

The Paw Print

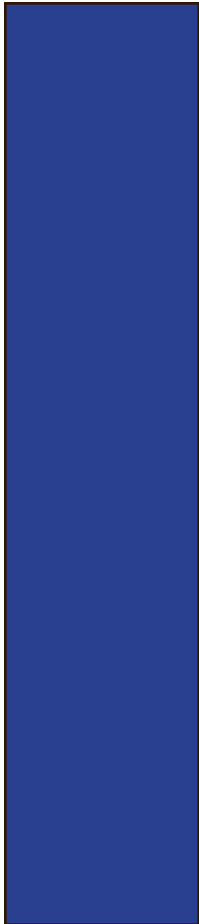
Wilsonville High School

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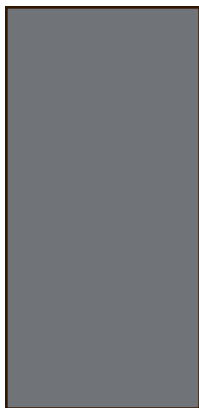
Wilsonville, Oregon 97070

Are you taking a semester class this year?

87% - YES



13% - NO



New Semester, New Adventures

As first semester comes to a close, students embark on a new journey with a fresh schedule

By Aly Johnston
Editor-in-Chief

The end of the semester can be stressful – finals to cram for, papers to write, as well as a new schedule to look forward to. While many classes are year long and require enrollment for the whole year, others are only semester long, and provide students with the opportunity to broaden their skills.

World Language and AP courses, as well as English and Math classes, are typically year long here at Wilsonville, while electives, sciences and social studies can be semester classes.

Many students, like junior TJ Hagen, take advantage of this cool opportunity to change up their schedule. "I really enjoyed Vietnam in the 60's, since we did fun things like listen to Guay's guest speaker and analyze music, but I am excited to go to Outdoor Ed and learn how to survive in the wilderness with Mr. Ryan's guidance."

Senior Zoe Lyons is taking one period of semester classes this year. She took Art III this first semester, and she's planning on taking Sculpture second semester. Zoe said that she's "really excited to take Sculpture, since I haven't taken a class with Escobar since freshman year. It'll be fun to have her again! I also like taking one semester classes because you get to do fun electives and can learn more things."

Junior Nathan Harritt also has some semester courses scheduled - Weight Training and Healthful Living. Nathan says that it depends on the class, but he generally likes year long courses more than semester courses.

Some students prefer year long classes to semester classes - for example, sophomore Kyra Allen has a schedule with only year long classes. Kyra likes to take year long classes because she "prefers organization and no change" in her class list. She is taking AP US History, Orchestra, English 10, French 3, Pre-Calculus, and Chemistry.

Many WHS students have also taken a variety of year long and semester classes, and find value in both. Anna Sweetland, a senior, has taken many semester classes throughout her four years here, but this year, she has decided to take only year long classes.

She has taken Interior Design, Music History, Street Law, Comprehensive Religion, Web Design, along with a few others. Anna likes both for different reasons - "Semester is nice because you get some variety in your year, it kind of switches up the routine. However on the other hand, I'm the kind of person who is dependent on routine and therefore I enjoy the consistency of year long classes."

No matter if you're taking multiple semester or multiple year long classes, the new semester is sure to bring new challenges. Students have the opportunity to explore new topics and try new courses, or continue with their current course load and expand their knowledge on the subject. Have a great second semester, Wildcats, and let's finish out the school year strong!

Wildcats all over the world



As winter break comes to a close, some cats reminisce on where they were for those two weeks. Some of us were either relaxing at home trying to find something fun to do in Wilsonville, while others traveled long and far to face some warmth.

However, senior Brenden Ertle went straight for the cold with his hockey sticks in hand - finally getting to see his family in Minnesota. Brenden says to bring a coat if you ever go, because it gets pretty cold!

But he enjoyed visiting his parents and little brother and getting to see them since they live there. Brenden not only got the chance to spend time with his family but for a few days before going to Minnesota he got to experience a NFL and NBA game in New Orleans. He had a busy winter break and even though he didn't spend Christmas day with his biological family he was happy he got to at least spend it with his second family.

Going just a little farther outside of our humble town of Wilsonville, senior Cade Edmondson traveled everywhere from Port-au-Prince to Jacmel, as well as Grand Goave and other cities in Haiti. Going with his whole entire family and other families, including the Shivers, Cade got to experience going to various cities, orphanages, and beaches, getting to "Explore the beauty of Haiti ami... See page 5 for more..."

Cade was there for 7 days and had a ton of great experiences including trying foods from a different culture. When asked whether he recommended going to Haiti, Edmondson said, "Yes it's important to get out of our bubble in WI..."

Cats eye another championship season



After making the championship for the fourth straight year, the boys basketball team is chasing history this season. Making a 5th straight championship game would be an unprecedented achievement in OSAA basketball history. The Wildcats are poised to do just that as they return three starters from last season (Jack Roche, Keegan Shivers, and Dakota Reber).

The Wildcats started off the season by hosting the Wilsonville Invitational (WIT) followed up by a home matchup with rival West Linn. Then, they traveled down to Salem for the Capitol City Classic - a 16 team tournament full of in-state and out of state basketball talent. See page 6 for more...

In the Holiday Inn Wilsonville Invitational, the



The future of robotics at Wilsonville

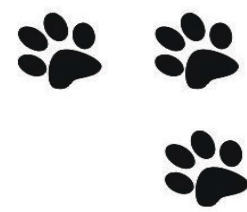
Within each of the many extracurricular activities offered at Wilsonville High School, students must exercise the quality of leadership in order to see their team or club succeed.

The students who participate on the robotics team are no exception. They exercise leadership characteristics in every aspect of the team. Robotics, which is heavily based in STEM, is a team in which robots are engineered to complete certain tasks that are assigned.

Although the upperclassmen typically are the ones to take charge on a team, several underclassmen are beginning to take on positions of leadership, as the seniors prepare to transition out of the team.

Daniel Kassab, who is a sophomore on the team, is the mechanical manager, and he also manages students during the meetings. He is one of those underclassmen who is preparing to take over certain positions once the seniors graduate.

When discussing the team, he said, "I like all the new experiences and the fun times that we have at competition. Although the team will change quite a bit, as the seniors are very good at what they do, I anticipate having a strong leadership group next year." He also stated how he was looking forward to the open positions on the drive team and the overall lead. See page 4 for more...



OPINIONS



Page 2

January 22, 2019

Students and staff need new art outlet

WBN plans visual arts and literary magazine

By Isaac Boger
Arts Section Editor

paintings by students and staff.

The magazine was important because appreciating the writings and visual art of their peers encourages students to create their own and share it as well. It also allows students to gain a deeper understanding of the lives and emotions of the people they share most of their days with. Empathy through art allows for a more harmonious and fruitful school community.

