaged an architect to take a walk around and assess what could be done to the building. The description of a “student coffee cafe” immediately grabbed several students’ attention who then began a petition to leave the library alone.

To get to the root of this vision of a student cafe I talked to Mr. Gerot, our principal.

He admitted that he would like to see the coffee cart moved to the northeast corner room of the library with an outdoor window to serve drinks through a walkup window to the courtyard.

The floor space would essentially be the same as the current storage room which houses plastic babies and other interesting odds and ends.

But that is not all afoot in the plans. The administration would like to see the library space refreshed and preserved AND also a multi media workers space for video production and podcasting.

Another intention is to create a computer lab for sophisticated classes on computer aided programs and state testing needs.

Finally, the tech offices, nestled as they are in the heart of the cabled server rooms will stay.

Other needs include a quiet place for peer tutoring and certainly for studying and, of all things, reading.

Here Mr. Gerot insisted “that I want to be clear that this is initial thinking, but not necessarily where we will end up. Once we secure funding, then we need to engage students about their space.”

Mr. Gerot went on to explain that the District has “met with an architect to determine what items we need to consider before making concrete plans on any renovations.” Chief among the concerns are the requirement that any structural work has to be done with retrofitting to make sure the building can withstand an earthquake. That can be spendy. Other items to change include the replacement of single pane windows with insulating glass and upgraded LED lights...and yes, PAINT.

To do all this, the District is looking at grants and funds to pay for the remodel. All of this is to suggest that any changes coming are down the road a bit.

But Mr. Gerot reassured students wanting a say in the process. “Keep an ear out and an eye out for more information and meetings regarding this project. Also, share your thoughts with your ASB leadership to share with the administration. Once we secure funding, announcements will go out to let students know the planning stage has begun. We will hold an initial student meeting to discuss the project and receive guidance for this space.”

While the initial petition may not have had the plan quite right, 200 students certainly added to the mix their voices. Mr. Gerot stated, “Seeing students engaged in democracy in this way is exactly what we need in our young people and an important goal for our staff. Afterall, your voices are important and should be utilized in order to be a productive member in society. This is your school and it is important to us that you are engaged in the conversation about how to positively move forward in your space. Thank you for being so eager to share your voice!”

## Senior earn scholarships

by Lena Daniel

This is an exciting time of year for seniors. The college acceptance decisions start rolling in and soon after scholarship decisions which are arguably more exciting than the college acceptance itself.

Applying for these scholarships is not easy. It takes a considerable amount of time to be able to send off scholarship applications you’re proud of. However, it is so worth it when part or all of the financial weight is lifted off you and your family’s shoulders.

Pleasant Hill seniors have received generous scholarships for college, but not without hard work. Senior, Lorena Albright, received the University of Oregon Pathway Oregon scholarship which the Universities will pay her full tuition and fees for all 4 years of undergraduate study. She also received the Summit Scholarship which is a \$20,000 merit based scholarship to help with room and board.

Lorena maintained a 4.06 GPA, participated in extracurriculars, was in student government for three years, and Honor Society which all contributed to her scholarship eligibility.

“Apply for all the scholarships you can,” is the advice Lorena gives to younger students.

Tyler Bernardo received Oregon State University’s Finley Academic Scholarship which is an \$18,000 award. He was given this scholarship upon his admission to OSU because of his grades and other qualifications. Tyler’s advice? “Your grades really matter. Putting in the time now to get good grades will help you meet the requirements for scholarships, as well as help you get scholarships.” Tyler did well in his classes, and completed projects for the Pleasant Hill Honor Society. These things, as well as personal academics outside of school, made him a strong candidate for the scholarship.

Madelyn Boettcher is committed to George Fox University and will be playing Soccer for them as well. She received a number of scholarships including the George Fox University Merit Scholarship (\$17,000), the George Fox Need Grant (\$10,950), The Scholarship Summit award (\$1,000), The Visit Experience Scholarship (\$1,000), The FSEE scholarship (\$4,000), and she is still waiting to hear from the Children of First responders scholarship (\$20,000).

These impressive awards were given to her because she got good grades, volunteered, played sports, and kept focused on her future. Her advice to younger students is, “No one is just gonna hand you money, you have to work for it.”

These are only a handful of seniors who have big future plans and received outstanding awards to support that and they are great examples of hard work paying off.

## Big TV’s to connect school

by Lorena Albright

In the coming days you may notice the new large (75 inch) TV’s screens placed in the Student Center and the student commons and the counseling office. Four TV’s were purchased using Title funds. The hope is to utilize these TVs to recognize what is going on around the school, get a variety of information out to students regarding announcements, career and college opportunities, and celebrate student achievements. If you want to see one of the TV’s check out the counseling office.

Oftentimes information and important opportunities that are being shared over announcements are missed by students. It is also frustrating when it comes to announcements because we do both middle and high school announcements at the same time. The TV’s were purchased so that the administration can tailor the announcements to specific places and groups of people.

So much of the information students are receiving these days is through digital media. So this new digital improvement should provide a better opportunity to reach students.

The administration will work alongside Mr. Meinzen’s Publications class to create engaging slides full of information about clubs, sports, and school sanctioned events. They will also share photos, Public Service Announcements and positive “Life Hacks.”

The administration hopes this will better inform the student body and share what we are doing and celebrate student accomplishments. Pictured, Caleb Montieth in the Counseling office.



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## How the Special Olympics are really SPECIAL

by Ellie Epperson

It's the big day.

I'm surrounded by some of my favorite people, going over last minute instructions before they showcase the skills they have gained over the last eight weeks. This is the culmination of hard work, persistence, patience and love.

Lots of love.

I work for the Special Olympics.

The Special Olympics are a league for those with disabilities to participate in the joy of sports. They accept a wide range of intellectual disabilities and provide programs for children and adults.

We put our hands in the center and yell our team cheer. They run out onto the field and the other coaches and I must now step behind the sidelines. The goalkeeper, Trevor, is meditating in the goal, his usual pre-game ritual. Nicole, our feisty striker, is busy intimidating the opposing team. Corwin is doing push-ups on the field, proving himself to his teammates. We all wait anxiously for the game to start.

The weekend of the state tournament for Special Olympics soccer was a wonderful experience. It was an exhausting three days but well worth the fatigue a hundred fold.

I have made many friends through the Special Olympics programs, many of which I keep in contact with in the off-season.

I started coaching Special Olympics teams in the spring of 2022. My parents got me involved with coaching. They have both been coaching since they were young and have always been involved with the Special Olympics programs.

The first season I coached was a softball team. Then soccer, and as of most recently, basketball. Worldwide, Special Olympics offers 32 Olympic-type sports.

The Special Olympics introduced a new view of the world that I couldn't have gotten otherwise. It opens my eyes while I go about my everyday life to look for those who may need a little encouragement along the way. However, coaching Special Olympics is more about me helping them: they help me.

The athletes I coach have shown me time and time again how to unconditionally love, and how to live a happy life. Every practice, I come away saying to myself, I wish I was more like them.

Today, there are 3,131,611 athletes, and 527,001 volunteers, with programs available in 201 countries.

Special Olympics is a great way of getting involved with your community, in one of the best ways possible. There are programs worldwide that support athletes in feeling fulfilled, healthy and accomplished.

You can look in your area for ways to get involved with the Special Olympics at [specialolympics.org](http://specialolympics.org).

## New EA wants students to feel seen and heard

by Jacqueline Pineda

Here at Pleasant Hill we have staff who are passionate about caring for our students. When it comes to our new Educational Assistant, Ms. Sanchez, (Zahjahne McGee-Wallace), she is no different.

Although she was born in Seattle she has lived in Eugene since she was 15 years old and attended Churchill and Sheldon Highschool. Growing up as a teenager in Eugene had its ups and downs, Eugene isn't the most friendly place for women of color which made her feel like she had to "fake it to make it." It took a toll on her personally but she has since grown from it and hopes to be a resource for students here that may feel similarly. An aspect about Eugene that she loves is the nature and hiking trails that it has to offer.

Now, Sanchez is 22 years old and goes to the University of Oregon. Her job here is as an educational assistant and she came here specifically because she wants to connect with students on a personal level. Student growth and students' needs are of significant importance to her.

"I want to make students feel seen, I want to make them feel heard, and I especially want to make them feel loved" said Sanchez. She is already pushing for big things like field trips for African American women here at Pleasant Hill to feel supported and empowered. Getting to really know students and telling their

Josie Heacock, Caitlin Olinger and Camille Hicks sit in the Senate Finance Committee chairs next to Sen. Wyden's office.



