Wilsonville High School

6800 SW Wilsonville Rd.

Wilsonville, Oregon 97070

Op-Ed

#### **Counselors for mental** health

WHS students need more fun community event mental health support

Student Life

2019 Springfest An inside look into the **Sports** 

**Track wins districts** 

Both girls and boys place first in NWOC Academics

Alumni advice Graduates of WHS weigh in with what they would have done

Arts and Entertainment

**Fashion Spotlight** Senior Honour Colby is recognized for her influence at WHS

## Celebrating the class of 2019



This years class of 2019 forming their graduation years on the Wilsonville High School football feild. Photo by T.J. Hagen

By Aly Johnston Editor-in-Cheif

Over the past four years, friendships, made memories, and worked hard here at Wilsonville High School.

I asked some seniors to weigh in on their experience - the activities they participated in, their favorite memories, and what they would recommend for underclassmen. Here are their responses:

#### **Grace Yaso**

Throughout my high school years, I have been involved in cross country and track. These activities have created friendships that will last a lifetime, while also cultivating qualities such as perseverance and selfconfidence.

I can truly say that these past four years have grown me in ways I could have never imagined and I'm so thankful for the time I had at Wilsonville High!

#### **Dana Zaidan**

Overall, high school has our 2019 seniors have built been a really fun experience. I was mainly involved in ISEF and science/math oriented AP classes, so they helped me solidify my understanding in those subjects, especially since I'll need a deep understanding of them for my major in college.

I recommend to underclassmen to take AP classes with subjects that you have a passion in learning about because taking an AP class that is boring is tor-

There's also no point in taking a huge amount of AP classes just to get a high GPA.

It's more impressive to take an average amount of AP classes, do really well on the AP tests, and focus your energy in community service or extra curricular activities because that's what will really help you stand out in college applications.

#### **Marri McCallum**

My high school experience was very memorable. I participated in 3 sports, many clubs, and also school-wide activities. Many adults and parents put lots of pressure on academics and

If I were to give one piece of advice, it would be to make long-lasting relationships. In 5 years, a C on a chemistry test won't matter, but a friendship will.

#### **Coltin Hill**

My years of high school have been laced with fun and fatigue. Wilsonville High School has provided me with many opportunities, but, I overall have felt relatively confined. That being said, there are elements which I have greatly enjoyed.

I've spent time creating beautiful art, making friends, and fostering good relationships with teachers.

gest bonuses of education is get- school and sticking with it. ting to interact with people, which is something Wilsonville High once, so make the most of it. school does a good job of cultivat-

If I were to leave a freshman with one piece of advice it would be to try everything, and be honest with what you can and can't do in the moment.

#### **Braxton Bowles**

I have loved being a student at Wilsonville High School. The school has so much to offer with sports, clubs, AP classes, and a variety of other activities.

The coaches and teachers are amazing, and their flexibility allowed me to maintain solid grades while being a member of the men's soccer and track teams, and also participate in events like Doernbecher basket-

It's easy to find friends and make friends if you get involved, so I strongly recommend

I think one of the big-finding something you love at the

You're only in high school

#### **Pablo Campos**

I would say that I enjoyed high school. My favorite part was playing football and tennis with my friends.

I would tell students in any stage of their lives to go out and try new things - you never know what you'll end up liking and you may make some new friends along the way.

Overall, this graduating class has shaped our school community for the better. We wish these outgoing seniors the best of luck in whatever they choose to pursue after high school.

### Seniors discuss need for mental health counselors

Our 2019 graduating class weighs in on our situation at Wilsonville High School

By Alaina Bekebrede **Opinions Section Editor** 

In a 2017 survey by Child Trends, it was reported that 31% of high school students reported feeling sad or hopeless almost everyday for 2 or more weeks in a row.

It was also stated that they stopped doing some of their usual activities during these depressive episodes. These alarming rates indicate that there's a necessity for more mental health counseling in schools.

For most juniors and seniors, college preparation is a large part of stress in their lives and many need have a support system.

School counselors at college prep schools are more focused on managing students' grades and making sure they're on course for their future rather than tal health would dramatically paying attention to their mental

Counselors solely dedicated to students men-



"Adolescence is a very easy time for very few students and the more help that the school provides, the healthier the student body will be." - Senior Coltin Hill

After sitting down with system for students at school. more helpful way to students ier the student body will be."

Senior Isaac Boger increase awareness for men- a couple of seniors, they gave states that "adolescence is a health and figuring out a balance tal disorders such as depres- their opinions on the role of very easy time for very few stubetween school and social life. sion, promote self-care, and mental health in schools and dents and the more help that create an emotional support what could be dealt with in a the school provides, the health-

As of the the counseling staff, "their dual roles as college and class advisors of sorts doesn't make them easy to open up to. The school definitely needs more mental health professionals separate from the counselors."

Senior Coltin Hill thinks that "it's often neglected how hard students have to work and the kind of support we need as young adults. As a college prep school, Wilsonville does put more stress on students."

"I feel that students should have access to a therapist throughout the school year. One where they can make appointments and knows their lifestyle."

I agree with these statements because as a student, I know how sometimes life in high school can be overwhelming. For the prosperity of the students, the middle schoolers and high schoolers should have access to an academic counselor and a behavioral counselor as this will provide separation between academic and social stresses.

## Why did the Prom music suck this year?

"You know the music is bad when the Zoo staff are cringing."



By Isaac Boger Arts Section Editor

Prom music at Wilsonville High School never has had a reputation for being particularly "good". In fact, none of the school's annual dances in recent history have been remarkable in terms of their soundtracks.

Despite this notoriety, the bland, grind-able trap music that is typically played at dances is satisfying enough to keep the masses entertained.

Therefore, it came as a surprise to many when complaints about the music at the 2019 prom began to arise from students who are typically seen grinding their hearts out in the middle of the dance floor, especially considering that for the first time ever, students were able to submit their favorite songs for the DJ to play at the highly anticipated event.

How could the music at prom be so bad if upperclassmen submitted 202 songs in hope of hearing the music they actually enjoyed at the popular dance? To understand the events that lead to the infamous playlist, students need to understand how prom is planned each year.

Prom is organized annually by that year's Junior class student council and their teacher advisors. The advisors for the class of 2020, Mr. Koll and Ms. Kugler,

mostly take a backseat and let Kugler says It's the students who do all of the designing and planning -- we just help facilitate it and the logistics."

The advisors, however, are in charge of booking the DJ from the service the school typi- the dance," says Nuffer. cally uses for their dances. Sadly, one," says Kugler. Faced with a DJ who wasn't their first choice, the prom committee was already at a Nuffer adds as a side note. disadvantage musically.

"Quite honestly, the music at a lot ing part about the music problem of our school dances hasn't been at prom is the fact that the subgreat. A lot of people are unfamiliar with the material or aren't big fans of the DJ's choice's. I figured a great way to circumvent this problem was to have the students choose the music," says junior Donald Nuffer who pitched the idea of music requests to student council.

A few days before prom, juniors and seniors received an e-mail from the school with a form they could submit songs on. This unprecedented change to the dance music format excited many of the upperclassmen who submitted a total of 202 songs in only a couple of days. It seemed like prom 2019 was going to be one to remember.

Perhaps the first stuthe students plan the dance, as dents to realize that the submissions were not being played were the members of student council "Sadly, I didn't hear many of the songs requested. I've also heard that many students couldn't recognize the songs played during

The lackluster music ""We requested the winter for- could be felt throughout the mal DJ and apparently he wasn't dance floor, as the mood shifted available so they gave us another from excitement to obvious boredom. "You know the music is bad when the Zoo staff are cringing,"

Easily the most frustratmissions actually made it to the DJ. "(the DJ) received the music a few days before prom," confirms Kugler, obviously disappointed in the outcome after the student council and her attempts to im-

prove the playlist.

While he won't be planning prom next year, Nuffer has an equally creative solution to the DJ problem that just might work. "I've had a couple teachers suggest that they wanted to DJ and that might be something we tell the next junior council. Coach Guenther suggested that he DJ. He talked about playing music by time period. You would have 7:30 to 8:00 be like "oldies" or so on. That way you can choose what you want to hear and when you want to be there," explains Nuff-

Whether or not the music selection is better than this year's, one can't deny that Coach Guenther behind the turntables would make for a much more fun and memorable prom than Wilsonville's most recent.

#### **DEFEND FREE SPEECH**

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

-Dr. Jordan Peterson

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## A senior's guide to all things AP

By Zoe Lyons Staff Writer

Students work hard all year long to prepare for their AP tests. There are study groups formed, Quizlets created, hours of review packets, and countless old notes re-read in anticipation of that final test in May.