Unlike art which is displayed around the school, writing and art students make outside of class are rarely encountered by the majority of Wilsonville students. Some artists and writers' peers and teachers may not even know they possess those special talents.

Between 1999 and 2003, art teacher Mr. Shotola-Hardt co-advised four volumes of Cornerstone: Literary Arts & Visual Arts with Mr. Slick. It was his decision to add the "visual arts" title to the magazine because he "felt that the art should be able to stand alone and be strong on its own and not just be seen as a support to another creative discipline (writing)."

Mr. Shotola-Hardt and a team of editors went through submissions and handpicked the writing and art that would be showcased in the magazine. "There were some

instances when the faculty piece was cut," mused Shotola-Hardt.

On the submission most likely to make the cut, "I recommend not trying to psyche out the jury, not try to figure out what they will like. Be authentic. Be you. What brings you deepest meaning? What challenged you the most? What piece(s) made you grow, which were your breakthrough works? Which pieces have had genuine impact already on your audience — peers, mentors, or people who will give it to you straight," says Shotola-Hardt.

This year the Wilsonville Broadcast Club is bringing back the magazine under the new Wildcat moniker: MEOW Magazine. Submissions to the magazine can include photographs, paintings, drawing, digital art, poems, song lyrics, short stories, pictures of sculptures, graphic design, short comics, or any other original visual or literary arts students AND faculty wish to submit.

All works must be submitted by the 31st of January to wvhs.art.mag@gmail.com. If you have any questions about anything, including questions regarding content or other forms of accepted work, please contact MEOW at wvhs.art.mag@gmail.com. You may also contact me, the head editor, at bogeri@wvhs.wlww.k12.or.us or the faculty advisor, Mr. Fitzgerald, at fitzgerj@wlww.k12.or.us.

New Year's Resolutions - Why I'm resolving to not make empty goals

By Aly Johnston
Editor-in-Chief

The beginning of the new year always brings excitement, a sense of refreshment, and traditionally, New Year's resolutions. For as long as I can remember, I've made New Year's resolutions - for my health, for my relationships with friends and family, and for my outlook on life. However, if I wanted to actually follow through and reach my goal, I might do one or two assignments the night they are assigned and then wait until the actual due for the rest. This way it's like I'm testing the waters and slowly getting used to this new habit instead of drastically changing my ways.



Many people make goals to better themselves; pictured above is a student filling up their waterbottle to help them meet their goal.

I feel a pressure to do everything at once. Say I make a resolution to do my homework the night it was assigned and not wait until the night before it would be due; I might start off the year by doing that for a few days, but I would likely burnout very quickly.

However, if I wanted to actually follow through and reach my goal, I might do one or two assignments the night they are assigned and then wait until the actual due for the rest. This way it's like I'm testing the waters and slowly getting used to this new habit instead of drastically changing my ways.

I think this applies to every goal we make for ourselves; quitting/starting anything all at once can be extremely difficult.

A few months ago, I decided I wanted to quit sugar, so I tried completely stopping it. That went about as well as you would expect. Once I rethought that decision, I began to slowly cut sugar out of my diet. It was so much easier! I just needed to ease my way into it. I think that same logic can be applied to our New Year's resolutions.

Making resolutions and setting goals for yourself is great - it gives you something to work toward and be dedicated to. Putting all the pressure on doing it January 1st, though, has the possibility to deter you from reaching your goal. Many people use the phrase "new year, new me" to describe their outlook on the upcoming year. I think that's a good goal to have - starting the new year off by trying to better yourself is something to be proud of. If you don't reach your resolutions, though, don't let that deter you from making other goals for yourself. "New year, new you" - try something new this 2019 and don't put so much pressure on yourself to meet your resolutions in only one day. Give yourself grace to be human and make mistakes and learn and grow: that's more than any resolution can do.

make the typically drastic changes that come in the form of resolutions as soon as the ball drops.

Every year, making resolutions comes with hope and promise; I always feel ready to make a change and switch up my routine. After a week or so, though, the excitement wears off and I'm left with a resolution that I won't keep.

So this year, I ditched the resolutions. Sure, I still have goals for myself, but I'm choosing to look at them in the long term. I find when I set goals right at the beginning of the new year,

more.

They both used the extra hour to catch up on more sleep. Hailey Flick (sophomore), on the other hand, said that she noticed no change in her sleeping pattern. She hadn't even noticed the extra hour that was gained.

Personally, I think that daylight savings doesn't play a huge role when it comes to one's sleeping pattern. It does, however, rely on what you're doing throughout your day. For example, daily activities, what you eat, and your night routine can affect how well or how long you sleep that night.

Daylight saving may be a factor, but ultimately isn't the reason for why you may sleep better during one time in the year than the other.

Ever since daylight savings has passed, we have had the chance to stay up later, get more work done, or just do other activities with the extra hour. I have been wondering, however, whether gaining or losing an hour impacts someone's sleep schedule and their daily routines.

When students were asked about how daylight savings affects their sleep, the answers varied: Jude Tinkler and Ben Sheirbon (sophomores) both said that they both ended up resting



A student resting between their classes. Daylight saving time disrupts sleep schedules when we lose an hour, but when we gain an hour of sleep, students have an opportunity to rest up.

Daylight saving time and sleep: are they correlated?

By Gabby Leon
Staff Writer

OPINIONS

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Culture of Supreme

By Ian Flynn
Staff Writer

A while ago, around the fall and winter seasons of 2017, a particular name exploded among a lot of young people in the United States. Supreme, a New York City based skate brand that originally started in 1994, was the product of thirty-one year old urbanite, James Jebbia, who wanted to fashion an edgy yet welcoming skate and clothing shop.

Here at Wilsonville High School, Supreme has played a pretty prevalent role in student life from various clothing to the widespread use of their brand logo on their stickers. Supreme is particularly known for their simple, rectangular, red, futura bold italic logo which just about any student can recognize today.

Supreme at Wilsonville High School is not only seen as just a brand but additionally a business opportunity for students. Supreme is known for being particularly exclusive and being in high demand because of their periodic releases and their relatively low inventory stock. As a result most Supreme products are likely to be found the day after their release being resold for significantly more than its retail price.

Tate Ericson, a senior at Wilsonville High school, talks about his business in the Supreme market. Originally reselling limited release sneakers, Ericson expanded his ventures to Supreme for about a year because of the higher profit margins. In terms of how the market for Supreme has changed since he originally got involved, "Half of their company was purchased by the Carlyle Group which pushed them into making higher stock which resulted in lower profit margins and oversaturation." says Ericson.

The Carlyle group is a private equity which Ericson says is responsible for Supreme changing focus to making higher stock and in turn lowering margins. "Undercutting in the resale market also became common with the influx of 10 year olds buying 1 item a week with their mom's credit card." says Ericson who sees that Supreme's recognition by both the masses and big companies are likely going to be its downfall. "It's got a year," says Ericson who has plans to return to the sneaker market.