By Hunter Giles

When we think of Washington DC, one image persists in the minds of many among the American populace: wide marble towers furnished with priceless history and expensive hotels looking to suck dry the wallets of unsuspecting tourists from all across the globe. Many here at Pleasant Hill probably won't ever go to the city, but a lucky few of us got the opportunity to spend a week in Washington this February through the Close Up program.

For those who may not be familiar with the city, Washington DC (District of Columbia) was founded in 1790, and remains unique in that it was established by the Constitution of the United States to serve as our national capital. DC's location along the Potomac and Anacostia rivers in Virginia and Maryland was chosen by George Washington after the two states ceded land to the new district to distinguish it from other states. The city's designer, Pierre Charles L'Enfant planned a grid system for the city, with the Capitol building in the center. DC was designed to be bold, modern, and unlike other cities at the time. But in a weird slap to the voters, DC was not given representation in Congress.

Since its founding, DC has been at the center of American history. Despite its considerable power, being the primary seat of power for the American government, DC lacks true self-government. The city is represented in Congress by a non-voting delegate

in the House of Representatives and a shadow senator, meaning a representative of the district who is not allowed to vote in congressional affairs. Residents of the city were first allowed to vote in 1964, and the city was first allowed to elect its own mayor in 1973.

To this day over 200 years since its founding, DC remains a vibrant and diverse city, with all sorts of things to see and experience.

Since 1971, the Close Up program has been taking students on a six-day and five-night tour through the historic city of Washington D.C, with a focus on helping foster an understanding of politics and the democratic process, and to give students the skills to be an active member of their community. The main purpose of the Close Up program is to introduce students to how democracy works at the federal level, and to engage the younger generation with the democratic process and prepare them for a lifetime of active citizenship, as well as inspiration for the future.

The program has students from all over the country and abroad. This year, there were schools from several states going on the trip, including Florida, Michigan, Colorado, Louisiana, two schools from Oregon (us and Myrtle Point), and even a school from Panama.

## New Nike designer, Jaron Heacock

by Josie Heacock

Do you own something that's Nike? Whether it's a pair of shoes, clothes, or accessories, I'm sure most of you probably do. But Nike isn't all about its clothing line, it is also about giving opportunities.

Every year, Nike partners with Doernbecher Children's Hospital in Portland, to give kids the opportunity to create their own sneakers and apparel. Members of OHSU Doernbecher Hospital nominate different kids from the hospital, usually ranging from 10-15 years of age. Every kid in the program has their own unique story, from surgeries to overcoming cancer to a life being saved. These kids get to partner with their own personal Nike team and explore the world of design. My younger brother Jaron Heacock was one of those select few. In the past, he has been up to OHSU for multiple surgeries regarding his clef palate, since then he's had multiple procedures such as bone grafting, dental surgery, and others.

"It was an incredible experience, we are so thankful for the opportunity to work with such talented designers and thoughtful team members from both Nike and OHSU," said Kelli Heacock, Jaron's mom. Starting in January, Jaron went on an amazing journey with Doernbecher and Nike in the design world. Jaron is 10

stories to people who are higher up is a major priority of Sanchez.

When asked how she would describe herself, Sanchez replied "I would describe myself as just a whole mix of really wanting people to be happy but also treat me with kindness and take me seriously." Some things that she enjoys in her free time include cooking, dancing and singing. She elaborated on some of the music she likes, "I really like R&B, I like Kehlani, Brent Faiyaz, Ms Sanchez, also enjoys Flo Milli and Ice Spice.

If it isn't clear already, Ms. Sanchez is very passionate about seeing kids at school and helping students to reach their full potential but she is passionate about other topics as well. She is passionate about black rights, "I am very passionate about learning what now students of color are going through" Sanchez said. She goes on to say, "And I think that even if you're not a person of color it's so deep you can read about anything they go through or how much they've succeeded or achieved." Sanchez is also passionate about the foster care system and mental health.

Ms. Sanchez is here as a resource for all students to communicate with, whether it may be a serious issue or just to have a fun conversation with! Do not hesitate to get to know Ms. Sanchez, she is here to help and is genuinely here for you as a student.



years old and chose to create a backpack, a pair of shoes, and a jacket. They all share a similar theme of bright red coloring, Minecraft/LEGO-like patterns, and Chinese culture. Sewn on the back of the backpack and jacket are never seen before dragon-stitched patterns. The dragons are created in the likeness of the Nike Swoosh and can also be seen on the shoes.

The shoes themselves are a work of art. Jaron who is constantly on the go, designed his shoes to match his lifestyle—always changing. The shoes are made out of velcro and come with special patches that you can arrange yourself on the shoes. The patches include dragons, some of his favorite sayings, and his siblings' names. The names are also inscribed on the inside of one of the shoe's inserts. The other insert portrays the logo of OHSU Doernbecher Hospital. At the end of the journey, the kids auction off their designs at a huge gala event in November. Some of the collections sold for as much as \$25,000 or more! The best part of the program is that all of the proceeds from both the gala event and the public sales go to the hospital.

Jaron said that his favorite part about the whole experience was, "Everything!"

## Teens with Tats

by Camille Hicks

As we grow into our styles and this image of what we want to look like, it has become more popular to artistically change our bodies. Many people get piercings and tattoos, but piercings are interchangeable, allowing for growth and change. Tattoos, of course, are permanent, and show what we either care about most or simply what we like at the time we get them.

If you had to get a tattoo, what would it be? I investigated and found that there's a trend, two sides of the coin. Either, students would get something very meaningful and personal, or something cool and fun simply for their enjoyment.

Olivia Ogan, a junior, would get a horseshoe on her shoulder, showing her love and passion for her horses. Hunter Giles, freshman, says, "I thought an idea that would look nice is a bouquet of Oregon grapes and columbines and a robin because they're cool and I like the symbolism of it all."

Tattoos are not as widespread in teenagers and young adults as one might think, only 8% of highschoolers have a tattoo, and 20-25% for college aged. Many choose not to get a tattoo on account of one's own preference, religion, or simply because they're underaged. Brandon Tobey, freshman, on the other side of the coin, would choose a Jellyfish, "because they're cool."

## Software students should be allowed to access on school Chromebooks

By Carson Bernardo

School Chromebooks are a privilege, with the caveat being that the school can see all of what you do and where you go online, rightfully so, of course.

This also ties in with the fact that any district can restrict certain domains and websites entirely on the school's hardware, with our school choosing the Chrome Add-on 'GoGuardian'. This allows teachers and administration to livestream your chromebook screen to their own laptops at any time. This also allows full control over your browser, granting admin the ability to do things like temporarily block browsing entirely for a student, even all the way to permanently blacklisting a student from using Chrome.

Regarding blocking domains and websites, the district has blocked everything involving Games, Social Media, and with some exceptions, the News. While these are understandable, so students don't get distracted, some of the other domains that are blocked are somewhat questionable, whether automated blocks or manual ones too. Here I will state some of the domains I think are wrongfully blocked and why.

### YouTube

This is a hard one because YouTube can be used for good things that are school related, like research for a project or watching educational videos per teacher request. Although, YouTube can be used for anything but educational purposes, with kids being able to watch videos about anything they want, some maybe even being wildly inappropriate in a school setting. My feelings about this are mixed.

I think if possible, a better way to handle this that doesn't involve blocking 99% the site is having keywords that aren't related to school blocked, like "Games", "Memes", or "TikTok". While I don't know how such a system would be implemented, I would hope something of the sort could be put in place so every time a student wants to watch "How to Format a Google Doc for a Informational Essay", they don't have to walk all the way down to the office to get the administration to unblock that certain URL, which only works for that single video.

### Music Streaming Services

I highly disagree with this one. Music is a great way to study, and for me personally, helps me focus. Sites like Spotify and Soundcloud, at the time of writing this, are blocked.

## How to talk to teens

by Sari Strinz

Have you ever had to be interviewed or even just talked to by an adult?

If so, do you get that feeling of nervousness or anxiety?

For most people it is a difficult task to talk to someone older and more experienced. But from what I've experienced after having to grow up around sophisticated adults, coaches, and college students, there is a way to talk to adults without feeling pressure or anxiety.