But what about the class itself? What can students do to prepare for taking on a more challenging course load?

AP classes are big at this school with most students taking at least one during their time here, but how do you know if taking an AP is right for you?

There are so many different options to choose from that it can be a little overwhelming, so I talked to an expert, senior Dana Zaidan.

"I chose to take AP classes so that I could challenge myself, get prepared for college level classes and material, and to hopefully get college credit too." said Zaidan, who has taken six AP classes during her time at Wilsonville High School.

Zaidan is currently taking both AP Spanish and AP calculus, and she says that Spanish has been her favorite one so far:

"Since I already know a second language, I'm able to learn them more easily and do really well in that class."

Even though it may seem like a lot of extra work, AP classes do have their advantages. Not only does taking an AP class look good on for college admissions, it'll give your GPA a boost.

In addition, taking an AP



"I chose to take AP classes so that I could challenge myself, get prepared for college level classes and material, and to hopefully get class can count for college credit college credit too." - Dana from someone was that AP scores

which may save you some money when college rolls around.

Zaidan also made a good point about AP classes, especially if you already know what you're going to study:

"They help to prepare you for your future major."

A lot of what makes a good class is the teacher. I asked Zaidan who her favorite AP teacher has been,

"Hands down Mr. Fowler. He's a very understanding and patient teacher. He strives to help you understand the material and be confident in what you're learning. He offers a lot of support. I just love him."

I asked Dana what the best piece of advice she's ever received regarding taking AP tests, and she said,

"The best advice I heard

don't determine your level of understanding or confidence in a subject. You could get all A's on everything and when it comes down to that final test, sometimes the pressure overcomes you.

Whatever you get on that test it doesn't determine your true intelligence. People always told me that, but I didn't believe it until it happened to me"

Some students fill their schedules with science and math courses, while other students take as many art classes as they

There are so many types of classes that you can take. Whether or not you choose AP's, it's always best to take what interests you.

## Best pizza restaurants in and around Wilsonville

By Ian Flynn Staff Writer



There are many different pizza places in and around Wilsonville,. Each pizza place I'll be mentioning has different qualities, so I will be rating them on taste and value.

#### Pizza Schmizza

Schmizza has many deals including a happy hour so regular prices are \$3.50-4 which is a pretty standard price for piz-

By Alaina Bekebrede

advantage

that they offer. They have a lot of seasonal pizzas, but there are even more classic choices available at Schmizza.

Their pizza is a 7 in taste and I personally like the two slices and a drink for 8.50 deal which makes the value a 7 because that is a lot of food.

#### Costco

Costco pizza sells for a \$1.59 a slice, which is an insane value for 700-800 calories. You are given three choices: cheese, pepperoni, and supreme.

Pepperoni is my personal choice, but combo is for a niche audience. Cheese is often a pass unless you are vegetarian, but don't mind eating more calories than pepperoni and supreme.

Their pizza is a light 6 in taste: sauce has an amazing flavor, toppings are usually on point,

Schmizza is the various flavors and the crust can be really fluffy 8.50 is a lot but it is a whole 12 most days; however, Costco does have off days where the crust is a little flat. Value is a straight away 10 for being 1.59 a slice.

#### **Mod Pizza**

Mod Pizza is a bit of a drive which drops their value by a point already for gas money. However, Mod Pizza is like Schmizza in the sense that you have so many options except here you get to design your pizza like a Rolls Royce Phantom.

The taste of a Mod Pizza is definitely a 9: the only reason it is marked down a point is because it leaves too much up to the customer and everyone knows that you suck at making your own pizza.

However, if the right ingredients are used then you can easily have a 10 in taste.

Value is a tricky topic,

inch pizza which is more than most places.

Considering the fact that they don't stop you from filling water cups with soda, Value is near a 9 or even a 10 despite the long drive because the pizza is definitely worth the money spent.

There are plenty of other pizza places nearby like Perfect Pizza, Bellagios, and Domino's; however, those don't offer as much as the three mentioned above. These three places should definitely be the top choices for anyone who lives in Wilsonville.

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#### Signing off

When I pictured how my rely on. high school experience would've gone 4 years ago, I imagined a 4.6 GPA, 1600 SAT, and a friend group with too many people to count all while getting into a top college. I'm approaching the end of my four years at Wilsonville yet, I have none of those things, and to be honest, I'm glad.

In high school, I learned who I truly was and became aware of a career that I want to pursue. Teachers like Stillinger inspired me to pursue fluency in Spanish, and teachers like Koll taught me to stay away from physics. I was given the opportunity to study abroad, be an editor of the opinions section for The Paw Print and, form a close-knit group of valuable friends that I can always

Through taking classes like anatomy, chemistry, and journalism, I learned I wanted to work around medicine and have the opportunity to help others. I will be pursuing a Human Physiology major at University of Oregon in the fall with a Pre-Med concentration.

I'm so thankful to be able to work and learn from people not only in my journalism class, but from the many professionals that I've met along the way. Learning ways to voice the opinions of myself and those around me has taught me the value of communication and its powers in the growing world of technology and media.



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#### Students travel far for post high school adventures

By Mackenzie Waterfield Staff Writer

Numerous Wilsonville students are leaving home to continue their intellectual studies. Some are traveling to a different state or outside of the country for cultural immersion. Four seniors discuss why they chose their institute, and what they look forward to in their education.

Maya Previs will be attending Åsane Folkehøgskole in Bergen, Norway. It is a folk high school where abroad students can learn different areas of study. Previs is enrolled in global study. What initially attracted Previs to the school is the study abroad program and the location.

This is not Previs' first time residing in the beautiful nation. She lived there for the entirety of her freshman year and has visited countless times. Bergen is a town of unparalleled architecture and is nestled in the southwestern coast of Norway, encircled by the picturesque Fjord mountains. Though familiar scen-



A photo of a river in Bergen, Norway where Maya Previs will be studying abroad. Photo by Jesfegal (Flickr)

Previs.

"I am hoping to get more traveling as well as experience when I am there," Previs described in response to what she wishes to gain from the experience of studying abroad in Nor-

Nathan Tidball, actively

ery, it will be a novel venture for involved in Robotics, is furthering his science endeavors at the research University of Michigan in Ann Arbor, Michigan.

> Tidball plans to go into chemical engineering, and chose this particular school because of its high-ranking chemical engineering program. He debated between UC Berkeley, UC San Di

ego, and the University of Michigan. He ultimately committed to his institution because of its ideal programs, student life, and living situation.

"I applied because of its academic rankings, but I chose it over my other schools because U Michigan has some amazing student life. It's one of the biggest schools with a pretty campus and the best housing," said Tidball.

Hana Johnson will be attending Northeastern University in Boston, Massachusetts. One of the oldest cities in the United States, it is home to a rich history displayed in its buildings and landmarks. It is a popular college town, as it is a hub of progressive thinkers, and a top choice for those seeking higher education relating to the arts or social sci-

Johnson strives to study Environmental and Political Science in the inspiring city. However, the main aspect of the school that influenced Johnson was the urban setting while not being in the center of the city.

As for extracurriculars, Johnson aspires to continue with her passion for music, and potentially be involved in an A Capella music group. Though Johnson predicts she will be dedicated to her major and music extracurriculars, she is interested in other areas as well. "I really think that anthropology is interesting, and in psychology, I have been learning a lot. So I might consider doing a minor in one of those," Johnson explained.

Though traveling great distances from home, those who chose to study afar will have the chance to enhance their learning in the unknown. For these students, they will get to discover who they are and what they would like to pursue in a new atmosphere.

All of their institutes provide resource and skill training in their direction or preferred field. Their inevitable departure will be sorrowful, but an experience that will shape them as people, and guide them in their adventures.

## WHS athletes look forward to playing sports in college

By Cydney Gutridge **Sports Editor** 

As the end of the 2018-2019 school year comes to a close, our student-athletes are looking forward to getting their college seasons started. All of their hard work throughout high school is starting to feel like it paid off.

Not everyone can say that they played a sport at the collegiate level, but many of our student-athletes here at Wilsonville High School have earned this bragging right.

The excitement is starting to kick in as our athletes are completing their final month of high school. Nathan Overholt, Gatorade Football Player of the Year, will attend Butte College in Northern California this fall.

Overholt is most excited about "taking on the task of becoming a leader with a new group of guys and convincing them to trust me in competition."

At the quarterback position, Overholt will take on a lot of the leadership responsibility.

Mckina Stalheim, a fouryear varsity cheerleader, will attend California Baptist University to compete on their cheer team.



Senior Mckina Stalheim tumbling in one of her cheer competitions. Stalheim will be attending California Baptist University in the fall.