This school year in particular we've been seeing mixed opinions on the popular skate brand. While the actual brand may still have quite the same status and popularity, some people might argue that the logo has become an eyesore to be seen everywhere. The logo now more than ever may seem like an eye-

sore because of various other brands ripping the red box logo and font with a different word or different brand name in order to ride Supreme's stylistic wave.

Kyle Marshall, a junior at Wilsonville High School, gives his current opinions on Supreme. Marshall owns a few things from Supreme himself (i.e. Supreme/North Face backpack). When asked about how Supreme originally appealed: "The abstract designs on the clothes and the hype of the brand" says Marshall. These two things are considered their two biggest appeals: a left field approach to the creative component of their line as well as the status or hype that was associated with it.

However, when asked whether he still feels like those things are appealing, Kyle said "I still do but not as much as I did when I first found Supreme." Many previous Supreme advocates would now agree that the brand doesn't carry the same weight. In fact, Kyle and many other students at this school would likely agree that Off-White is more preferred. This is probably for the best, with Supreme's year long reign, it seems about time for more creatively respected clothing lines like Off-White have their share of popularity especially with designers like Virgil Abloh at the helm.

I, Ian Flynn, own two items of Supreme: a grey beanie from the 2017 Fall/Winter collection and an acid green cordura backpack from 2017 Spring/Summer collection. I can report that both items were incredibly expensive since both were bought at resell price. However, I must also note that I have used both the beanie and the backpack a lot. The backpack now is very worn from my excessive use of its utility and the beanie is still in good shape because of its sturdy and comfortable design.

Supreme is a high quality business and does not sell short of their expensive prices for a designer brand. However, a lot of their popularity or "Hype" appears quite misguided compared to any other designer brand. Supreme does not exceed beyond brands like Louis Vuitton or Calvin Klein in terms of their cost to quality relationship.

However, they do have more appeal to the younger population since that is their target audience. Supreme's particular decline at Wilsonville High School may be for the best since younger grades happen to be interpreting their costly nature as making them look fashionable. Therefore, I believe it's about time that the Supreme hype has come down from its sophomore worshiped pedestal.



Is it still worth reading Shakespeare?

By Peyton Butler
Staff Writer

In almost every English class in high school, students focus some amount of time on Shakespeare's works. William Shakespeare was a playwright who created plays during the late 1500's.

He is considered to be one of the most prevalent playwrights due to how long his plays have stood the test of time. Shakespeare plays can either be hit or miss with students. Many feel that his plays are outdated, or too hard to understand. On the other hand, there are some who feel that these plays demonstrate a vast array of how complex the English language is.

Senior Lauren LaFreniere stated that, "I think Shakespeare is still applicable because a lot of literature today still has

Shakespearean elements. I think it's really important to continue learning Shakespeare in the classroom because a lot of words and phrases were created by Shakespeare himself as well as different literary devices."

In contrast to LaFreniere's comment, Senior Macy Carlson said, "I think it's good for students to read, but I do not enjoy reading it."

Students tend to feel that Shakespeare is hard, but important to read. When asked why Shakespeare is harder to read, LaFreniere said, "the language is a lot different than the language we use today, but I feel like the subject matter of his plays can still be applicable to things that happen today".

English Teacher Ms. Hanlon teaches many of Shakespeare's plays in each of her dif-

ferent classes. By teaching different shows each year, she stated that she has learned something new about Shakespeare's plays each year. "Shakespeare's plays are essentially a map of human nature—they advise us what to do and what not to do, and of the consequences of our actions. His plays also remind me of how grateful I am to be a woman in the 21st century."

Overall, the students that were interviewed felt that Shakespeare's plays were important because they teach students so much about the English language. The plays are like time capsules, which allow the audience to have a glimpse into a different time period, and while that time was drastically different than now, similar themes are still reflected in the present day.

The Paw Print

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Special thanks to Mr. Greg Artman for his amazing photographs

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Mission Statement

The Paw Print is a student newspaper dedicated to producing accurate, interesting, quality news. We believe an informed school has major advantages in many forms of education. We are committed to practicing sound journalism and delivering the opinions and ideas of the students in a free and open environment.

Contact us - fitzgerj@wlww.k12.or.us

DEFEND FREE SPEECH

"In order to be able to think,
you have to risk being offensive"

-Dr. Jordan Peterson

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MECHA collects coats for Portland Rescue Mission

By Ashley Martinez-Lucas
Staff Writer

For the past 5 years, MEChA (Movimiento Estudiantil Chicano de Aztlan), a student organization that promotes higher education, culture, and history, has hosted a winter coat drive. They ask the Wilsonville High School student body to donate the coats that they no longer use.

At the end of every coat drive, Mr. Ryan takes the coat donations to the Portland Rescue Mission for those who need them. The Paw Print interviewed MEChA President and junior at Wilsonville, Melody Garcia-Gonzalez; and Mr. Ryan, an English and Outdoor Education teacher at Wilsonville.

We asked Mr. Ryan to give us a little bit of background

surrounding this coat drive. "We started the coat drive five years ago. We just collect coats from anybody who has any extras. We take them down to the William Temple House, which is a food pantry and homeless services organization that my brother helps run, down in Portland. They're always so appreciative... We usually collect more than, about 120. I think that the record is of 220 coats ... I take them down during winter break."

We asked Melody why MEChA decided to continue this tradition, she said, "It's getting really cold outside. Some people do not have access to a warm coat that will get them through the cold weather. If we can help, we will. It's the time of giving and if we're in a position of being able to give, it's always nice to do so." For this year, she said that she expects, "To be able to help a lot of

people who need it. I really hope that Wilsonville can make another big donation this year!"

that we have donated as gone 2019, were hoping to be able to have this steady growth continue. If the number of coats keeps in-



Hopefully next year, in 2019, we will be able to donate an even larger amount of coats. In previous years, the amount of coats

coats donated had gone up by 10. In 2018, MECHA was able to donate 120 coats to the Portland Rescue Mission. This year, in

Unified Game Night Takes Over Wilsonville High

By Kali Connell
Staff Writer

treats, but there was music for the people in attendance to bob their heads to. Unfortunately, music at homecoming and winter formal is often too intense for some students to participate in so events like this are perfect for those who want a more calm yet still just as fun environment!

As many of you have probably heard of the class "Peer Mentor" before, you would know about our fantastic unified friends. An event put on at the school wooed the students--and unless you've been living under a rock, you would know that this very special Wilsonville High experience was titled: Unified Game Night!

A fantastic evening put on by leadership and one of the peer mentor leaders Ms. Kinder brought together the community to have some fun. Kinder expressed, "It was an event open to any student in the school. The goal is to bring students together to have fun and hopefully make new friends". At the function there was a game truck, video games, board games and drawing, as well as plenty of snacks for everyone!