One of the hardest things to do when talking to adults is listening to what exactly they are saying, or sometimes asking. There can be so many things going on in your head, or you could be feeling anxious and then you forget to listen to what they are saying.

For example, if I were talking to the principal in his office I would definitely get a bit of anxiety just sitting there. But if I ran into him on the breezeway, I wouldn't be as intimidated.

Which brings me to the topic of not only do the people you're talking to have an effect on you but so does the environment around you. It always seems more stressful talking to adults in formal situations, like if you are called into a meeting. And it is less intimidating if the conversation happens casually in passing in a public place. The casual conversation gives you less time to stress about it too, because you don't know it's coming. It also makes the flow of the conversation more fluid and natural, rather than scripted and overthought. It can be easier for adults to get a more honest response from kids if they talk in a certain manner as well.

For example, it's easier for teachers to talk to students in a certain manner because they get the opportunities to see their students every day, in the same comfortable environment. Most of the teachers learn how to talk to students and actually get them to learn and listen to what they are saying. This is mostly because teachers find the right manner in which to speak to students.

Take Mr. Ludwig for example, many of his students enjoy talking to him because he speaks in a relatable manner which makes most students more open to talking and participating in his class.

Administrators may have a more difficult time talking to those same students because they do not spend as much time with the students and can not speak in that same relatable manner because they can't really relate to them.

Children learning to speak to adults is obviously an important skill for students to learn. It is important for the adults who work around those students who are still developing these skills to understand that they should do everything they can to help support that development. This will help them achieve successful communication skills.

BELOW: Ben Gunn prepares to give his first pint of blood to save a life during the recent school blood mobile visit. Gunn and others got over their fear of needles to do something good for others.



Students donate blood to save lives.

## Chronic absences challenge students, teachers

by Bella Malekzadeh

Learning is something we all need, something that each one of us deserve the chance to do. But sometimes, learning and getting the education we need is harder for some kids.

About 16% of the kids in the US are chronically absent from school (miss more than 15 days a term). Chronic absenteeism is caused by various challenges families can face such as poor health, limited transportation and lack of safety conditions common in areas of poverty.

Some effects of chronic absenteeism can be ruinous. Missing school regularly can increase the likelihood of dropping out, and frequent absences can shape adulthood. Chronically absent people are more likely to be linked to poor outcomes later in life.

As a school district there are limited things we can do to help this problem but one thing the district can do is provide parents detailed and timely information about their child's absences and give positive messages about school.

Parents often underestimate how much their child has missed school. Julia Sarina (name changed for private purposes) deals with chronic absenteeism. She has to deal with balancing school homework with also missing a lot of what is taught in class. Julia gets excruciating migraines that doctors don't know how to deal with or know what's wrong. Because of this, she has a lot of absences.

"Making up school and having good grades is hard to keep up because of missing school," said Julia. She says the biggest thing when missing school is to deal with it, always make up assignments, and have good communication with your teachers.

"It's really annoying to deal with missing school because you can't control what you are missing and you tend to fall behind," she said.

Julia is one of the many dealing with chronic absenteeism, due to forces beyond her control. Typically chronically absent younger students have little control over their absences.

## What the heck is AI and Chat-GPT?

by Josie Chevalier

ChatGPT is an Artificial Intelligence that is able to generate a detailed essay from a basic prompt. It still has bugs, but the text that it creates is mostly coherent. OpenAI developed it along with DALL-E mini/Craiyon, a program that generates images based off of a prompt, DALL-E 2, an advanced version of Craiyon, and Instruct-GPT, a less advanced variation of ChatGPT.

This technology is advanced, but how is it relevant to our everyday lives?

ChatGPT is accessible and free to use. Since multiple news outlets have accused students of cheating on essays with it, it can be labeled as a tool for plagiarism.

Skyler Anderson, a freshman at PHHS, believes that "it can be helpful for getting an idea for an essay," but it shouldn't be used to write the essay itself.

ChatGPT is powerful technology that displays the advancements of AI, but can be used for harmful purposes.

## The issue with MEN

by Liesel Everett

Today, men and older boys are struggling more than they ever have before. High rates of imprisonment, addiction, poor performance in school, fewer males going to college or trade school, and other antisocial behaviors signal problems for many males.

Why is this and what causes the gap between men and women?

Of course, there are many things that can cause these different scenarios. One of the common explanations for this is that men mature at a slow rate, many not reaching maturity until their early 40's. This, of course, is not the only factor involved. And this has been true throughout history as biology seems to engineer women to mature faster, perhaps because of the necessity for bearing children.

It's a well known fact that men and women live different lifestyles. This divergence could be based on how they were raised, the standards they are held to, or the many other aspects that separate the two genders. To get insight on what causes these issues and differences, I spoke to several men and women, asking them the same questions of what THEY thought the issue was.

A common thing many people said, especially the men, was that there was a lot of confusion in expectations and the ideal of what they are supposed to be and how to act.

One young man said "Men are pushed in one direction, causing confusion, they don't have a clear vision or what they are supposed to do." This is something that seems to be passed down through generations as men are taught what it is to BE a man by their fathers and parental figures. How boys grow up and get an idea of what kind of person they are supposed to be can be a tough road.

The women I talked to spoke on how there seems to be issues with how men versus women deal with emotions. Many girls grow up with their feelings being embraced while men are often taught to push their feelings away. This stays with a person as this stereotype is enforced by peers.

Not all men are the same though, so what can cause the difference between a mature, understanding man and a childish one, struggling with a masculine ideal?

One man I interviewed said he believes one thing that can set the difference is men who grow up with sisters versus those without. He feels that since he has sisters, he has been taught to protect and respect women and has had to deal with his emotions in a mannerly way. He also believes that his father has made him the person he is today, teaching what it means to have a strong, healthy masculinity rather than a toxic masculinity.

There are an endless amount of factors that affect who men are so what do YOU think causes the many issues, both experienced and observed?

## Speed walking addressed by staff

By Lorena Albright

An overwhelming amount of complaints have been made about the "speed" at which students are walking in the hallways.

Our administration has collectively decided, with the help of staff, to implement a new program to solve the problem of slow walkers.

A recent study from the University of Quickerwalkers has shown that when students walk faster it gets them places quicker.

The administration has been thinking about bringing in this research for the past few months. The goal of the program is to accelerate the time it takes for students to get from class to class.

The implementation of the new program includes a few steps. Step 1: acquire an educated professional who is properly trained in time acceleration. Step 2: have newly hired educated professionals stand in the hallway. Step 3: Those same professionals will then urge students to walk more quickly with loud bullhorns announcing "WALK FASTER!"

Only three easy steps are needed to quicken the walking pace in the hallway.

## Prom Is Canceled, It's overrated

by Abigail Blatch

What is prom? A dance that you go to and wear a \$200 dress or tux? The big social event of the year for high schoolers? The entire focus of your young life?

Well, come to find out that Pleasant Hill High school is canceling prom.

Sorry girls who just bought a dress.

Sucks for you.

Research shows that Pleasant Hill High School prom is overrated.

Prom costs over \$100 or more just to get all the necessary stuff to have a perfect prom night: From fancy nails to a nice dinner—and add more forgetting makeup or hair done professionally. The Prom committee even says it is overrated and way over the budget. We can't get prom decorations at the price that the administration has given us. And the tickets this year are about \$30 a person—which is crazy high!

And with the add up to the money everyone has used just to have this, what they call a "Magical night" is dumb! I had talked with the two lead teachers in charge of the prom planning and they even said it all. Ms. Flood had said that [putting on the Prom "was just too expensive and we didn't get enough funds and fundraising to get all the supplies."

Mrs. Watne responded with "Yeah it's just too hard for me to keep up with. I was just too stressed and overwhelmed." Many students were upset to hear this, especially the seniors. Since this is their last year it must be so depressing.

Why graduate when you can't have prom? Isn't that the point of high school? To go to school just for a fancy, silly dance just for a couple of hours? Alea Blatch a junior in high school said "Wow, well my life is over, no point in finishing this junior year." Liesel Everett, a senior, said "That's stupid, and I'm literally going to run into the highway."

As you can see Pleasant Hill is very upset at this situation and it might end the world. But maybe if we get enough funds next year we can get a big "magical" prom night back.

## Gas Goes From Zero Dollars to 3.79 In One Day

By Liesel Everett

Sometimes the world hits you hard.

Many teenagers start having responsibilities early on by getting their licenses and getting jobs when they turn 16.