Stalheim says she is most excited to "be a part of a family and compete at NCAA Nationals. I hope to continue Cal Baptist's tradition of winning eight consecutive collegiate ti- student-athlete is Trevor Antontles."

Mckina also cheers for a competition cheer team named "Oregon Dream Teams" and this

year they placed 6th at Worlds in their division. Stalheim has a very bright future and a lot to look for-

Another Wilsonville High son. He will attend Seattle University to continue his baseball career. Antonson received first team all-state both his sophomore and

junior year and is looking to clinch

He plans to receive his track. bachelor's degree at Seattle U majoring in business. Antonson is looking forward to "the opportunity to compete against some of the best guys around and putting my talents to the test."

is highly talented at his position. four years of high school and is Hopefully Trevor will lead his working hard to finish strong with team deep into the playoffs this a state championship. year.

ther his baseball career at Montana State Billings. Thebiay transferred to Wilsonville High from Bend and has played on the varsity baseball team for the past two years.

He is the starting pitcher this year and has had great success thus far. Thebiay is looking to continue his leadership position and is eager to " strive to be better every day and push not only myself but my teammates as

Through his experience of playing high school baseball, he says "I have become a better person, player, and student through all the successes, but more importantly my failures"

Jillian Greene a fourhis third consecutive first team year varsity track athlete and state competitor will be attending Western Oregon University to run

> One of Jillian's biggest strength is "my work ethic. I always strive to give 100% effort." This has paid off significantly for Greene as she is one of the fastest runners in the state. She has He plays shortstop and made it to the state track meet all

> Looking ahead, Jillian Nolan Thebiay will fur- is most excited to "hopefully get faster and stronger at the college level and I'm excited to build new friendships with my teammates."

> > The class of 2019 has left their mark at Wilsonville High School partially through their success in athletics.

> > Congratulations and best of luck to all of our athletes who are fortunate enough to continue onto the next level. Our athletes will represent our high school and the city of Wilsonville well.

# STUDENT LIFE:

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## An insider view of springfest By Grace Yaso

**Academics Editor** 



fest king is," there was a pause as everyone held their breath expec- is," I clutched my partner's arm a tantly. "Joseph Wilde! The crowd little more tightly. "Grace Yaso!" erupted into loud cheers and applause as Joseph made his way to plication process back in Decemcenter court with a huge grin on ber of 2018. Each potential court his face.

crowd waited earnestly for the front office.

"And your 2019 Spring- queen's name to be announced. "And your 2019 Springfest queen

It all began with the apmember created a portfolio com-After a large crown was plete with a character reference, placed upon his head and robe GPA verification, and a cover page tied across his shoulders, the and submitted it eagerly to the were submitted, the interviews began. After signing up for a time slot, each applicant would be ushered into a room filled with two students from each grade, excluding the senior class, and two staff members. They would then be asked several short questions. as the panel before them took detailed notes on the candidates' responses.

Once the interviews were finished, the popular voting was open to the students at Wilsonville High School. Students received an email that would allow them to log in, using their student email and ID, in order to vote for they best saw fit.

process that made me the most nervous. Because there were forty-two applicants, I was sure that I was not going to be chosen to be on the court.

However, the day arrived when the members of the court would be announced. All fortytwo applicants were ushered into the auditorium and handed their portfolios.

Kaitlyn Dougall and Rachel Cramer, hands shaking as I clutched my portfolio. Each applicant was given a white envelope that conI sat holding mine for several minutes, unwilling to open it.

slowly opened the envelope. As I opened it, I scanned through the list of names: Alex Burkeen, Macy Carlson, Rachel Cramer...

My heart sank. I couldn't find my name. However, as I continued reading I saw it, plain as day: Grace Yaso. A sense of relief flooded my heart as I turned to hug my friends and congratulate them.

Soon after the announcement, the many practices with our choreographer, BJ Cerny, commenced. She taught us how the eight court members that to become more graceful and mindful of what we were doing This was the part of the and the facial expressions we were making.

> At first, I couldn' t over how awkward it was to be dancing so closely to someone I had barely knew, much less talked to throughout the year. However, my partner, Caleb Baker, eased the awkwardness and helped me to learn how to laugh at my own mistakes.

After two months of I sat with my friends, practice, the time drew near for dress rehearsals. The ladies of the court had gone many times to Lynn, who was our dressmaker. We were ecstatic to be able to show off our dresses to our family, as well as see the set in person. The dress rehearsal went fairly smoothly with the exception

Once the applications tained the members of the court. of the a dress malfunction on Sadie Crystal's part.

> Then came the long Taking a deep breath, I awaited day, the day of Springfest. After school, the girls huddled in the dressing room, helping each other with hair and makeup. We each slipped on our dresses and took several pictures in the mirror, all the while marveling at how beautiful each girl looked. We felt as if we truly were princesses for the night.

> > After pictures were taken and the whole court rushed across the field to cheer on Trevor Antonson as he pitched in his baseball game, the court filed into the gym to take their places for the bows. I stood hidden behind a huge set piece, feeling a rush of nervousness and butterflies in my stomach. What if I tripped? Or what if I made a fool of myself? But as I replayed scenes of me tripping on the carpet, the sound of the Sabyn's voice shook me out of my daydream. "Princess Grace Akari Yaso and Prince Caleb Baker!"

"And your 2019 Springfest queen is...Grace Yaso!" My jaw dropped as Caleb escorted me towards half court. Could it be possible? I was utterly shocked, but a huge smile spread across my face. Joelle placed a huge crown on my head and tied a robe across my shoulders. After bowing, Joseph and I took the mic and declared, "Let the 2019 Springfest festivities begin!"

## A night under the stars: Prom 2019

By Kennedy Waible Staff Writer

April 13th was Prom 2019 and many upperclassmen celebrated and danced all night at the Oregon Zoo. For juniors it was their first prom and for seniors it was their last dance before the end of the year comes around. The night was full of formal attire that we only get to wear once a year. Prom is a memorable night for many different reasons; many people go out to dinner, rent a party bus or limo, or get together with a big group of friends and take an endless amount if pictures.

Girls were searching for months before to find their perfect dress as guys were scurrying last minute to get tuxedos. Getting ready is a huge part of prom for girls because it's when you get to put on more makeup than usual, do your hair in an extravagant way, and put on your beautiful dress. Off to the before

Prom usually consists of someone hosting dinner or going out to dinner before. This is also the time that the numerous of pictures are taken so you can remember these moments when you look back on it. Many seniors expressed their opinions on this year's Prom and the events leading up to and after the night.



Jack Gatto, a senior at Wilsonville, said "Before prom we went to Langdon Farms for dinner and pictures with our group. My favorite part of prom was being on the bus with everyone and just having a good time." His advice for underclassmen is "enjoy every minute of the night with all of your friends and just have fun with it."

Alaina Bekebrede, also a Senior at Wilsonville, explained her night of prom "Seniors are sad to leave, but they're glad that they made the memories they could at their last prom. Those will stay with them forever."

Many juniors said their first prom was amazing and it exceeded their expectations. Also, their class was in charge of prom this year and they did an

amazing job at organizing it and making it look like a fairytale. Lainnee Robinson tells her favorite things about prom this year: "My favorite part about prom is hanging with my friends all night. Before prom I got ready with my friends, had dinner, and took lots of photos. Prom was so memorable, but it went by way too fast."

As prom concludes the dances for seniors and starts the descent of dances for juniors, it was a super special night for the two groups of students. Prom was a enjoyable and memorable night for all students and the seniors were fortunate enough to spend their last dance at Prom 2019.

## A final goodbye

By Jessica Caulk Student Life Editor

When they say high school goes by fast, they really mean it. These past four years have really shaped me into the person I am today. I have met some of my best friends here, and created so many memories I will forever cherish.

From going to sporting events, to volunteering, to having wonderful teachers who helped me when I was struggling, to a wonderful class that I am proud to be graduating with, Wilsonville High School has become my fam-

I have had the chance to participate in some of the wonderful events that take place around our school, whether it was through organizing an event through Leadership, supporting our Cats in different events, or being apart of the journalism program.

I will forever be grateful for the journalism program and the opportunities that not only



Fitz has given me, but those that the class has provided as well. Every student built off of one another while also having fun. We have had many fun memories, from show days to all of us screaming at each other to Fitz's occasional "what the?" This program has made my senior year. Journalism has taught me to have individuality and explore my creativity when it comes to producing work. I will be forever be grateful for the skills I have learned and will be able to take with me throughout my life, and for the opportunity I was given by Fitz to have such a big role in creating in this program.

### Will the class of 2020 continue their Powderpuff reign?

By Ally Finkbeiner Online Editor

As the end of the school approaches, anticipation builds for the most exciting sporting event of the year - Powderpuff. Every grade creates a team of girls to battle it out on the football field under the leadership of two or three football players from their class.