Not only were there games and

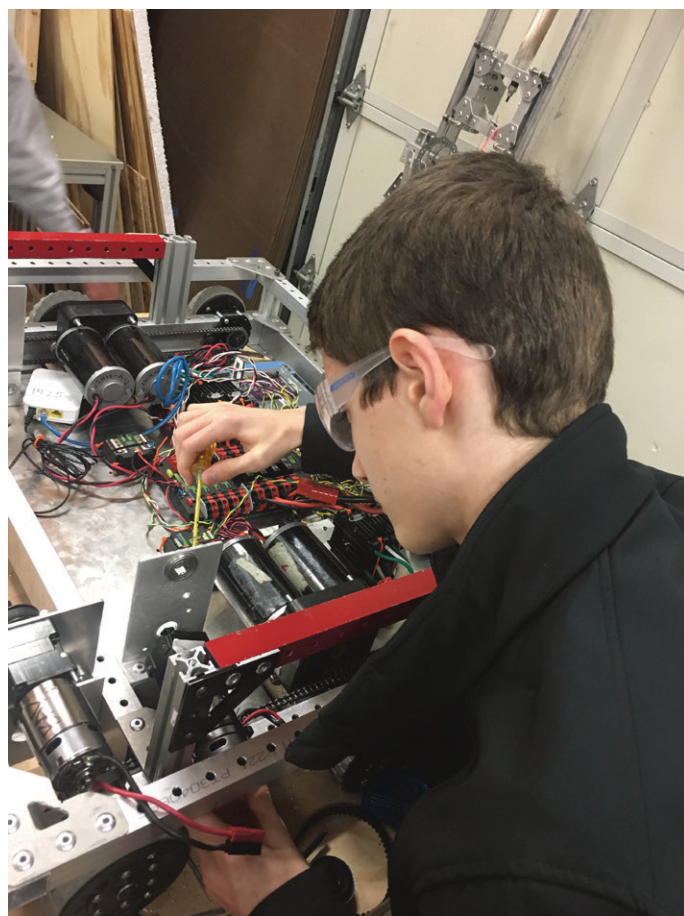
I hope to see everyone at the next event like this! Thank you again to Ms. Kinder and leadership for making our school a welcoming environment and taking the time to include everyone.



Students play video games at Unified Game Night. Attendees say it was a fun and enjoyable afternoon.

The future of robotics at Wilsonville

How underclassmen are helping to lead the team



charge on a team, several underclassmen are beginning to take on positions of leadership, as the seniors prepare to transition out of the team.

Daniel Kassab, who is a sophomore on the team, is the mechanical manager, and he also manages students during the meetings. He is one of those underclassmen who is preparing to take over certain positions once the seniors graduate.

When discussing the team, he said, "I like all the new experiences and the fun times that we have at competition. Although the team will change quite a bit, as the seniors are very good at what they do, I anticipate having a strong leadership group next year." He also stated how he was looking forward to the open positions on the drive team and the overall lead, which he is looking to apply for.

This competition season, Daniel is looking forward to competing against teams from all over the world at the world championship, as well as the space themed games that will be released in early January.

We are looking forward to how the team will perform this year, along with the new leadership team that will take charge of the future of the robotics team.

FRC Team 1425's next home competition will be on March 8th from 10 a.m. to 6 p.m. in the Main Gym here at WHS. Good luck Error Code Xero!

participate on the robotics team are no exception. They exercise leadership characteristics in every aspect of the team. Robotics, which is heavily based in STEM, is a team in which robots are engineered to complete certain tasks that are assigned.

Although the upperclassmen typically are the ones to take

By Grace Yaso
Academics Section Editor

Within each of the many extracurricular activities offered at Wilsonville High School, students must exercise the quality of leadership in order to see their team or club succeed.

The students who par-

Wildcats all over the world

Students travelled near and far to enjoy their winter break

By Jessica Caulk
Student Life Section Editor



Senior Lucie White travelled to Italy over winter break. White enjoyed her trip in a new place

As winter break comes to a close, some cats reminisce on where they were for those two weeks. Some of us were either relaxing at home trying to find something fun to do in Wilsonville, while others traveled long and far to face some warmth.

However, senior Brenden Ertle went straight for the cold with his hockey sticks in hand - finally getting to see his family in Minnesota. Brenden says to bring a coat if you ever go, because it gets pretty cold! But he enjoyed visiting his parents and little brother and getting to see them since they live there.

Brenden not only got the chance to spend time with his family but for a few days before going to Minnesota he got to experience a NFL and NBA game in New Orleans. He had a busy winter break and even though he didn't spend Christmas day with his biological family he was happy he got to at least spend it with his second family.

Going just a little farther outside of our humble town of Wilsonville, senior Cade Edmondson traveled everywhere from Port-au-Prince to Jacmel, as well as Grand Goave and other cities in Haiti. Going with his whole

entire family and other families, including the Shivers, Cade got to experience going to various cities, orphanages, and beaches, getting to "Explore the beauty of Haiti amidst all the poverty." Cade was there for 7 days and had a ton of great experiences including trying foods from a different culture. When asked whether he recommends going to Haiti, Edmondson said, "Yes, it's important to get out of our bubble in Wilsonville and explore other countries and cultures."

Finally, senior Lucie White traveled all across Italy. Starting in Venice, then to Tuscany, on to Florence and Pisa, and finally finishing in Rome. Being Lucie's first time in Europe she enjoyed it, especially Venice, "because the whole city is on water."

Lucie also recommends going out of our town to "Experience all the amazing building that are older than our country and all the amazing artwork and food."

It seemed that many Wildcats had a fantastic winter break. Whether it was relaxing here in Wilsonville or over seas in another country, it was nice to get some time off from school and homework. Now just a couple more months until spring break!



Senior Brenden Ertle meets Bruce Thompson at a Saints game. Thompson is a wide receiver for the Saints.

Wishes granted at winter assembly

Students enjoyed a fun assembly in December

By Sydney Jacobsen
Staff Writer

Every several months we as a student body are blessed by our leadership program with a fun filled assembly. These assemblies bring the student body together in a way that no other event at this school is able to do, and out of all of these assemblies, one sticks out from the bunch.

Every year the Winter Wishes Assembly is looked back on as one of the most memorable events of the year. This assembly continues to bring some kind of shock to the student body, while uniting students through games and dancing.

This year the leadership team went above and beyond in every way to make the holiday spirit shine throughout the school, and this assembly was no different. Throughout the several weeks between Thanksgiving Break and Winter Break, student's wishes were being granted.

Leading up to the biggest pre-winter break celebration, leadership students were scurrying and preparing for the assembly. Preparations included talking to Mr. Baker and planning the dramatic haircut, persuading Mr. Koll into his performance, and of course getting all the Dutch Bros deliveries done in time.