There are others though, who wait until they are 17, 18 or even 34! I mean who wouldn't want to live with their parents forever, enjoying their time as the designated passenger princess? No responsibilities and no stress, just bliss.

I bet you can imagine the surprise then when 19-year old Madison Green, who had previously been living without stress, finally got her license. In a heartbreaking interview, she expressed her shock as she told us how she got her license and went to the gas station and she had to PAY!!!

"I couldn't believe it, the sign RIGHT THERE said it only cost \$3.79, and I checked my bank account and \$75 was missing!" said the irate teen.

At first she thought she had gotten scammed and was distraught until through the yelling and tears, she heard the worker tell her that the price was PER gallon.

Her initial thought was confusion. Per gallon? "That's not the price to fill your car up??" she wondered.

Madison tells us how devastating this has been for her as she's now being forced to apply to jobs just to get a tank of gas.

"What a cruel cruel world we live in." Madison grumbled as she drove off.

## Underfunded public school makes confusing, expensive decision

by Hunter Giles

Students at Pleasant Hill High School reportedly remain confused by a recent plan of the school administration to place a new cafe-type space in every room in the school.

This administration plan is in response to a recent callback petition against a remodeling of the library which would turn the library into a "student cafe." The proposed cafes serve as an extension of the school coffee cart - serving drinks and food to the student body during breaks (which another proposed move by the Board will extend to at least ½ of the school day), and providing a quiet space for relaxation.

The school's principal, Garth Gerot, said "Look, people were mad about the cafe we wanted to put in the library, now everyone gets a cafe! Wouldn't that solve the problem?"

A major concern students have raised regarding these suggestions has been the school's use of its already strained budget for cafe-building.

Some have called it 'rash' and 'unprecedented'. John Smith, fierce opponent to cafes everywhere said, "Nobody wanted this. The school could really be finding better uses for money than building cafes."

In a more moderate perspective, Ian Freeley said "I wasn't against building a cafe, but one in every room is just unreasonable."

Other suggestions for what the district should spend money on included updated and un-vandalised textbooks, whiteboard markers, and more calculators and school supplies, but the conversation eventually came to a nearly unanimous decision among the Board. The cafes are here to stay.

According to Mr. Abrams, another member of the Board, here is basis for the controversial plan:

"It makes perfect sense, doesn't it? Kids here love just sitting around, so we should just give them more space to sit! I mean, what else would they be doing? Learning? Nobody wants to do that."

The vast majority of the student body we surveyed seemed to be against the cafes, with a minority remaining indifferent or unaware to the situation.

## Platitudes are valuable

By Josie Heacock

"Failure is unacceptable."

How many of you have seen that on a locker room door, on a poster, or online? The truth is, that message is not lying.

Failure gets you absolutely nowhere. You can't learn anything from your mistakes, because you're not supposed to dwell on them, remember? You're supposed to push past them and use them as a reminder that you can never mess up like that again.

When you miss the shot, fumble the ball, or lose time on a race, those are all failures and they will define you forever. Why would you ever want to use those as learning points? There is no reason why you should ever learn from your mistakes.

It is just not in sports that we cannot learn from failing, scientists don't ever learn from failure, either. When a scientist makes a mistake they simply move on or fudge the data. That's how you get places.

Why would you ever want to learn from mistakes? It's not like those are going to help you next time. No, the mistakes you make can not teach you anything. They are set in stone, cold, hard truths. According to Dr. Jonathan L. Bewshile, head of the psychology department at the University of Oregon, the next time you or a friend makes a mistake, the best thing you can do is yell at them "Loser!"

Because that really helps boost their confidence and creates hope-inspiring environments around the school.

## Big Gulp a day keeps the doctor away

By Lena Daniel

Teenagers are overjoyed because of a breakthrough medical discovery regarding Big Gulp sodas. A group of world-renowned medical researchers have found that teenagers who drink one 32 oz big gulp a day have overall better health than their peers. Big Gulps increase energy, brain power, and many other physical effects.

"Kids these days lack energy and motivation and these drinks are fixing that," says Dr. Ned Messersmith from OHSU.

For years teenagers have faced backlash from their parents for drinking these monstrous sugary drinks. However adults can no longer berate their children for this because now they are making sure their kids are sent to school everyday with a dollar to buy a Big Gulp everyday at lunch to improve their health.

These drinks have given teenagers a newfound energy. They are described as "hyper" and "rambunctious" by their teachers. So parents, next time your kid is being lazy and won't leave their rooms, offer them a Big Gulp and watch them come to life!

## We love pop quizzes

by Aurore Brott

The excitement of pop quizzes is music to our students' ears. Don't you love the feeling of having your grade drop? Having a pop quiz is like having a surprise birthday party!

Surprise! Here's a test that could make your future degree go down the drain! Oh, and BONUS, you only learned about this topic yesterday!

It's like a horror movie. The main character is just having a normal day when they walk into class. They sit down, and, BOOM, POP QUIZ. Just like your favorite thrillers.

What's not to love about pop quizzes? The thought of instant stress really puts the mind at ease: The clock ticking down; The immediate effect on your grade. All calming things you could think about in a panic attack!

"I love doing pop quizzes, I come to school everyday hoping for the best thing that could. Wishing that my teacher would bless me with a pop quiz." Billy Bob said. He is only one of the many people wanting pop quizzes everyday!

I'm sure teachers love handing out the pop quiz and seeing the tears of excitement bubble in students' eyes. Dripping onto the freshly printed paper. Typing quiz scores into grade book and watching the letter "F" pop up.

Every teachers dream.

## PHill Fire station roasted

by Sage Campbell

The Pleasant Hill fire station was burned down, early afternoon on Tuesday, March 14th. The fire station had invited people to come in and learn about fire safety and what to do in case of a fire. The teenage boys of the Pleasant Hill High School firefighting class, believed they knew everything there is to know in case of a fire.

When they decided to show off to the other people at the seminar, disaster struck. During the demonstration fire, the boys reached for a spray can of "gas" instead of fire retardant. The fire quickly spread throughout the fire station. Causing everyone to be evacuated.

"It was mortifying. We thought we would look cool," said one student of the class. "We thought we could show off to the real firefighters and prove we were as experienced as them," said another.

The fire station's firefighters just hoped it was a good learning experience for the students, to never try to show off again. The students were very "fiery" that day.

## Health class offers new subject

by Josie Chevalier

After seventeen years of the same curriculum for every grade, Health Class is going to teach something that's never been heard by students.

90% of middle and high school students across Oregon have complained about the repetition of the state's health curriculum. However, some schools in Lane County have decided to improve the class beyond the yearly ritual of "eat healthy" and "don't make bad choices."

The new curriculum has not been revealed yet, but teachers have labeled it as "revolutionary." Based on interviews with teachers, it is assumed among students that it includes advice of "consuming less sugar, but different."

"I truly believe that students will be interested in taking care of themselves again from this," said eighth-grade health teacher, Helen Jacobs. "They've dedicated years of research to create the perfect acronym for a workout routine and diet. Kids will finally be motivated to stay healthy!"

Jacobs and many other teachers are ecstatic to share what Lane County school systems have been crafting. Once and for all, boredom will be eliminated from Health Classes.

## We just love classroom chaos

By Sari Strinz

Don't you just love walking into your first period class, seeing kids running around the classroom? There is nothing better than trying to work on your assignment and getting spit-balls spit at the back of your head, right?

I interviewed Joey Smith who agreed with me.

"Yeah, and I love to yell in the classroom and not do anywork till later. I'd rather just have fun in class and let my homework pile up! This is like the only motivation I have to come to school every day."

It began to make sense why more people should not only distract others but also let homework pile up. Pushing, shoving, wrestling, pinning people against walls and tables, and even throwing things at each other is so much fun compared to school work!

Then I came across the article called "Study or Distract?" that made statements like "Paying attention in school doesn't help." and "Distracting can be a great thing for a classroom environment!"

## Innovative way to improve your grades - Doing the work

By Jaque Guillermo Panini

One of PHHS's newest success stories, Lou N. Geabout, suddenly skyrockets from failing every class to straight A's.

"Well, I was really bored one day after sitting on the couch and...uhh... I didn't have anything else to do," said Lou, "so I grabbed my computer and did the homework. Then I hit the little turn in button, I always just kinda thought it was a suggestion."