Even though there's only two short practices before the competition, there is no doubt that Powderpuff is one of the most intense annual events at Wilsonville. Each year, the classes fight to see who will lift the coveted trophy at the end of the evening.

In the last two years, the class of 2020 has gone on an unprecedented run, becoming the first team to ever win as freshmen back in 2017, and then defending their title last year as sophomores. Prior to these two victories, only juniors and seniors had ever won the Powderpuff tournament. The class of 2020 is something special, and in the championship match. Giese never made a championship ap- a rematch this year. they're looking to make it a threepeat this season.

competition with a matchup against sive and defensive line. the freshman, and junior Maddie Giese sees them as no threat, expecting a third straight appearance off against the seniors, who have both classes are looking to make it champs this year and prevent the



The class of 2020 gather arround their 1st place trophy. Photo by Greg Artman.

The juniors will begin strong presence on both the offen- once again by the class of 2021?

is one of the key players for the pearance. Will this year be their class of 2020, as she provides a year? Or will they be taken down Lily Wright, "Sydney Burns is our

According to sophomore best player, and we're looking for Last year's champion- her to have a good performance." On the other side of the ship was a close battle between Wright believes that the class of bracket, the sophomores will face the freshmen and sophomores, and 2021 will take down the reigning

possibility of an impressive four-

The juniors are confident, though. Coaches Noah Ochs and Keagan Jones will be returning, and both are seasoned veterans from the last two years of competition, so they definitely know how to coach their team to a victory. Running Back Haley Stahl is a player to watch for the class of 2020, as her speed and agility makes her a touchdown-scoring machine.

It's shaping up to be a good Powderpuff season this year, and all eyes are on the ones who have a target on their back: the juniors. Will they manage to pull off an unheard of third win in a row? Or will the class of 2021 get their revenge for last year's championship defeat?

Maybe an unexpected dark horse will make a streaking run, like the inexperienced freshmen or historically unsuccessful seniors.

Only time will tell who will be lifting the trophy at the end of the night, but no matter who emerges on top, the competition is sure to be eventful.

## Seniors celebrate graduation with vacations

By Kali Connell Staff Writer

As the school year comes to a close, now is the time that a lot of excited seniors plan what is called a "senior trip". A common reason a numerous amount of people partake in these trips is to celebrate all their hard work throughout their past four years.

Often times students and families have to save up over a period of time to pay for these trips (depending on their destination) because some will travel far away.

A fun senior trip doesn't require you to fly all the way to Europe (although that would be amazing); some take smaller trips that create lifelong memories.

Personally, one of my favorite destinations to travel to is Hawaii. A few of my friends and I have saved up to go by ourselves to Oahu for our senior trip! From personal experience, a couple tips I have when planning such an event are: Plan. Ahead.

ditions. A big factor is obviously pricing, distance - whether it be by car or plane -cost adds up quickly.

Another factor that plays into this is picking a destination that peaks all of your interest which doesn't tend to be too hard. My last issue that I have encountered is to make sure you roughly plan what you will be doing once you reach your travel destination. But don't take just my word for this: take it from some fellow students as well!

I had the opportunity to chat with senior Nicole Johnson about her future plans to see where she was heading and why. Nikki's choice for her senior trip is Vegas.

When asked, why Vegas, she replied with, "My mom told me about it and it sounded super interesting!".

She is looking forward to going swimming and seeing the strip, because she has never

When you are trying to been there before. As for planaccommodate for people other ning, her dad planned most of it, than yourself, you have to think so when they get there. Nikki and you've learned the inside scoop

ear" and enjoying their time.

Hopefully now that about a whole scenario of con- her friends plan on "playing it by on fellow students trips, you

can plan your own if you haven't started yet. As we draw an end to the final year for seniors, now is the time for some memories with your hometown besties.



A beautiful day at Sleeping Beauty Castle. Disneyland popular place for senior trips. Photo by Kali Connell



# SPORTS





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#### Seniors slide home

By Cameron Foresberg Staff Writer



Cameron Foresberg is greeted by the WHS baseball team at home plate. Photo by Greg Artman.

baseball team The hopped on a 5:00 AM flight back to Oregon at the end of their sunny spring break trip to start league play. Throughout the trip, the Cats fought hard playing against some tough California teams. They finished the trip with a record of one win and four losses.

The trip gave the team some really good looks that helped them during league play this year. The boys have been playing great in league, and they are in a fight for clinching the league title.

They are competing against for the La Salle Falcons for the number one spot. As the by, the 'Cats are on a mission to win out their last series against

Scappoose and finish with a 15-3 record in league.

As this being the last week of league, it is also the last week of league for the seniors on the team. All four have been working hard this season to guide this young team to victory, and two of them will continue on and play in college. Trevor Antonson will be attending Seattle University in the fall, and he is going to be studying business as he gets to throw the ball around a little longer. Nolan Thebiay is going to head up Billings championship team next spring.

When asked what they last week of regular season rolls are most looking forward to when playing at the next level, Trevor responded, "I am really looking

forward to the great competition I will be seeing day in and day out and to be able to prove to myself and everyone else that I can compete at this level."

Nolan said, "The thing I'm most excited about is getting the opportunity to play at that next level. I've worked hard over the years and it's starting to pay off. I'm also looking forward to just being with the team and getting those close relationships during those early morning practices and close games. And also there's the college part. I can't wait to be out on my own sort of. It's been a long 18 years, and I think I'm ready.'

These two will definitely be missed not only on the field but in the community. Trevor has been playing Wilsonville baseball since tee ball and has stuck with it ever since. Nolan came here when he was a junior, and he found himself a role on the team.

It may be early, but there is no reason not to look at next years team. Freshman Cole Hubka and Max Bledy will have to fill some big shoes next year as key roles will be exiting the doors of Wilsonville come June. Yet they have gotten the experience this year and will be ready next year.

Sophomore Jack Kimball north and hop on Montana State will also have important part on next years team. Lastly, juniors Keegan Shivers and Cole Kleckner will be the new leaders on next years team as they will play their last season of high school baseball.

## Signing Off

By: Cydney Gutridge Section Editor

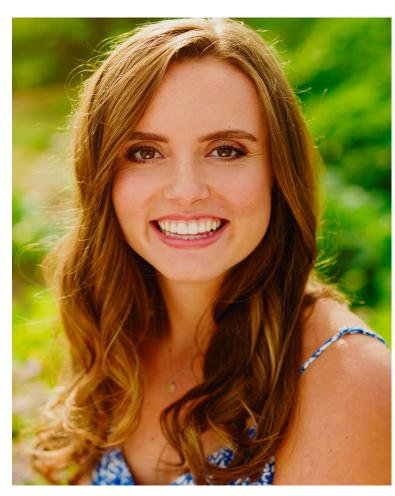
I didn't know what I was getting myself into when I joined journalism my junior year. The program was brand new and I didn't have any experience writing newspaper articles. However, let me tell you, it was the best decision I could have ever made.

Journalism gives you the opportunity to write/broadcast things that you are most interested in. In my case, I am a huge sports fan, so I wanted to cover anything and everything sports related.

My second year of journalism, I became the editor of the sports section and had the ability to host my own show, conduct interviews, and write super fun sports articles.

I have improved my writing skills tremendously by writing weekly articles for our online and print edition. My personal favorite is the broadcasting side of things. I was able to host a weekly show where

I highly recommend



wants to learn how to speak well in front of the camera and improve we talk about all things sports. their live broadcasting skills. sible. You will not regret taking

Thank you to Mr. Fitz and broadcasting to anyone who the entire journalism program for

pushing me and helping me to become the best journalist posthis amazing class. Go Wildcats!

#### Four years in center field

By: Carly Atwood Guest Writer



As my four years of Wilsonville High School softball comes to a close and I reflect on the experiences I have had, there are many takeaways. Being part of a growing sports program is both a special and challenging endeavor.

Each season I participated in was unique to the one prior, and it felt like we were starting fresh every time spring rolled back around. We had a JV team, then we had to cut it because not enough girls came out, and this cycle repeated itself for all four of my years.

These fluctuating numbers made it very difficult to build a strong team and program because the improvements our team achieved needed to be reached again the next season.

The success of a team is almost always determined solely by their winning streak, overall record, or other statistics that prove their athletic ability. It is much easier for players to return to a team when they get to experience this type of success and receive positive feedback in a variety of ways from peers, coaches, etc.

It takes heart and perseverance to remain dedicated to a team that is not receiving these reinforcements. Players must dig deep to find the motivation to work towards a larger goal when this is occuring.