I was given the opportunity to talk to leadership student Sydney Jer-

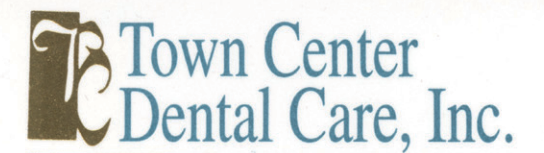
sey to get the inside scoop about this assembly. Sydney said that her favorite part of the season was preparing for the assembly wishes. When asked what these wishes meant to her, Sydney responded, "These wishes mean a lot because we as leadership students are given a chance to make a real difference in someone's day, and who knows how that wish will affect their life."

Sydney believes that these wishes have a huge impact on the school, bringing something to look forward to for the students in a time of the year during which many students can really struggle keeping their head up. I asked Sydney what her favorite part of the assembly was and she said, "My favorite part about the Winter Wishes Assembly was being able to include Mr. Koll and the other teachers because it can show students a better, more fun side of the teachers."

As a student who has seen this season shine throughout WHS, it was a great opportunity to talk to Sydney and to see first hand the effects that the wishes, the decorations and the fun activities had on the students. The ability the leadership team has to pick up the school and give students something fun to look forward to for some of the hardest weeks of the year is nothing short of magical.

"These wishes mean a lot because we as leadership students are given a chance to make a real difference in someone's day, and who knows how that wish will affect their life."

Sydney Jersey,
senior



Michael Lorio, D.M.D.

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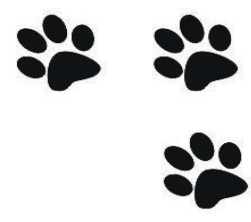
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Cocoa and Cram: a Wilsonville tradition

By Zoe Lyons
Staff Writer

Congratulations students, you're almost there: you're nearly done with finals week. For many students this wasn't their first time taking these exams, but for the freshmen this was all new territory.

Wilsonville High School Link Crew has had a longstanding tradition of helping freshmen prepare for these difficult tests by putting on an evening study session called Cocoa and Cram. Every year students can stop by - drink some hot cocoa - and get help from teachers, Link Crew leaders, and their fellow students.

Attendance was high for Cocoa and Cram last year and the sophomore class seemed to really appreciate the help they got from their Link Crew leaders, "It

was helpful because when I had a tough test, they helped me study for that. The leaders were really kind and helpful," says sophomore Tristan Aytes, who urged freshmen to attend this year's study night.

One of the best parts about Cocoa and Cram is working with students who know exactly how you're feeling because they've been there. That's why a lot of students who went to Cocoa and Cram as freshmen went on to join Link Crew once they became upperclassmen. One of those students, senior Grace Yaso, was a big fan of Cocoa and Cram saying, "It helped me because I was able to help study with other people." Another senior, Peyton Butler, also became a Link Crew leader after going to events like this as a freshman, and she says her favorite part was helping teach students: "It was really nice

getting to know the freshmen."

No matter what you're struggling with, there's a link crew leader there to help. "It was great, one of the link crew leaders knew a lot about bio and that is what I was struggling with," says Yaso, who helped students with their English finals last year.

Looks like Cocoa and Cram was a success again this year Wildcats!! The freshman class worked really hard and was able to get some much needed study time in before finals. Thank you to all the Link Crew leaders who came out to help the freshmen be successful on their first ever finals.

If you are interested in becoming a Link Crew Leader yourself, applications will be available after Spring Break.



Cocoa and Cram provides students with an opportunity to drink hot cocoa and eat cookies, it also allows them to study for their exams, pictured here.

Sophomores impart their wisdom about finals to freshmen

By Grace Yaso
Academics Section Editor

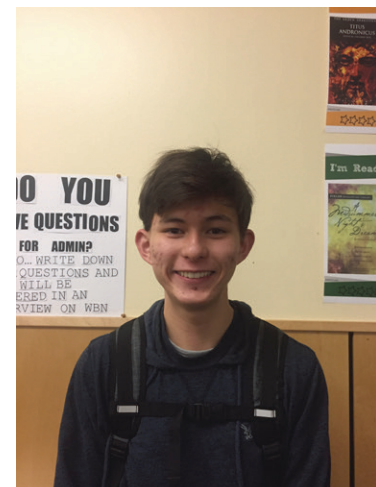
As finals have come upon us once again at Wilsonville High School, many have been cramming for their Chemistry or Precalculus finals. As freshmen, it can be quite daunting to know where to begin studying for the exams. We spoke with several sophomores who share their secrets to success to studying for finals.



Sohma Cox: "Don't over-stress over it. Prioritize things you don't know to study and be confident in your own ability."



Gabi Bean: "Study in small increments at a time and don't cram."



Caleb Yaso: "Study for about five to ten minutes every night in every subject. Also, ask your teachers for help to clarify anything that you're confused about!"

Not pictured - Aurora Barkley: "Use an online grade calculator so you know what scores you need to get on your exams to achieve the grade you want."

Not pictured - Sara Stewart: "Know which classes are your hardest ones and focus more on those classes. Also, being organized helps while studying for finals."



Katrina Brisbois: "Be organized and don't procrastinate on your homework and studying."



Josh Aguilar: "As soon as you get a review, start studying."

Overall, it is safe to say that it is important to begin studying in advanced for the exams. However, it is vital to not over-stress! Make sure you study and do your best! Good luck, Wildcats!

Sophomore academic spotlight: Gabby Leon and Maxwell Wilson

By Aylenna Busse
Staff Writer



"What motivates me to keep my grades up is actually my social life. If I have anything below a C I can't go out. I try to aim for A's and B's and for the most part it works out in my favor.

I don't do anything school related but I do have to help out my parents. Since they get home late, I help take care of my brother and try to do some of the house chores. My motivation to do well in school is to make my parents proud.

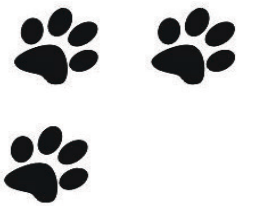
My parents never had the opportunity to go to college and I want to be able to make them proud. I want to be able to attend a good college and to be able to become what I want to be. I hope that I can make my parents proud with my accomplishments."

-Sophomore Gabby Leon



"The motive for me to keep doing well in school is that high school is the key to getting into a good college. These 4 years of high school are very helpful, if not vital, to going where you would like to in life. By way of extracurricular activities, I don't do as much as I'd like. I have been doing medical research through our school ISEF program and am looking forward to track season in the spring. For me, balancing extracurricular things and grades is all about priorities. If I want good grades, I spend more time working on that. If I want to spend more time doing other things, then I do. It comes down to what is important to me. The reason I make an effort to do well in school is to keep options open for school after high school. Even if I don't know what I want to do yet, the better the grades you get, the more opportunities are presented to you."

- Sophomore Maxwell Wilson



The Brain Olympics

By Melody Garcia
Staff Writer

ISEF is a science competition that encourages high school students to defy the boundaries of science. Each year, approximately 1,800 student finalists compete for over \$4 million worth of prizes. The winner of this competition receives \$75,000 for college. Wilsonville High School has an ISEF program to encourage students to take a part of this amazing opportunity. Rodayna Abdelhalim, Chloe Kuhlmann, Jared Wieland are all juniors participating this year.