Meanwhile, on a distant computer screen, a message went off. "Oh my, I've never seen that before." A plethora of alerts went off in different classrooms. A kid's homework was done, in advance no less.

"It's unheard of," said one teacher in a state of marvel, still rubbing the disbelief out of her eyes, "What do I do now, they may have free time, or even worse - enjoy it. Maybe I should assign more work."

As of the next day another eight hours of homework have been assigned per student. Another student crumples under the weight of three more textbooks. Leigh Low complains, "If only I had somewhere to put these when I don't need them... oh well," as he walks in front of his abandoned locker - it's only contents were a family of spiders.

"Maybe I can fit this in between my three other activities outside of school because I have a life," said Annie Hylight.

Andrew Thompson commented, "If I don't sleep I can turn in my health assignment on the importance of rest."

Professor Stu da Baker of Lame Community College has said, "It's quite simple for students to be successful in school, all they have to do is give up on food, water, sleep, anything that makes them happy, their firstborn child, probably the others too... but then you can be a star student! Isn't that grand?"

In order to get the students to do more homework, teachers have just decided to assign more, so the students have more opportunity to do homework.

A parent headed movement with the goal of improving the student's quality of learning has been proposed. At the latest board meeting, the head of the movement Mr. Leif Melone proposed, "We will install bunk beds at the school so kids never have to come home again. Wait, is this going in the paper?" Mr. Leif refused to comment further and asked we remove his previous comment. Whoops.

There has been some backlash from students on this topic. "We're way too busy," proclaimed Sally F. Orth as she briefly looked up from her phone, engaging neck muscles that haven't contracted in four months.

Professor Stu's colleague, Ida Mann says, "All students need to do is actually try, and turn in their work. It's not that hard guys."

At publishing time the reporter was found sitting at home, procrastinating.

## The best years of your life

by Billy Bob

I am reporter Billie Bob coming to you on the New York sticky note. Today's top story:, are your teenage years, "the best years of your life?"

We are living in a country wide crisis. Teens all over are feeling depressed and overwhelmed!

But why is the question?

People from the age of 35-65 are saying "These are the best years of your life."

So, are teens just getting soft these days or does this country have a serious problem?

It all started when social media started coming out. It was a good thing. It was a big jump from our days of the good 'ol land-line, now you can connect to people all over the world and see what they are doing. But Instagram and Tik Tok, (what we old folks call the devils app) is really starting to make teen years anything BUT "the best years of their life."

The Billie Bulletin interviewed Billie Brown, a depressed teen, who said these are "definitely NOT the best years of his life."

"My life is terrible," Billie Brown states. "All we do is go to school, and then homework! Don't get me started on the homework. I mean, we go to school 7 hours a day, and you give us homework?!"

Many other stressed teens affected by this crisis agree with Billie Brown.

Another depressed teen, Birtha Bacon, said "It's too much!"

"I mean like aren't we supposed to be living our lives and not suffocating from the pressures of school and the pressures from social media?"

Birtha Bacon continued about how rough it is to be a teen in these crisis days.

After interviewing a few more depressed teens we have come to realize that these are really the best years of their lives, they just need to stop being sad. It's that easy

## People need to block the halls more

By Camille Hicks

Imagine walking down the hallway, earbuds in and you're vibing, or you're walking with friends and chatting about. And suddenly you realize that you made it all the way to your class without having to use parkour moves or colorful language to get there.

It's unbelievable how easy it was to walk down the hallway. But that is not the way it is on most days. Most days people are constantly stopping in the middle of the hall to attend to some important need.

"I hate it when people DON'T stop in the middle to talk. It's especially disgusting when people don't stop to hug or kiss in the middle of the hallway. You know, I come to expect it, and I'm always so disappointed when I don't see it. If only we lived in a world where people gather in groups, like fans waiting to meet their idol, to stop and stand wherever they want," said Junior John Smith.

We need to fix this increasingly pressing matter, students have begun to walk down the hallway in a timely fashion on the right side.

Students have always had to have exceptional skills in dodging these NPC's, what will happen when they don't have to?

Freshman, Jane Williams, said, "I personally, wish that I got shoved into the lockers more! It only happens once a week now, times just aren't the same."

## Oregon bans snow sports as dangerous

by Ellie Epperson

Friday night a bill was passed in the Oregon state Senate to ban all skiing and snowboarding in the state. With the passing of this bill, ski resorts including Willamette Pass and Hoodoo were ordered to close their doors within the month.

Oregon passed this law because "skiing and snowboarding pose a threat to human life and damage the earth's natural state," according to representatives of the bill.

"I realized that skiing really wasn't that fun at all and the thrill of shredding the snow is not worth the risk that is present in almost every aspect of life," said John Willams, an ex-local skier, while lying on a stretcher at the base of the big lift at Willamette.

Backing the "safety, not skiing" movement, is groundbreaking research coming out concerning the risks of skiing and snowboarding.

According to National Health and Safety, a government organization, "Skiing and snowboarding poses a risk to life, including broken bones, strained muscles and a hurt ego."

After the emergence of this new research, ski resorts in the area report their income dropped by 45%, losing many customers through the decrease in sales of season passes, daily passes and rental gear.

Oregon is attempting to spread its influence to other states by warning them of the risks of skiing and the benefits of banning it by holding tri-state conferences which will be held this weekend in the Portland city center.

## Small children are animals

By anony-mouse

Josie Chevalier is someone who will never work with small children ever again. Josie is currently retired from the Frozen, Jr. play in Cottage Grove. She played the main villain Hans.

The actors Josie worked with were inclusive in age and lack of experience. She worked with 1st graders through 12th graders. Most of the 1st graders, through 5th grade acted as background characters or dancing snowflakes, or dancing dolls and background villagers.

As in Shrek, plays often captivate the audience by using small children to lure attention (kinda like they do in zoo's (explained by Jayden Apker in a past Billie Bulletin). But like zoo's, animals are put in cages and teeny tiny terrains for the safety of the public.

How does this relate to the small children in the Frozen Jr musical you may ask? Backstage is like a deep, dark cage that no one is supposed to ever see. There, children aren't children, they are monsters who will judge you by the character you play.

Josie Chevalier was a traumatized survivor after she had finished the play. She wished she played a very different part. Because she played a villain, she suffered the littlest of ankle biters, and yes they actually bit her ankles, stomped on her feet, and chased her down with squeaky swords that struck down anyone who came in contact with the child actors.

So the next time you are told small children are sweet and innocent. Don't. Believe. Them.... Ever.

## Country music is the best

by Jack Pimento

If you are looking for a song of highly advanced storytelling and exquisite lyricism, look no further than Blake Shelton's song "Boys 'Round Here." Coming from someone who enjoys a wide range of music and songs, I can wholeheartedly say that I have never heard before something so emotionally evocative.

This line of lyrics, specifically, showcases the most important things in life, "Yea the boys 'round here; Drinking that ice cold beer; Talkin' 'bout girls, talkin' 'bout trucks; Runnin' them red dirt roads out, kicking up dust."

What more could life be about other than beer, girls and trucks? Well according to another set of lines in the song, chewing tobacco and God: "Sending up a prayer to the man upstairs; Backwoods legit, don't take no sh\*t; Chew tobacco, chew tobacco, chew tobacco, spit".

After listening to this masterpiece of a song, I think I understand all of the people who say they ONLY listen to country music. I used to think that there were much more expansive and inventive genres of music, but this song proved me wrong.

## I love slow walkers

By Ellie Thebo

Every school has them: slow walkers.

Whether it's the couple who walks down the hall together as slowly as possible, or the large friend group that seems to make a wall across the hall. Everyone can agree, slow walkers are annoying. After years, and years of being in school, and getting stuck behind slow walkers almost every single day, it made me wonder, why do they do this? Are they aware they're walking at the pace of an injured tortoise? Do they enjoy seeing the pain of the people trying to pass them?

I decided to dive into the psychotic mind of a slow walker, by finding kids from schools all around Oregon to interview. The first question I asked them is, "Are you aware of how you affect your fellow students?" They were all really confused. So, I asked a more specific question, "Do you know how painfully slow you walk in the halls?" "Oh. Yeah, I'm just trying not to crease my new shoes." Said one student, they pointed down at brand new, blinding white air forces. "I have to walk like a penguin to make sure they don't get ruined." I had to admit, I was impressed by their dedication.