They may not get to see the goal fulfilled, but still must contribute everything they have in the hopes of making progress in the right direction. This is the kind of determination we have had to find within ourselves, finding success in other areas when our record did not reflect positive results.

When I came onto the team as a freshman I was anxious and did not fully understand my role on the team. During my first day of tryouts one of my

Carly Atwood up to bat. Photo by Greg Artman.

contacts began irritating my eye,

I had taken it out with the hopes that when I put it back in the problem would be resolved. Within a second of having the contact out the wind grabbed it and carried it out of sight. My heart rate soared immediately and I began to panic -- internally.

My eyesight is far below average, trying to play softball with one contact is as successful as trying to drive with your eyes closed. The sensible thing to do would have been to tell my coach about the situation, but I was much too scared, instead I missed every ball hit to me and made a fool of myself until my sister -- a senior on the team - told my coach that something must have been wrong with me.

As time progressed my confidence and comfort on the team grew. I learned how to adapt to a variety of roles, starting as a student to the older girls and maturing into a leader. Above all, high school softball should be a fun and enjoyable experience for players in order for the program to grow.

As one of the upperclassmen this year, I have tried to lead by example on the field by playing hard, reinforcing the positive, and encouraging my teammates. The current coaching staff is committed to making Wilsonville softball a great experience for all players with a goal of growing the program, I hope that more girls will take the opportunity to create long lasting memories and am excited for the future of Wilsonville softball.



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# SPORTS

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## Boys tennis clenches district title

By Finlay Dunn Staff writer

Entering the 2019 season, the Wilsonville High School boys' tennis team was looking to build on their successful season last year due to only losing one senior. Among the returners were Jack Roche, Zach Brehm, and Nate Ogden who all went to state the previous year.

To start off the season, the Wildcats played a very difficult non-conference schedule: including matchups against 6A opponents such as Sprague, Wilson, and West Salem. The Cats were able to win a few matchups, but overall they lost the matches. Senior doubles player Jack Gatto said that the difficult nonconference schedule helped prepare them for Northwest Oregon Conference(NWOC) play and dis-

Next, the Cats entered league play with a matchup with Hillsboro at home followed by a



Jack Gatto played tennis for the second year this year. His doubles partner was Will Lindamood. Credit Greg Artman

and won every individual match.

rival: the La Salle Falcons. La Salle had won districts the previous Northwest Oregon Conference (NWOC) during the regular sea-

match vs St. Helens. Wilsonville anticipation entering the match. dominated both of these teams Senior Jack Roche said the boys #1 singles player was not able Then, on April 25th, the to make it which inevitably led to Wildcats hosted their bitter tennis only one singles player winning that day: Hugo Romero.

When asked about the year, and dominated the entire La Salle matchup, Gatto said, "We knew it would be our toughest league matchup this year so son. However, the Cats only lost we wanted the W [win]. Although one senior and were filled with we didn't, I think it went alright

compared to last year." Gatto and his partner Will Lindamood ended up winning their match, but only two other matches were won. Therefore, the Falcons won the regular season battle 6-3.

After this, the Cats went mentum into day two. to Parkrose and finished out the regular season with another 9-0 sweep. Following the Parkrose matchup, Wilsonville had no more matchups until tennis districts which is basically one giant tournament between every school in the NWOC to see who wins league and who qualifies for state.

Entering districts the Cats had a few players with seeds including Jack Roche (1), Jackson Dean (4), Zach Brehm and Nate Ogden (2), and Evan Landy and Carter Troha (5).

All of the Wildcats played very well on Tuesday, and three doubles teams made the quarterfinals which were to be played the next day: Zach Brehm/Nate Ogden, Caleb Wilde/Hugo Romero, and Matthew Little/Finlay Dunn. In addition, four singles play-

ers made the quarterfinals: Jack Roche, Jackson Dean, Bradley Crane, and Mohammed Hassan. Gatto said most of the teams won their first match that day and were able to continue their mo-

The Wildcats ended up splitting the district title with the La Salle Falcons as they ended up having the exact same amount of points after the second day. Notable finishes include Jack Roche placing first in singles, Jackson Dean finishing third in singles, and Nate Ogden and Zach Brehm getting second in doubles.

When looking back on the season, the Cats were very successful and took advantage of returning most of their players by winning the district title. When asked about the season as a whole, Gatto said, "I think this season went really well for us. We continued to get better after every match we had..." Finally, he explained that the season was a lot of fun, and he really enjoyed it.

#### Boys lacrosse committed to win

By Brenden Ertle Staff writer

The Wilsonville boys' lacrosse team had high hopes with new head coach, Coach Hamburger, after a disappointing last season

The struggle last season was getting players to commit to the program and sign up; the school is filled with elite talent, but many went onto other sports. First year coach Hamburger has spurred hope for the program.

Coach Hamburger and discussed the upcoming season; he emphasized how important recruiting student athletes were, whether that's talking to them at school or texting them via social media.

He talked about the importance of not just bringing in the best athletes, but how many athletes who like to compete are willing to play the game. The coach did a great job recruiting



Wyatt Bedell and Cole Ratter take the field against Sprague. Credit Greg Artman.

athletes to play for his team with both first year players and players who took a year off.

They built a successful season with new assistant coaches who know and love the game in the form of previous Wilsonville lacrosse players. Coach Hamburger built his staff to give them the position to compete in their division now.

So far this season our cats have a 7-8 record, a little below .500 with one game remaining before the memorial day tournament. Many of their loses have came just by a few goals, lots were very winnable games.

Senior Tyler Sharp and he explained how much better their team improved this season, their games were so much more hyped, and the players were committed to win. Senior Drew Lewis has enjoyed his final season as

They have high hopes for the playoffs coming up if they get there. They are underdogs

> heading playoffs but they are embracing the challenge and are content even to be competing for the division championship.

#### "Building year" for varsity girls lacrosse

By Cydney Gutridge Sports editor

After a successful 2018 season, Wilsonville girls lacrosse graduated 5 strong starters. This year they played with a young squad, which did not include one single senior on the entire team. Juniors Kylie Hix and Brooklyn Waddell took over the leadership positions. Waddell has already committed to San Diego State University to continue her lacrosse career.

With first-year players to year-round lacrosse players, team chemistry has been key to building the program. Just enough players came out this year to fill the roster for only a varsity team. Hix says "we have team dinners and always try and include everyone at practice."

Throughout the season this team faced many obstacles, mostly because it was a group of girls who have never played together before. But Waddell and Hix accepted the challenge and looked to improve not only their personal game, but also their teammates'.

Waddell says that her biggest strength is "bringing a lot of knowledge of the game to our very new players and helping them understand the game better."

Alongside the knowledge of the game comes a positive attitude and willingness to learn. Hix contributed her positivity - "I'm always trying to encourage the teammates and push them to the



Brooklyn Wadell flies past her defender. Waddell has committed to San Diego State University to continue playing lacrosse. Credit Greg Artman

best of their ability."

Waddell and Hix worked hand in the spaces needed on her high hand in helping to improve the lacrosse team as a whole.

tough league with some of the top teams in the state. For the returning lacrosse players, they didn't have much experience losing.

So it was a challenge in itself for the girls to learn how to lose while keeping a positive attitude. As Hix is a multi-sport athlete and has a lot of success in the classroom, another obstacle she faced was balancing all of her activities along with her school-

season, Hix and Waddell will congame. Waddell is learning to play

in many different positions to fill school team.

She is a very talented Wilsonville is in a very and aggressive player, so the position she played most was attack (these are the people who score). This year she played midfield position, which requires a lot of run-

> Hix also plays this position and said, "Lacrosse is a nonstop running sport - playing midfield, I always want to keep my athleticism up and always try to get in better shape."

These two juniors had a great impact on their team this Looking forward to next year, and are looking forward to their final season. Best of luck to tinue to improve their personal the girl's lacrosse team next sea-

# SP()RTS

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#### Wilsonville finishes track season with district title

By Ally Finkbeiner Online editor

competition this year, the Wilsonville Wildcats sent a group of athletes to St. Helens High School on and Abbie Nelson placed Friday, May 10th, to compete at third and fourth, respective-Novice Districts.

In their last meet of the season, plenty of athletes gave it placed third in the 1500 their all and reached their peak at meters, and Krause finthe exact right time.

Senior Josh Corson placed second in both the 100  $\,$  ond with a time of 5:53.25. and 200 meter races, with a PR of 24.98 in the latter.

In the 800 meter dash, junior Jorge Aguilera Lopez finished second with a time of 2:15.94. He also placed second in the 1500 meters, and recorded a new PR.