These three students will be participating in ISEF this year and each one of them has a unique reason for why they have chosen to create an ISEF project. Jared Wieland says, "I decided to do ISEF this year because it's an amazing opportunity for growth and expansion of your ideas. You get to develop something you're interested in, get recognized for your work, and meet people interested in similar fields. It's also great for college applications!" Rodayna Abdelhalim became interested in ISEF while she was talking AP Biology last year, "I got an idea and it was too crazy and time consuming that I knew that I wouldn't be able to do it in any of my classes." Chloe has been participating in ISEF since she was a freshman and considers it one of her extracurriculars.

Like with everything big and exciting, one always has expectations on how one thing will play out. Abdelhalim says, "My expectations for the competition this year is to see great projects and ideas that would inspire me for next year." Chloe Kuhlmann has had some really good experiences with ISEF, "This year I'm hoping to go to state again and hopefully place somewhere for an award. Since I didn't place for anything at state the last two years, but

now that I'm an upperclassmen, I have more experience and can do better." Jared Wieland, who has also participated in ISEF previous years said, "Well this year there are a lot more people competing with lots of different ideas for projects. I expect a lot of competition and great ideas at this year's ISEF."

This competition unites people from all parts of the district, state, nation, and eventually, world! It's a life changing competition that teaches you a lot of lessons. Kuhlmann says that this competition has benefited her in many ways: she has obtained a lot of cool contacts, has become a better speaker, learned about a lot of topics, and has established good connections with the teachers. Abdelhalim feels, "that the competition will help me develop my interest in science and help me get in contact with smart people that have the same interests as me. Also I think it will help me learn the process of developing an idea and keeping a journal for it."

Some advice that Kuhlmann and Wieland have for anyone who wants to join, but may be hesitant is: "If you're hesitant about joining, don't be. Time commitment can be an issue but even with the busiest schedule the ISEF directors will work with you and help you!" says Wieland. Kuhlmann recommends, "Go talk to Danielle! She has brilliant ideas and makes complicated things simple and doable. You don't have anything to lose, so give it a try."

For a final treat, we asked these three contestants about their ideas. Wieland's project concept is: "Modifying and repairing the TP53 gene in the P53 signaling pathway in malignant cancer cells using CRISPR-Cas9. This replacement of the mutated TP53 gene with a healthy version of the gene will allow cancer cells to produce healthy wild-type P53 protein and

induce apoptosis in the cancer cells. It's basically a nonsurgical treatment of malignant cancer tumors by CRISPR-Cas9 viral vectors." He came about this idea through "a lot of brainstorming and lots of crossing out other ideas." Abdelhalim's concept is: "To make an RNase that is able to cut the Hand Foot and Mouth Disease (HFMD) RNA at a specific sequence, and we are planning to introduce it to the cell using a virus vector. By doing this we are hoping to find a treatment to HFMD, since it doesn't have any treatments and the only known vaccine only has approval in China." She came about this idea when she was in AP Biology. Kuhlmann shared her concept as well, "My project is an investigation of equine assisted therapy and its impact on patients. I've always been very passionate about how animals can help people. Horses have been a big part of my life and I want to share how horses can improve the quality of life of individuals with disabilities."

ISEF is a great competition and Wilsonville High School students are lucky to have the opportunity to sign up to test their hand at a science project. So if you want to challenge yourself, learn more about science, and have some fun, be sure to sign up!



AP students find their balance

By Ally F. & Meghann Y.
Staff Writers

Everyone knows that AP classes come with obvious benefits - college credit, a look into what classes will be like after high school, and an opportunity to challenge yourself. However, these rewards are only obtained after a year of hard work and studying for the AP exam. AP classes typically have a much tougher course load and more homework, meaning it can be hard to find time to fit in any other activities.

Still, a large percentage of students in AP classes are also involved elsewhere in the school or in extracurriculars. Many of them are juniors and seniors who have spent years of high school perfecting their systems in order to balance their schoolwork and their outside interests.

Junior Kylie Hix is taking four AP classes this year, dances at least twelve hours a week, and plays lacrosse in the spring. She keeps busy, but she has figured out the best way to succeed in everything she does, mentioning, "I try to do homework the minute I get home before I leave for my activities so I can finish while it is fresh in my mind."

Hix also advises students who are

having trouble with their course load to put their phone out of reach when working on homework in order to minimize distractions.

Most students who are in AP classes agree that the homework is much more time consuming than that of a typical high school course. Additionally, everyone seems to be in agreement that procrastination is the most difficult obstacle to overcome in terms of fitting everything in.

Lauren LaFreniere is a senior at Wilsonville who is involved in a variety of extracurriculars, including ISEF and robotics. LaFreniere acknowledged that even with all these other interests, school has to come first. "I always put my homework before my extracurriculars, so I might show up late to an activity because I chose to prioritize school work."

This can be a difficult decision to make, as junior Mikaela Ochocki realized. She admitted, "I had - and still have - a bad habit of waiting super long to finish something because I'll value rehearsal first, but I'm a student first, so that's a problem!"

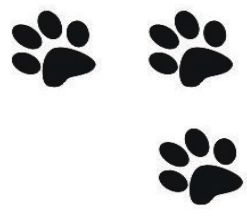
Even with these difficulties, most students find that AP classes and extracurriculars are worth the commitment. Whether it be

sports, theatre, ISEF, or volunteering, you should never let your schoolwork get in the way of doing something you love. Junior Kylee Rusher suggests designating times to work on homework, and always putting your best effort into your assignments in order to get the desired results.

"Time and balance the two most difficult things to have control over, yet they are both the things that we do control."

Catherine Pulsifer





WHS students gear up for Thespian Showcase

By Peyton Butler
Staff Writer

Thespian Showcase, also known as Night on Broadway, is a two day event for Wilsonville High School theatre students to prepare short competition pieces that show off their skills as actors in a wide array of theatrical genres. Genres include musical, comedic, or dramatic. Night on Broadway is meant to show off the competition pieces students will be bringing to Oregon Regional Thespian Competition on February 2nd.

Regionals/Night on Broadway is a highly anticipated part of the year for members of troupe 5452. Students lie the competitive atmosphere, as well as getting to meet people from other schools in the region. Also going more in-depth into single scenes.

Freshman Lizzie Hall said, "I'm looking forward to getting to have more experience doing things in a smaller group, and by myself, rather than in a big ensemble." This will be Hall's first year participating in Regionals.

Night on Broadway is very different from a normal production at Wilsonville. For starters, there aren't any sets or props. Also, students wear no costumes, and everyone is dressed in all black. It also runs for only two nights (January 31st and February 1st), instead of 6 nights.