Another student said, "Yeah, I think it's funny to see people trying to get around me in the crowded halls." I looked at them in disgust. "I like seeing them move left and right trying to find a spot to pass me." "What makes you do this?" I asked them, "It's just funny." I had no idea a middle schooler could be so evil.

The next people I interviewed were a couple. "Do you know why you're here today?" I asked them. "Is it because of the thing under the bleachers?" "Ew, no. I wanted to know why you walk so slow in the halls at school." They looked at me confused. "We don't have any periods together! We have to savor the time we have together during passing periods." I pulled out the files I had about them. "It says here you guys like to hug and kiss in the middle of the hallway, blocking traffic." She shrugged, "They're just mad they can't have a love like ours!"

This article was made to spread awareness of the epidemic that plagues high schools, middle schools, and even elementary schools all around the world. Donate to causes such as, "help for slow walkers" or "getting slow walkers out of our schools", to help schools be more safe, and enjoyable for their students.

## The Dark Past of our school mascot

by Anna Crawford

Siena Shadow, one of the TA's for the new athletic director, Kyle McClain, has uncovered the mysterious truth behind our school mascot.

Back in 1935, it was revealed that our mascot was voted to be the "Hill Billies" and not just the "Billies". Shadow discovered a stunning article with picture proof of the real mascot while digging through old paperwork soon to be recycled. The article showed students voted on mascot options of the Hill Billies, Clodhoppers, or Woodsmen.

After the votes were in, the Pleasant Hill Hill Billies won. It's unclear what the actual mascot for a Hill Billie was supposed to look like.

Since retro is in, some students like Mallory McGuire are suggesting that we change our entire school's mascot to what it once was. Others insist that we keep the Billie imposter as is.

Should we have a revote? Would Billies come out on top after a revote? Maybe we should just be the GOATS.



The Girls team drove farthest to state with a 6th place position.



Landon Melvin started varsity and made huge contributions as a freshman.



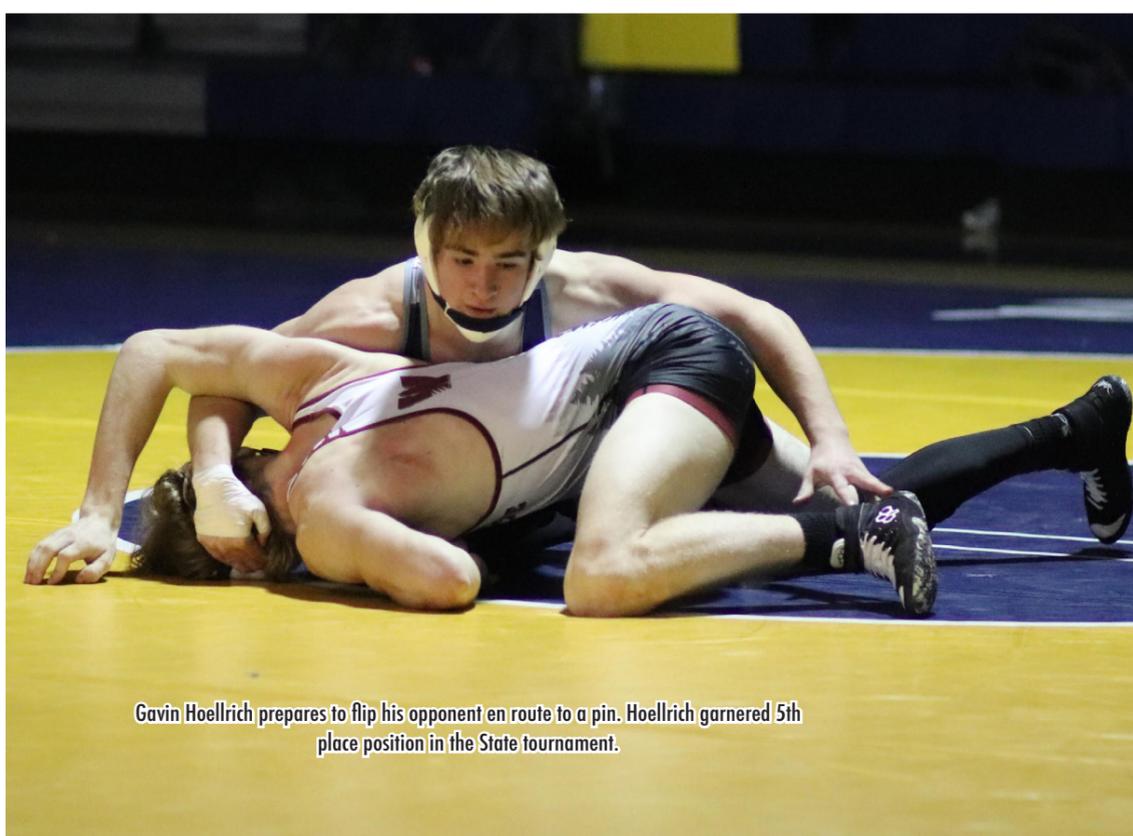
Claire Crawford prepares to power toward the hoop while gaining the First Team, MVC Player of the Year



Mathew Nguyen's electric style of hustle led the Billies to a successful season and an first team defense All MVC conference.



Camille Hicks celebrates her pin in a strong first season wrestling for the Billies.



Gavin Hoellrich prepares to flip his opponent en route to a pin. Hoellrich garnered 5th place position in the State tournament.

## Winter sports excels

by Anns Crawford

Billies girls basketball, boys basketball, and wrestling, all had successful seasons. All three sports competed in the state tournament. Girls basketball went undefeated in Mountain Valley League play and finished first. They went into the State Tournament ranked seventh, winning two and losing two games and ended up finishing sixth place in State. The Billies brought home the first girls basketball trophy from State since 2004.

The Billies had several players receive All League awards: First Team honors included sophomore Claire Crawford and senior Kiley Campos, Second Team honors included senior Shyanne Fenley, sophomore Cheyenne

Green, and sophomore Brooke Weimer who also got All Defense Team, and senior Kaia Taylor got an Honorable Mention. Coach Beer was awarded Mountain Valley League Coach of the Year and Claire Crawford was awarded with the League's Player of the Year award. Crawford was also voted to the Second Team All State Team.

Crawford said "This season was a lot of fun and I'm looking forward to next year."

Boys basketball finished second in the Mountain Valley League and they qualified for the State tournament ranked eighth. In the State tournament, they won their first game, but lost the next two games.

At the State tournament the team earned the team Sportsmanship

Award. Boys basketball had many players getting All League awards; First Team included sophomore Gavin English and junior Matthew Nguyen who was also voted to the All Defensive Team. Freshman Landon Melvin and senior Brooks Wilcox both got an All League Honorable Mention.

English was also selected to the Second Team State All-Tournament team. Senior Matt Dutton said "We were so successful due to the family-like atmosphere that we had."

## The hardship and the highlights of a foster family

by Kyra Bebb

As a person who grew up in a family who does foster care, going to others houses and seeing how they interact with their siblings is always very interesting.

I watch others argue or play-fight and then I reflect on my life and I see that I can't do that. I can't have that type of relationship with them. Sometimes it's hard to accept but I get over it pretty quickly. The dynamic with me and my siblings is very difficult sometimes since I live with foster siblings who have important needs..

It is also very hard to have friends over because I never know what might happen. One of my siblings might get overwhelmed and start hurting themselves or others and I have to help by getting my other siblings out of the room or helping restrain the sibling who is acting out. I am an emotional support for most of my younger siblings. If they are overwhelmed or their anxiety starts to get out of control they go to me.

I wouldnt change my life for anything though.

These experiences are once in a lifetime and they bring me immense joy. When I watch my brother learn to walk or talk better I am thrilled. I see them overcome challenges and defy the odds stacked against them. This joy is something you can only experience in person, you can't read a book on behaviors or really anything because each person is different and has been through different challenges.

I have realized that I would not be who I am today if I didn't help foster care with my family. My mom is an amazing person who just loves to help and care for others. I owe my mom for who I am today and I will be forever grateful.

My dad is a loving person who cares but shows it through actions more than words. My whole family is one big maze but that just makes life that more interesting.

## Do yourself a favor, check out a band concert

By Andrew Taylor

You know that thing your parents force you to go to, to support your younger sibling?

For me it was the Spring Concert.

I stayed the entire time and watched our high school bands play, and I was quite amazed by their performance. It was a battle to perform correctly. Their performances were actually quite intense. I had to ask them what makes them play for our high school?