Wilsonville did outstanding in the boys 3000 meter race, taking the top four spots. Sophomore Caleb Yaso won the event, and junior Vincent Nguyen placed second.

sive showing as well. Sophomore underclassmen to get a taste of Bridget LaFreniere recorded a a competitive meet. Lots of the new PR in both the 100 and 200 younger athletes are looking to meter races.

In the 400 meter dash, sophomore Sydney Burns placed nitely showed it in their efforts at first with a new PR of 1:06.11. this meet. Burns also won the girls high jump with a height of 4'6".

Wilsonville had three of the top four athletes in the girls 800 meter After going 7-0 in league race, with sophomore Katrina Brisbois finishing first. Freshmen Esme Krause

> Brisbois also ished fourth. In that race, junior Kiera Bertell got sec-Bertell won the 3000 meter race as well.

In the 100 meter hurdles, sophomore Gabi Bean recorded a PR on her way to second place in the event. Bean also placed third in the 300 meter hurdles on Friday afternoon.

Sophomore Emi Bishop won the shot put with a throw of 30' 0.5". She also won the discus, with a mark of 79' 10".

Novice Districts were The girls had an impres- a great chance for Wilsonville's make their mark at Varsity Districts next season, and they defi-

> At Varsity Districts, Wilsonville pulled off the improb-



Junior Sam Prusse competing second place finish at districts. against Milwaukie earlier this season. Credit Greg Artman

able: they won both the girls and boys league titles. Every single PR of 40' 11.5". event counted towards these victories, with both sides being won freshman, but he's looking forby narrow margins.

marks in nearly every event, but his next three seasons. the most important achievements are those of the athletes who will to make it to state in high jump be continuing their season at the and long jump as well as triple, state championship meet.

To make it to state, ath- the league in all three events this

letes must finish in the top two spots in their event at the district championships. In total, Wilsonville is sending sixteen athletes to compete at Mt. Hood Community College on Friday, May 24th, and Saturday, May 25th.

The men's 4x100 team of Rocco Marshall, Henry Tellez, Gabe Pernisco, and Cade Butterworth placed second at districts with a time of 44.64.

Senior Nehemiah Barkley PRed in the discus with a throw of 148' to win the

As he has done all season, senior Mike Church won the javelin.

Freshman Rocco Marshall is also headed to state in the long jump, due to his

Another freshman jumper, Kellen Hartford, is going to state for the triple jump. Hartford won the event with a new

Hartford may only be a ward to his first state competition There were impressive and already hoping to return in

> In the future, he wants considering he was top five in

On the girls side, senior Kayla Bolnick will be returning to state for the wheelchair paraathlete 400 and 1500 meter races. She recorded a new PR in both at districts.

Joining Bolnick at state will be junior phenom Sam Prusse, who attended the state competition both freshman and sophomore year and will be returning this year for the 800 meter dash, 1500 meter run, and the 4x400 meter relay.

Joining Sam at state for the 4x400 meter relay is senior Jillian Greene, junior Haley Stahl, and senior Megan Allphin. Freshman Gabby Prusse will also be going to state this year for the 3000 meters.

Rounding out the state squad is the group of elite girl throwers for Wilsonville. Senior Lauren LaFreniere won the shot put at districts, sophomore Madison Jones placed second in discus, and senior Delaney Dougherty finished second in javelin.

After such a successful season, the Wildcats are looking to round it out with a good weekend at the state championships. Lots of PRs have been broken already this year, and there's one meet left for our athletes to make their mark on the 2019 track season.

## A glance at the girls tennis varsity tennis seniors

By Meghann Yochim Staff writer

As many may know, tennis season has sadly ended in the last few weeks.

Luckily, the weather held out with sunny skies and temperatures above 80° for the tennis teams to enjoy during districts.

The Wilsonville High School girls' tennis team is happy with the season they've playedthey won the majority of their games this season-yet there's a sense of bittersweet since they must say goodbye to the seniors that have been there since the beginning. The seniors, however, have something to say before they head out.

ever since stepping out on the tennis courts her freshman year, senior Honour Colby loved loved this sport. For Colby, tennis is all a gain during the season; she gets to participate in a sport that she loves, she can get a "pre-tan" before summer starts, and she gets to hangout with some of her best friends on the team.

Colby and Sophi Heilig



Caption: Pictured above are the girls tennis seniors. From left to right: Sophi Heilig, Honour Colby, Athena Lackides, Anna Sweetland, Izzy Gonzalez, Grace Love, and Grace Killelea. Picture credits: Greg Artman

ners, yet now both of them are splitting ways for college. "I'm not bummed it's the last year because I think I'll play intramural in college!" Colby conveyed excit-

Almost identically to Colby, senior Athena Lackides has also participated in tennis since played a mix of singles and doubles throughout her high school career. "I like playing singles be-

have played together as part- cause I can work on my own. It's really fun being a part of a team that has all of my friends," Lackides explained. She is happy to be going out on a good note, yet she is still slightly sad that she has to leave the sport.

Anna Sweetland, has freshman year, and she is not completely ready to see it go. "It's really sad because each year I

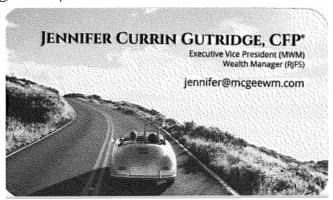
see myself improve," Sweetland reminisces, "and I'm not done yet like I still have more to learn so it's kind of a bummer that this is my last year to receive high school coaching." Even with this sadness, Sweetland is ready to move on to college in the fall; since sne is going to a liberal arts school, she may even play tennis

Lastly, senior Grace Love has also played for four years straight, and ever since the beginning she has relished the highenergy and fun that the sport has brought her. "My experience will be something I remember forever! I have had some of the best times bonding with my team and playing the sport. It is a great life sport and I am excited to finish the year strong," Love expressed. She was

proud of how she and her partner junior Stephanie Bashoury fared during districts, and although she is a little somber that the season has to end, she is very content with how her four years have gone with the sport.

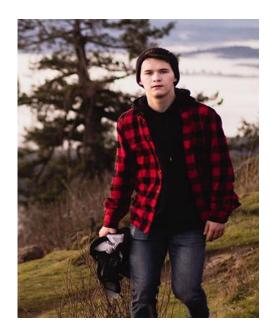
In the end, the final moments of the season were quite memorable. The girls tennis team is sending two girls, Madeleine Klein and Izzy Gonzalez, to State to compete this year. However, for the other seniors, it is a tough goodbye. The season ended on a high note, and now the seniors are going on the separate paths beyond college.

Caption: Pictured above are the girls tennis seniors. From left to right: Sophi Heilig, Honour Colby, Athena Lackides, Anna Sweetland, Izzy Gonzalez, Grace Love, and Grace Killelea.



## Alumni advice to seniors

By Grace Yaso **Academics Editor** 



Nobuki Yaso '17, attends the University of Oregon.

"Although college is really different from high school (for example, at my school, you cover one year's worth of AP material in ten weeks), I felt prepared. So I would say don't stress about it! Also, get involved with the things on campus. Join a culture club or find something related to your major. These clubs and organizations are important to find community and also help network when you are looking for jobs and internships in the future."



Imani Wolery '18, attends the University of Oregon

"Honestly, the best advice I can give is really just to try to figure out what you are passionate about. Know that if you go after something you love, it will make your transition so much easier in life and in college. This will help you to really strive toward opportunities that are going to benefit you

"Don't spend time worrying about the little things! Get outside your comfort zone and experience something new! -Alexandra Saccente



Alexandra Saccente '18, attends Oregon State University

"Enjoy your summer, but also get organized and prepare for an awesome year! My biggest piece of advice would be to manage your time well-- you're going to have to balance classes, clubs, studying etc. so make sure you're not spreading yourself too thin, while also taking advantage of what's offered at your school. Also, don't spend time worrying about the little things! Get outside of your comfort zone and experience something new!"

### Robotics season in review

By Melody Garcia Gonzalez

In 2019 it's important for students, teachers, and others to have in depth and valuable con. The West Linn-Wilsonville School District robotics team, Error Code Xero, has had a great year. Many members have been a part of this team for years now and they will no longer be actively participating in the team next school year. Senior, Hayley Jablonowski has had a significant impact on the team. The PawPrint turned to them to asked them questions about their time in Error Code Xero, what they'll miss, and they even offered some advice for anyone looking forward or thinking about joining the team.

Hayley is a part of the Robotics marketing team, which is the reason she decided to become a part of the team in the neurial spirit. Exploring and grow- first place. "I decided to join robotand fascinating. I love learning about sponsorships, finances, and the advertising that goes into creating a successful business."

Having been a part of the team was a big part of Haysays, "I'll miss the sense of community that has developed between me and my teammates. I will also miss the ability to grow each year with the project that I work on, the Entrepreneurship Award."