Senior Katie Glavey stated, "Night in Broadway is the prac-

tice run for Regionals. Those nights are everything. Regionals is hectic, exciting, fun, and sometimes stressful. It's so much fun." This will be Glavey's second year participating in Regionals.

Being that Regionals is a competition, it can be scary. Competition is a good way to meet people, but it can make people nervous to be judged on something people spend a lot of time on.

Junior John Cramer said, "It's really nerve racking because you're watching students from other schools perform in your same competition room. It can be scary to go after a group that had a really well done scene." This will be Cramer's third year participating in Regionals.

While Regionals is a

closed competition, the public can attend Night on Broadway on January 31st, and February 1st! It takes place in the Wilsonville High School auditorium at 7pm. There is a \$5 donation recommended donation to attend. Come support our school's thespians as they head into competition!

Students celebrate after last year's regional competition. Wilsonville did very well last, but students are looking to improve even more



Band and choir look ahead to performances

By Ian Flynn
Staff Writer

So far this year, Wilsonville High School's band and choir departments have been had an eventful first semester. Awards, concerts, and retreats have grown the musical arts teams greatly since the last year. While OSAA says our band isn't in the top 5 for our school's division right now, the choir team is still in their season and are preparing very hard. Choir's final competition is April 30th and band's will be May 10th. Both of which will be at the LaSells Stewart Center at Oregon State down in Corvallis.

Peering into band's realm, Vincent Nguyen reports on what the band team has been doing in the past few months. "We focused most of our energy this semester on Christmas music, and are now preparing for a band competition in a few months." Says Nguyen. This answer is pretty expected as we saw the results of their efforts at the last school assembly.

Nguyen talks about how the band team has been preparing for what's to come. He tells us about how Mr. Chad Davies has been "dishing out his knowledge" and that Nguyen's faith in Mr. Davies is enough to make the entire band team succeed. This sounds like a good year so far.

As the year has come, both band and choir have excelled and the students should be proud. Everyone involved has shown both enjoyment from the art as well as satisfaction from the sport. With another semester to go, the anticipation for good band and choir seasons only grows exponentially. Let's all recognize and wish good luck to everyone indulging in musical arts for the remainder of the year.

Saunders brings to light the timeline for our choir team as for when the competition ends and her personal goals for choir season. "All throughout spring," she says "we attend festivals that give us scores and feedback to help us prepare for League." The choir league competition is April 10th and the state competition is May 1st. With a lot of pressure and excitement, Saunders has set musical goals for "growing in dynamics and sight reading," as

In the spotlight: Sophomore Kaiya Shivers is rising star who shines brightly

Shivers speaks about her accomplishments in WHS theatre

By Zoe Lyons
Staff Writer

The Wilsonville drama department's strong season owes its thanks to their super talented actors. I sat down with one of the department's rising stars, sophomore Kaiya Shivers, to talk about her love of theater, her favorite musicals, and what she's looking forward to in the future.

Kaiya, who has been doing theater since she was in kindergarten, joined the drama department her freshman year. Before acting in high school Kaiya was doing "little things" at places like the Christian Youth Theater.

Some of her early roles include Fiona in the CYT production of Shrek and Alice in In Your Dreams. Clearly, drama has been a lasting part of her life, but Shivers demurs "I just really love singing and dancing and acting." For her first show at Wilsonville, she was in the ensemble of the musical The Little Mermaid. "It was cool getting to know everyone," says Shivers.

Her favorite part about her freshman year was the Regionals drama competition: "I did a duet... it was my first bigger thing to show directors. I really like singing so it was cool to do that."

"A lot of West Linn people came and saw Legally Blonde too, so it was nice to say 'hi' to them... It's cool to see all the school communities support each other."

Kaiya also enjoys seeing musicals outside of school. Over the summer she and her family went on a trip to New York, where they saw Mean Girls and Dear Evan Hansen. She said that if she could be in any show at the high school she would like to do one of those "highschool-y shows, like Bring it on or, Heathers, even High School Musical" because those are her favorite kind of movies.

Shivers played Elle Woods in this year's fall musical Legally Blonde. "Legally Blonde was one of my favorites...and I was so excited to hear we were doing that."

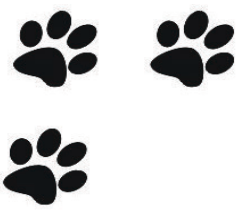
The musical featured a lot of fun costumes that Shivers really enjoyed wearing every night. "(Elle Woods) wears pink all the time and all those cute outfits, especially in the first act. I loved that act because I got to wear different dresses and stuff."

Although theater is a really fun activity there are some challenging aspects, "Auditioning is stressful." Even though the audition process can be difficult, Shivers said that the community rallies around each other, "It's good to support each other even when you're upset, that's probably the hardest thing, but it's really important."

Shivers offered this advice for people struggling with the audition process, "I know last year I was really upset with auditions, but you have to work to earn your spot. You have to put in work and time."



Sophomore Kaiya Shivers has participated in many WHS productions. Shivers enjoys performing in front of an audience and being with friends.



Wilsonville Fashion Icon Ciera Ross on Art and Inspiration

By Isaac Boger
Arts and Entertainment Section Editor

In a sea of bland fashion straight off the racks of Nike and Brandy Melville, Junior Ciera Ross is turning heads with her unique fashion sense and undeniable style. Ciera draws her inspiration from unusual sources and lets her artistic sensibilities

is sustainable (so yay eEarth!), cheaper, and you get more unique things! It's really an adventure and an addiction... "

How do you cultivate a "look" and when do you know if something is going to fit your style?

much! But I also look at some youtubers like @wearlive and @jennymustard.

What are your weirdest fashion inspirations? I think the weirdest fashion inspirations for me are drag queen Katya Zamolodchikova, graphic novels, movies, and old male icons like David Bowie, Freddie Mercury, and Prince.

You are multi-talented at both 3d and 2d art, does your art inspire your fashion? Does your fashion inspire your art?

I would say so. I think that all aspects of art in my life affect all aspects of my life at the same time. For instance, right now I've been into all things goth and also graphic novels. So that is the direction my art is going, as well as my style and the music I listen to. How is your sculptural work different from your visual art? What themes carry over?

I don't ever want to lose myself in my media that I'm using, but they are very different and they take a different mental process but they also tell the same story. I am really focused on 2D art right now so that's where my mind is going at this time, but I always have ideas for new art

and old male icons like David Bowie, Freddie Mercury, Prince. What is your process for creating a painting?

For all of my art, it starts with an idea, a story, something I want to tell, or something I need to do for myself. I then take a reference photo and go from there. I like my pieces to be in the realm of possibility, although I do like surrealist artwork. I just paint what I see even though it may not be what you would see.

What piece are you currently working on?