James Hoopman said, "Band is fun, and my friends are in there." I asked him how he prepares himself for concerts, and festivals.

"Take deep breaths,"

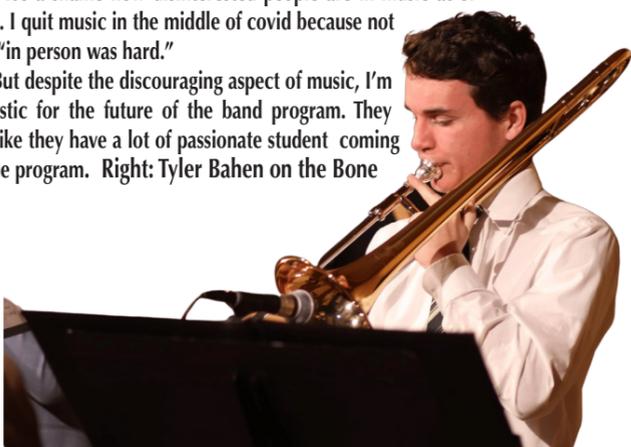
I found this to be a similar response to a lot of the band players.

Wesley Harr told me that he just breathes and that calms him. James also told me he imagines he's just practicing, and that usually calms him.

I asked him what it was like to win the jazz festival in Salem, he told me "I felt so good, we deserved it, but it was also surprising. Because we never placed at all until then, it's challenging to place."

Band is very intense, and competitive especially for festivals. I saw them gassed after a little concert, for the school, which half of the audience already left from. It's a shame how disinterested people are in music at school. I quit music in the middle of covid because not being "in person was hard."

But despite the discouraging aspect of music, I'm optimistic for the future of the band program. They seem like they have a lot of passionate student coming into the program. Right: Tyler Bahen on the Bone



## Why you should do track

By Ellie Thebo

Why would someone do track and field?

Afterall, it's just "boring running."

Track actually has a lot more benefits then it may seem. Track has some crazy health advantages, such as building muscle, burning calories, boosting metabolism and even making your bones stronger.

Track is perfect for anyone doing basically any other sport. Most people do track to keep in shape during their off season for other sports. In almost, if not all sports, being fast, and having stamina is essential, which are both things you get from doing track. You've never heard a coach say that you need to be slower.

Track has a variety of events you can do; it's one of the most diverse sports out there. Essentially anyone can find an event they're interested in. You can do sprints, long distance, jumping events, and throwing events.

If you're not a fan of running, then there are plenty of field events to choose from. Like, long jump, high jump, shot put, javelin, discuss, and even pole vault and triple jump in highschool.

For me, track is my favorite sport because it's independent. Since your not in a team, you don't have to worry about anyone else but yourself.

## Why boys don't struggle...as much

by Angel Calva

From a very young age young girls were taught that boys will be mean to them if the boys like them. And since then, most women deal with the daily struggles that come with just existing. Of course, men struggle too, but not in the way you might think.

There are many things women have to deal with that many men won't ever have to face. When a woman talks about her bad experiences with men and talks about how scared she is for it to happen again, some men respond with the phrase "it's not all men."

This phrase is used to invalidate her feelings and put the blame on her for thinking it might happen again. Women know it's not "all men," but it's enough for them to be scared. One example of this is a story of a young woman who had dinner with all her friends and at the end of the night asked two of her guy friends to walk her to the car. Her friends joking around with her saying that she didn't need to be scared and that she was overreacting. But as they got closer they saw that someone was under her car. The man ran away after her friends yelled at him, but what might've happened if they weren't with her?

Unfortunately there are many stories like this that add onto the fear women face.

About 1 in 4 women and 1 in 10 men experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime with 'IPV-related impact' such as being concerned for their safety, PTSD symptoms, injury, or needing victim services. Approximately 1 in 5 female victims and 1 in 20 male victims need medical care. Female victims sustain injuries 3x more often than male victims. From these statistics you can see that men struggle too, just at a lower rate in these areas.

Of course men struggle too as evidenced by a higher rate of suicide. It's not just women being afraid of what might happen to them, it's also that they're being treated differently compared to men. Women know men struggle too but just want some recognition about what they deal with, and to just be listened to and taken seriously.

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## What girls go through to look pretty

by Sami Pembleton

I'm a girl but, sometimes, I don't want to be.

I am constantly judged by my looks.

Girls are judged by their looks to the point where they are changing their appearance to look like other people.

Beauty standards have gone too far.

Girls go through so much to just get torn down by people who don't like what they look like. We get told to "go to the gym" because we gain a little weight; "don't eat too much because you will get fat"; or "put on a little bit of makeup so you will look prettier" and more people will like you.

Expectations have gotten to the point where my little sisters and nieces are having to go through life wondering if they are "too fat" or, in general, thinking they have to be skin and bones to be "pretty."

Younger girls get to the point that they start starving themselves.

How is it right?

They haven't lived yet and these little girls in elementary school are having eating disorders that are going to impact the rest of their lives.

People post pictures that are photoshopped to make them look skinnier or thicker and these young girls see these and think that they have to look like that—even though a lot of those pictures are not real.

The thing is it's not just other people putting that pressure on us, we also do it to ourselves. "Among the more than 17,000 teens surveyed in 2021, 42 percent said they experienced persistent feelings of sadness or hopelessness."

It doesn't help when the trends change so one body shape is "in" for a couple of days and then the next new body shape is getting breast implants, or lip injections.

When did it become normal to change what you look like to fit a standard that is so silly? Everybody's face structures, lips, eyes, noses, body structures are different.

Why try to fit into something that you might never fit into in the first place?

What have we become?

It's ridiculous that we expect all of this from girls.

When are girls, as they are, going to be enough for everyone?

## Stereotypes weaken all of us

by Abigail Blatch

Most cultures are different in everyone's eyes. But I had a chance to look at research on the assumptions that people have about certain cultures.

Research shows that many people have their own opinions about cultures different from their own.

For example, some people will think that Asian Americans are very put together or the "smart ones". While Hispanics are known best for foods like "burritos or tacos" or that they all speak Spanish. But assumptions can come across racist or censorious towards the person.

Most people who live in America reflect all kinds of different cultures. This fact is why I wanted to research this article. When I got put on this story I thought "Wow, I'm going to get some very interesting answers from this one." But really it was interesting because of what people view as who Hispanic people are supposed to be or whether all white Euro American people are supposed to be of any kind of culture.

Being aware of the complexity of cultures makes it harder to have stereotypes, because people are so varied. It showed how people can become very two sided towards situations like this one.

I interviewed several students about the assumptions people make about their culture or ethnicity. Here is what they said: "That all Asians have pointy eyes," Alea said. While Alyssa Bassraba had responded with white rural people "all drink beer and go hunting." According to the research, the problem with stereotypes is that they cripple people, both those using the stereotypes and those being stereotyped. "Several experimental studies have examined the effects of mediated racial/ethnic stereotypes on individual users' attitudes, beliefs, feelings, and behaviors. The lion's share of these studies has demonstrated that negative stereotypes shape majority audiences' real-world stereotypical perceptions, social judgments, intergroup emotions, and even public policy opinions. More important, media stereotypes can have negative effects on communities of color by affecting their self-concept, self-esteem, and collective identity in adverse ways."

<https://oxfordre.com/communication/display/10.1093/acrefore/9780190228613.001.0001/acrefore-9780190228613-e-1262?sessionid=6537A7D6B38AD4C0823C825B2DE5513>

### Coming Events:

**Grading Day  
no school for students,  
Friday, April 13th**

**PH Jazz Festival  
Saturday, April 14th,**

**Prom  
Saturday April 22nd at the  
Veterans Memorial Building  
in Eugene**

**PH Booster Auction--  
Saturday, April 29th**

**FFA AG CTE Annual Plant  
Sale, Saturday, May 6, 10-  
4pm**



## What's your style?

By Jack Perini

People express their individuality in many ways. You might make a conscious choice to wear a specific type of shirt, stick something in your hair, or adorn your water bottle with stickers. Or what differentiates you from others may be an unconscious choice, something you don't really think about. Maybe you speak differently, maybe it's your mannerisms in general. Maybe you've pretended to be someone else so long that you've lost track of yourself. Whoa, that got deep. Let's take it back to what makes people unique, specifically regarding their styles.

"Wanna-bee punk," says Camille Hicks about her style. Contemporary punks often wear denim, leather, metal spikes or studs with military-styled boots. In general I believe it is fair to say that punk fashion is loud and grabs your attention.