As Hayley's final year at Wilsonville High School comes to a close, she has some words of advice for incoming member of the robotics team: "My advice to anyone who is considering joining the team would just be to do it! you aren't mathematically or scientifically inclined doesn't mean you shouldn't join; there is a work, business, and the entrepre-

ing with my mentors and student ics because I thought it would be leads has been really intriguing a good way to get some real-world experience in business, and marketing specifically, before heading off to college. I also thought it would be another cool way to get involved in my school community."

Error Code Xero has ley's high school experience. She been through many things to get where they are today. There's the process of building the robot, the competition, and traveling to the different places. However, Hayley says, "the most memorable part of robotics has been the competitions and seeing the big project that I work on come to fruition. I write the business plan for the Entrepreneurship Award and seeing all of my hard work come to life is really rewarding."

Robotics is more than Just because you feel as though learning how to create and program is robot. Hayley says, "I have learned so much about team-



Robotics event held at Wilsonville High School. Schools for around the state will compete to find out who will move onto the next stage of the competition. Photographer is Katelyn Miller

place for everyone on the team! I didn't join as early as I wish I had because I didn't think there would be anything for me to do on a robotics team without having an aptitude for science, engineer-

ing, or mathematics. It turns out, that writing and business skills are just as needed, if not even more, on the team!" In all, the seniors will be missed and their legacy will remain with the team.

# ACADEMICS





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## Model United Nations: a closer look

Understanding the inner networks of this academic club

By Meghann Yochim Staff Writer

In Model UN, students either represent their respective country on a specific issue or they are part of the general assembly. It simulates what the real-life United Nations does, and each student is in charge of imitating their chosen country to participate in creating or voting on resolutions.

Many have participated in this club for a while, and if you're considering joining Model UN, here is the inside scoop.

Owen Gail has been a part of the general assembly this past year. He aids in proposing resolutions for an issue and re-

"My least favorite part is when in the general assembly there

are rapid fire resolutions that we have to review and they are about really boring issues that I don't know my country's position on," Gail recites comically.

He thinks he did a pretty decent job, vet he plans on practicing his public speaking skills and representing his country even better.

Similarly, Sydney Byun enjoys the environment that she's in when she participates in



She loves hanging out with her friends when they go down to University of Oregon for the conference, and she even enjoys seeing how the inside of the United Nations

Her goals for the future are writing even more complex and successful resolu-

Averyl Hartje's favorite aspect is how she can compare and discuss these topics appreciates how everyone at our age can come up with resolutions for certain topics, represent a whole country and its ideals, and even have

civilized discussions on how to go about these issues.

However, did admit that "[her] least favorite part is how long the sessions

To conclude, Model UN is a student representation of the real-life Model UN where each person represents a chosen country, debates about what should be done about certain issues, and even come up with resolutions.

From with people her own age. She was gathered in the interviews with the students above, Model UN is a great way to learn about how political systems work, and even practice public speaking while you're a it.

Pictured above are juniors Sydney Byun and Averyl Hartje at their Model UN conference this year. They each are holding up a sign representing their respective countries. Picture provided by: Sydney Byun

## Going to another school for a day

By Grace Yaso **Academics Editor** 

It can be quite easy for students to become lost within the four walls of their school, forgetting that an entirely different world exists of educational styles and sizes of schools.

I would often find myself engaging in heated debates over which educational style was more difficult and which presented more of a challenge to students; I was adamant that AP (advanced placement) classes were the most difficult and challenging.

I had an unwavering opinion that public schools were superior to private schools because of their size and more class availability. However, I decided to attend another school for a day in order to truly see the difference in educational styles and school size.

When considering which school to attend, I wrestled with many ideas. My first thought was to attend Lincoln High School, where IB is taught and emphasized there.

It is also a 6A school, which means that they have a higher number of attendees. My second thought was Portland Christian School, which utilizes both AP and honors classes and has around 100 students that attend. Unfortunately, the sched-



Grace Yaso and her exchange student, Sakura Kaneko, pose together. Grace was able to attend Sakura's school for the day.

Photo provided by: Grace Yaso ules did not align.

Thus, I decided to attend a small private school called Horizon Christian with my foreign exchange student, Sakura Kaneko. As I followed her throughout her day, it immediately struck me how different the class setting felt compared to my other classes.

Her first period that day, study hall, consisted of five or six students. Consequently, her next period, chemistry, had a maximum of fifteen students.

It amazed me how much attention each teacher could pay to their students individually. It

almost felt as if it were a study group, opposed to a normal class, tailored to the students needs.

Another thing that surprised me as I walked through the halls was the fact that everyone knew each other. Having only one hundred students, each student at Horizon Christian is able to get to know each other and form a close-knit bond, whereas at Wilsonville, I still see new people everyday. Wherever I went, people were greeting Sakura with huge smiles on their faces.

Although this occurs on somewhat a smaller scale at Wilsonville, the community there was unlike anything I have ever witnessed in public high school.

One thing that I wished I would have done better with the experiment was to follow another senior at Horizon Christian.

Because Sakura is a sophomore, I attended classes that I have already taken in the past and thus could not get a gage on the academics.

Next time, I will try to follow a senior in order to truly see how the academic style differs. What I realized through the whole experience was that it is quite easy to compare Wilsonville High School to other schools, private or otherwise. It can be easy to think that our school is superior and feel that other schools may not have the same academic rigor.

However, each school is unique in their styles of teaching and size. They each suit students with different academic and social needs.

Thus, it is impossible to decide which educational style and school size is beneficial for the population as a whole; the decision must be made for the individuals themselves and their own needs.

#### Signing off

By Grace Yaso **Academics Editor** 

When I was first presented with the opportunity to take journalism during my senior year, I was excited yet unsure what the class would bring about. On top of that, Fitz asked me to be the Academics Editor, something I knew nothing about.

Looking back, I am forever grateful for this opportunity to take part in this amazing class. I have been able to do so many new things: write for the newspaper, learn how to format, and even start a podcast.

It has been one of the best classes I have ever taken in my four years of high school, and I am thankful that Fitz took a chance and decided to have me on the staff.

I will truly miss the people I have gotten to know and work alongside this year, staying late after school with them, and particularly, eating a whole large pizza with Editor-In-Chief Aly Johnston.

However, I am looking forward to what the next four years will bring, and how I will grow as an individual!



#### SAT: What is it and where should you take it?

#### By Oliver Hardt Staff Writer

What is the SAT? The Princeton Review defines the SAT as an, "entrance exam used by most colleges and universities to make admissions decisions".

The SAT is used to measure a high schooler's readiness for college. A student can get anyfect score is 1600 points.

When signing up for test-

ing the winter, so they are better and in Wllsonville on May 4. prepared to take the test than they would've been if they stud- Dunn mentioned that taking the ied on their own.

when you take the test go hand in sonville, a more familiar school. hand. If you're taking the test in the When asked about whether he fall, chances are you're less pre- was nervous before the Lake Ospared for the test than if you take it wego test, in May.

SAT is the most important test of I did not know anyone there, and their student career because those the SAT is very important. Also, scores are one of the most impor- I was tired because I had to get tant things that colleges look at up earlier to drive to LO." during the admission process. Due where from 200 to 800 points to its high importance, the SAT puts per section of the SAT and a per- a great amount stress on the stu- that he was more confident comdents taking it.

Most Wilsonville students ing sessions, there a few factors take the SAT at WVHS on one of ing the test in the same room as to take into account: location, the testing days (one in the fall and him. when, and how prepared you are. one in the spring), and some take the SAT at other locations such as A lot of students at Wil- LOHS, SHS, and THS. Finlay Dunn, ment in Wilsonville seemed sonville take advantage of the a scholar here at Wilsonville took to be more laid back and less SAT prep class offered here dur- the SAT in Lake Oswego in the fall,

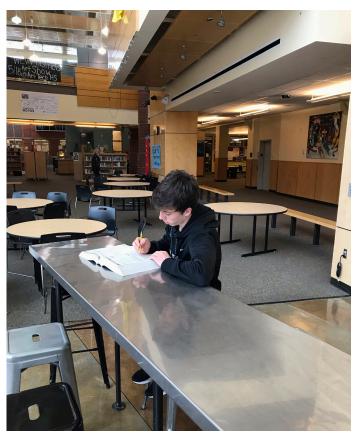
test in Lake Oswego was more

How prepared you are and stressful than taking it at Wil-

Dunn responded: "I For many students, the was a little bit nervous because

> Dunn also mentioned ing into the test in Wilsonville because unlike in Lake Oswego, he knew the people who were tak-

The testing environstressful than the testing environment in Lake Oswego.