I'm working on my day of the dead piece which is dedicated to Alexander McQueen. I am almost done with it, and I'm just finishing up the details that will elevate it. This piece is definitely a challenge for me and has been a journey. I am also very excited for my next piece which will be more of a comic style. I can't stop working on it and planning it out! I am using microns and black copics only. It is also a challenge for me and I'm pushing myself out of my comfort zone for sure but I'm super passionate about it. It is a visual representation of one my favorite songs and I can't wait to work on it more!

What colors have you been gravitating towards recently? B l a c k and black. You can never go wrong with a good green though. Just never blue. What themes and colors do you want to explore in upcoming paintings? I already talked about this a little, but my next project is going to be a more comic-style illustration which is new to me and very exciting. It will still be in 'my style' and aesthetic of art, but be something that I've never done. I do want to focus on people still and use portraits and realism but I am trying to be more creative and play with lighting, angles, and drawing bodies more. I might even play with some other objects.

What art styles/subjects/themes do you want to incorporate into your art this year?

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Ciera Ross' Alexander McQueen Inspired piece for the Day of the Dead festival

steer her outfit choices. I sat down with my good friend and fellow artists to discuss the secrets of her "lewks". Unbeknownst to some, Ross's talent at putting together looks is matched by her amazing artistic abilities and she has garnered a lot of awards and recognition for her unique painting style which incorporates pencils and dark colors to render paintings in grungy realism. Here, she discusses her fashion secrets, celebrity influences, and direction for future art pieces.

IB: You are widely considered a fashion icon around the school. When did you begin noticed people were interested in what you were wearing?

CR: Oh wow! So I guess I would say that I am actually always surprised when people are interested in what I'm wearing. I just have always worn what I wanted and I am so lucky to have an amazing group of friends and acquaintances that support me in my fashion endeavors. I think, however, that it really hit me that people were noticing when upperclassmen that I looked up to started saying things or when random people came up to me to tell me they liked what I was doing.

Where do you like to buy your clothes?

I pretty much exclusively thrift or buy vintage clothing. It

That's a good question... When I'm cultivating a "look", I usually get inspired by something or just wear my favorite items. I try not to think "oOh would this fit my style?", because I find that it puts me in a box. I just try to wear what I like and always have my Docs or Levis. When you feel good you know it's right.

Which designers inspire your clothing choices?

W e l l, I'm in love with Alexander McQueen but I could go on forever about him. I also love the imagination of Gucci by Alessandro Michele and the weirdness by Balenciaga - the designers that inspire me are endless. I love anything that shocks me and makes me thinkwonder, "Why didn't I think of that!"

Do you look for style inspiration online? I look at pintrest way too



Ciera Ross poses in one of her iconic outfits.



By Ciera Ross

BACK PAGE

Volume 3, Issue 2

January 22, 2019

December to Remember: Review of Young the Giant

By Alaina B. & Ian F.
Sec. Editor & Staff Writer

Every December, Portland's alternative radio station, 94.7fm, holds 12 unique concerts at the infamous McMenamins' Crystal Ballroom. Past Decembers have been nothing short of spectacular, as many local concert goers look forward to this opportunity to see up-and-coming artists as well as well-established performers such as The Lumineers, Weezer, Joywave, The Shins, and Atlas Genius. The event is notorious for selecting artists with a great stage presence and having a well-rounded lineup, and this year's was no different.

For December to Remember 2018, the following artists who performed were:

December 3rd: Mt. Joy, 4th: Matt and Kim, and The Knocks, 5th: Elle King, and Flora Cash, 8th: Alice Merton, 10th: Billie Eilish, 11th: Nathaniel Rateliff & the Night Sweats, 12th: Death Cab for Cutie, 13th: Young the Giant, 18th: Lovelytheband, and The Interrupters



I got the chance to sit down with avid concert-goer and senior, Honour Colby. Colby goes to concerts all throughout the year and although she didn't attend this December to Remember, she went to Electric Picnic this past August. Electric Picnic is another festival put on by 94.7fm at Hillsboro Stadium which had artists such as Cake, MGMT, Matt and Kim and a few more.

"I go to concerts because it's something that never gets old

and it's one of the best ways to meet new people"

Colby is interested in alternative, rock, and R&B and her favorite concerts she has seen this past year were Kendrick Lamar/SZA, Lorde, and MGMT. She is considering going to Bumbershoot in Seattle or Firefly in Dover this upcoming year if the lineup of artists are worth it.

Going to concerts all the time can get a little pricey; how-

ever, Honour believes that "if you like the artist then it's probably worth it".

Staff writer Ian Flynn and I got the chance to see Young the Giant, one of the last December to Remember shows in the festival. For a single ticket, the prices were a little steep at \$39.50 a piece; however, the venue of the Crystal Ballroom was well worth it.

The Crystal Ballroom

is an infamous concert venue in Portland. With high ceilings, decorative details such as Chandeliers and ample room for big crowds, it makes this venue the perfect place for a good concert. For the opening act, Rare Monk, they were less than notable but went with the vibe of the band we came to see.

A little after 9pm, the band made its way on stage. They had a very upbeat stage presence, with varying tempos accom-

panying each song. The eclectic indie rock band perfectly meshed their previous albums, Home of the Strange, and self-titled album, Young the Giant into the setlist with songs from their new album such as Superposition, Heat of the Summer, and Call Me Back.

With an airy flare to their newest album, Young the Giant doesn't look like it's slowing down anytime soon after the release of their fourth LP.

Destressing before finals

By Cydney Gutridge
Sports Editor

Finals are just around the corner which means students may be anxious about the full week of taking tests. In preparation for some of the most important tests of the year, it's crucial to find some ways to calm your nerves. The more relaxed you remain, the more likely you will perform best on the exam. A few students share some of their techniques, having experienced finals week multiple times.

One of the most common strategies is to be prepared for all of your tests. junior Kayla Hieb says, "Study for finals in advance and try not to cram everything in at the last minute." According to the UCLA Newsroom, don't even bother staying up late to study last minute for a test - what's more important is that you get a

good night's rest. Studying ahead of time will allow you to get the most sleep during finals week.

Although everyone studies for tests differently, what's most important is finding the most efficient way to learn and remember the information. Senior Kennedy Waible says "Sticky notes are a must, especially in textbooks, and highlighters are also nice to have because you can color coordinate your information." This method might be worth trying to help learn the information quickest.

Senior Jack Burns has a little different method: "I fill out a note card or a piece of paper that has the answers I need to know or the strategies I need to use on my tests."

Get creative and test out different ways to learn the information, because it might be

worth taking the extra time to get a higher grade. Once you find a method you like, you could use it throughout your schooling career

Another essential point is to communicate with your teachers and classmates. Sophomore Sydney Burns says, "Talk to your teachers before finals and ask them what you need to study, or how they think you'll do on a test." This may be effective finding a different person's point of view to be most prepared for the test. Also, don't be afraid use your classmates as a tool because they are trying to learn the same material. Studying with someone in your class can be very beneficial.

Lastly, confidence is key going into each and every one of your tests. After studying all the material possible, believe in yourself that you will do well on the exam.

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