While it is obvious that fashion can be a fun way to express yourself, sometimes it is born out of necessity.

"I wear my hat because it keeps my ears warm," said Chase Smith. When asked about the light on the front of his hat he said, "I can also crawl under houses,"—hmm. Maybe necessity wasn't the right word.

In my eyes, fashion can be a good indicator of a person's character before you know them, but it won't always give you an accurate depiction, and if you are not careful you may fall into stereotypes such as athletic wear equals a jock and glasses equals a nerd. Obviously things are more nuanced than that. Some things that tip you off to a person's character may be more subtle. For example, did you know that one of the first things you unconsciously notice about a person are their shoes?

Some people take great thought in how they want to use clothing to present themselves to the world, others, not so much. Robbie Casey said, "I wear my jacket because it's cold." When further prompted about his style, Robbie said, "I have a bunch of skinny ripped jeans from my emo phase—now I'm leaning more towards cargo pants, they have better pockets."

On the surface fashion may seem to be born of practicality or not even thought about. But at some point you will consider how you want the world to see you, and how you can change your appearance to make you appear that way. If your clothes truly do match your personality then ask yourself this, what do you think the way you dress says about you?

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## Living like the locals—an adventure with Ms. Olson

by Siena Shaddon

You might think your bedroom is small but imagine sleeping on the bottom of a 4x7 foot bunk bed, where the top bunk is only inches from your face.

This is how your beloved teacher, Michelle Olson, lived for months when she chose to travel to Papua New Guinea years ago. As she called it, the PNG, was a place that she wanted to travel to because it wasn't visited by other tourists.

Papua New Guinea provided Mrs. Olson with a different style of living. The locals lived in grass huts without televisions and generators, traveling daily by foot or small boat. She loved living how the locals lived, so very different from our lifestyle. She enjoyed how they cooked and served their food.

Digging a pit to cook your pork doesn't sound typical here in Pleasant Hill, but in the PNG this was a regular method of fixing pork.

The pork would be served on a plate made of banana leaves. The banana leaves would be laid out, covering the path or bank, then topped with different types of foods for feasting. "It was fun to watch the locals run to get their leaf of food," stated Mrs. Olson.

Another memory she shared was the exchanging of dances with the locals. On one island, each local group shared one dance routine, each followed by the next. When they looked to her to share, she did what she called the "Wafti Wafti, Wiggle Wiggle."

This looked like what you might think of as a traditional hula dance, wearing a grass skirt and with her arms waving side to side. If a local liked the dance, they would come up and spray you with a scent. Many of the scents were not enjoyed by Mrs. Olson.

Lastly, imagine swimming surrounded by fish tapping on your face mask. "The sea water is so pretty, blue and clear. You could see forever," said Mrs. Olson.

This sounds like a place I want to visit someday.

## My Rant on Respect

Opinion by Brennen Bell

Have you ever been in trouble with a teacher and they said "be respectful and quit talking back because it is disrespectful"?

If you have been told that then you have probably thought to yourself "Isn't shouting at me and talking back to me kind of disrespectful too?" but you probably didn't say it because you would just dig yourself into a deeper hole.

Well I'm just going to go on a rant about how teachers can be more respectful too. Remember when you were playing around with a bouncy ball and no one else but you were distracted by it and the teacher came over and took it away because it was a "distraction to the class"?

Well I believe that they just felt like if you didn't want to do what they told you to do, they felt like since you had your own brain, you were being "Rude" and "Disrespectful". So they would just take it away and tell you to do what they wanted but isn't interrupting someone from anything and stealing something rude and disrespectful too?

Maybe someone was being mean to you and you were a snitch in the playground and told a teacher and they said that they would handle it but never did. Correct me if I am wrong but that would be called lying and lying is disrespectful. Thank you for listening to my little rant although it isn't much of a satire story.

## Spring has sprung

by Aurora Brott

The sun has finally shown itself..a bit.

The more sun, the better. In my eyes, more sun means happier people. But is this backed by science?

The sensitive tissue on our eyes detects sunlight and tells the body to stop releasing melatonin. Melatonin makes you sleepy, and with spring finally, here, wakefulness is just around the corner. Spring "means seasonal depression starts to go away," Jessica Clough said.

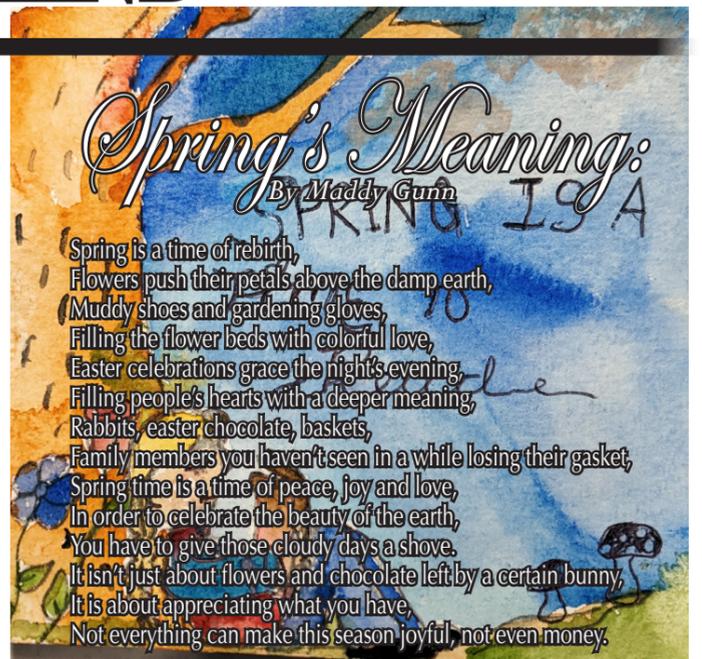
It's been proven that people are happier in spring. Maybe it's because of all the flowers blooming, or the beautiful leaves growing back on the trees. But while those things are wonderful to some of us, others see a bleak future—a future full of itchy eyes and runny noses. Over 30% of people have pollen allergies. So, while some of us are sniffing flowers others are sneezing.

But spring isn't all bad!

We get a couple more hours of sunshine! Our gardens start producing, the sun brings warmer weather, animals and birds start getting colorful and excited.. The list goes on. Students also look forward to spring. "Spring means that softball season is coming up, and getting to spend more time with my friends. It also means there's more time outdoors so I can go out and enjoy the forest," said Emma Stevenson.

It's true! Get your shoes on and get ready to cheer, as many sports are played in spring: softball, baseball, and track and field.

Spring will bring lots of things. Some people might see it as just another season. But at least it's one season closer till school is out.



## SATIRE:

## Rise in artificial red hair coloring among students after ginger popularity booms

by Carson Barnardo

Gingers are often discriminated against for being birthed into their red-haired heredity, but this changed once the word got out that having red hair increases the chances of getting 28% better grades on your next test. In addition, red hair means you are 36% more likely to be hired.

Since those facts were published in Ginger Times, the ginger population has increased about 43% in our school, bringing the total ginger population in PHHS to approximately 43.4%.

We "real" redheads do have some words to share from a purebred ginger about this situation.

"I don't like that we aren't a scarce species anymore," said Coleman Sprague. "We are the true OG's. Oh, you wanted me to say something about the discrimination happening towards our people? Well I don't care, it's like throwing wood into the flame that is my hair."

"I make fun of my ginger friends because they didn't get to choose what color their hair was when they were born! Take that!" said Andrew Taylor.

Students are still finding ways to dye their hair orange-ish red. Some by means of hair dye, some use Tabasco, or even Cheeto Dust. We reached out to a representative at the Ginger Appreciation Association (GAA), Conan O'Brien.

"Here at the GAA, we study the data provided to us by our test subjects. We bring in gingers of various ages and have them sit down and bring in other non redhead volunteers"

"We put one of our ginger test subjects and one of our volunteers in a room together, and measure the average time it takes for one of our volunteers to start making fun of our test subjects. The current average for ages 13-17 is around 3.62 seconds, with the most common rips being 'Carrot Top', 'Leprechaun', or even names like 'Ron Weasley', whoever the heck that is..."

We have just learned that the FDC is partnering with the GAA and is pushing a new type of medication for gingers to deal with aggressiveness and depression resulting from insulting comments from peers. The bottle details that the pills help with a new-found disease called 'Gingivitis'.