Finlay Dunn, Junior, studying from SAT prep book.SAT prep books: a great tool to use when studying for the SAT. Photo taken by Oliver Hardt

### Summer assignments

#### By TJ Hagen **Production Editor**

With the end of the school year closing in, we asked a few AP teachers what summer assignments they would be giving to their fresh batch of students.

Wilsonville High School has AP classes available for all students, but the focus of this article is on the incoming Sophomores and Juniors for the 2019-2020 school year.

Ms. Armstrong stated that her incoming AP Spanish students would be tasked with five hours each of reading, writing, grammar, speaking, and interacting with a native spanish speaker.

The twenty-five total hours of AP Spanish work must be recorded and completed by the beginning of the new school year. Armstrong says it isn't too bad, and students say the practice was definitely worth it. Retaining the knowledge from Spanish IV was more than worth it.

Mr. Fitzgerald, an AP English instructor and a long time enthusiast of Star Wars said that his young padawans will be presented with a list of books based on rhetoric and style; however, they then must write a two page double spaced essay, due at the beginning of the year.

can't be that bad right?

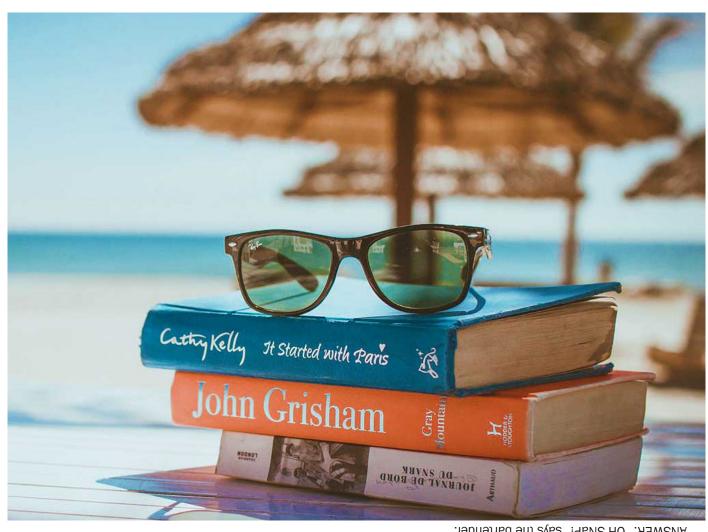
Mr. O'Connell, a man with more than 28 years in the art of

memorizing elements on the pe- er say? riodic table.

ing and answering questions sodium, and phosphorous walk AP Spanish, English, Chemis-It's double spaced - it from the textbook, along with into a bar. What does the bartend- try or one of the many other AP

If you are taking an AP If you consider yourself class this upcoming school year, the last minute. chemistry, informed us that his li- a fellow chemist wiz then answer then I wish you good fortune in pophilic molecules would be read- this: Oxygen, hydrogen, sulfur, the days to come. Whether is be

classes Wilsonville High School offers, enjoy those summer assignments and don't wait until



ANSWER: "OH SNaP!" says the bartender.

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#### Wilsonville Theatre takes on *She Kills Monsters*

#### By Samantha Katz **Guest Writter**

She Kills Monsters is about an average teenage girl named Agnes who after the one year anniversary ofh her sister Tilly's death, finds a Dungeons and Dragons module created by Tilly when she was alive. Not knowing what it is, but wanting to learn more, Agnes (played by senior Abi Edwards) brings the module to Chuck Biggs (played by junior Kameron Koslowski), a D&D master. He introduces her to the game. Agnes then reconnects with Tilly's character in the game, and Tilly (played by junior Samantha Katz) introduces Agnes to many magical and sometimes dangerous creatures and also helps her move on from Tilly's death.

Auditions began the begining of March, and rehearsals started at the beginning of April. Rehearsals last for eight weeks, and are three hours per day. Opening weekend was May 16-18.

Rehearsals began with blocking out scenes onstage, having tech meetings, costume fittings, learning choreography, and learning how to sword fight. Sword and stunt fighting has been one of the top priorities for us as a cast because there is a lot of sword fighting, stage combat,



Pictured from left to right: Kaiya Shivers, Samantha Katz, and Natalie Young, taken just after a big fight scene in the production.

stunts, and dance choreography in She Kills Monsters, but in order to do that we needed extra help.

Natalie Piper, our choreographer and stage combat expert, has been teaching the cast how to fight safely and how to properly use a stage combat weapon. The cast of She Kills Monsters really enjoys working on the physical fights even though the physical element can be a little rigorous.

costumes, sound, and lighting. While the period of the show is set in 1995, there are a mythical set of creatures in the D&D world that all have elaborate costumes. Ami Edwards, Peyton Butler, and Kameron Koslowski have been working tirelessly to make sure that the whole cast looks their best.

Other elements that very important in this show beare important in this show are cause they often portray the mood of the scene in the colors they reflect onto the stage. Thanks to Kacy Houston, our lighting designer, the lighting in the show makes the audience feel like they are actually in a D&D adventure game or in the Gap where Agnes's best friend, Vera (Played by Katie Walter), works.

Our sound effects for The lighting cues are this show are also very impor-

tant because there are many action scenes that require special sounds to be recorded then played in sync with the actors on stage for specific movements. Our sound designer Dylan Johnson has been doing a wonderful job designing our sound effects for the show.

This show is so empowering bechause the characters learn how to express themselves, face challenges head on, and that love comes in many different forms, like friendship, comradery, and family. There are messages and life lessons that young people will easily be able to relate to, such as being yourself, accepting others, and letting yourself be vulnerable so that real friendships can form.

We have bonded a lot as a cast and crew and will miss our seniors (Abi Edwards, Nate Rasmussen, Katie Glavey, McKenzie Bodyfelt, Nicola Krause, Peyton Butler) who will be leavhing the Wilsonville High School drama department and going out into a much bigger world. We will miss them, but the drama department knows that they will all do great things in the world and maybe even slay some more monsters along the way.

## Seniors say goodbye to choir

#### By Alex Burkeen **Guest Writer**

With the end of the year speeding around the corner-much faster than some of us expected it tosome of us in the school are about to say goodbye to a family of four years.

Choir something all on its own. Although it's a very differdynamic than other classes

in school, it is a place where we not only learn how to sing but how to connect with other people in the world for the rest of our lives through music.

High school is the place where you learn all of the building blocks for your future, then solidify those skills in college. Through all the stress of other classes, I have personally found a place of fun, laughter, and refuge in the choir room.

The relationships that I have made in these past four years have been something I will hold onto forever.

The one person we

ries is Ms. Kubitschek. a lot of us never thought

could petitions and many more memo- everything we need in school. the same 4 measures of our song ries-too many to count, in fact.

To say that Kub is amaz-

At any time of Especially for "Through all the stress of the day, we know the past three other classes, I have per- to her and sho to her and she has built this *sonally found a place of* will be there for having long extra rehearsals on program into fun, laughter, and refuge us 100%. She is Saturdays, overnight retreats in one of our best Canby, and even retreats at the in the choir room." of us, she is go-

derstand how a choir works, but have to thank for all the memo- ing is an understatement. To us, we will. For the 22 four year seshe is one of us. niors especially, it will be our most dreaded goodbye, one to our temporary family that has been through so much together.

> Throughout the years of friends. For a lot school, I have never seen a more dedicated group of friends to work become. ing to be our hardest goodbye. For towards what we want. Through Some won't ever un- over and over again just to get it

right but in the end, we all know it's worth it.

The most rewarding feeling that choir has is at our last concert of the when we're on stage, watching our teacher tear up because of how far we have come. Working towards our last concert is the best feeling. We know all the things that we have and can accomplish and it is finally time to have us chose songs we want to share. Seeing

one in choir laugh and have fun is just so great because those are the memories we will remember for the rest of our lives.

We won't think about all the hours we put in or about the number of times we got frustrated over counting and rhythms. We will always remember the good times and laughs that lead to tears.

On behalf of the seniors, I say thank you for everything We have received two a long time, she has been there all that hard work, yes, there were you've done for us, for not giving 4th place trophies at state com- for us as a teacher and a friend, days that we didn't want to sing up on us and for always being there for us. You will be missed.



### Fashion spotlight: Honour Colby

By Mackenzie Waterfield Staff Writer

Whether it be serving looks in her daring attire or putting together an experimental ensemble, the artistic Honour Colby always manages to find something avant-garde and original. This senior fashion spotlight is certainly deservof the acknowledgment.

Colby is gifted in the visual arts and has a very innovative approach to creating her daily outfits. Drawing frovm numerous inspiration, she derives aspects of these influences and fashions a distinct look of her own. Here, she delves into her preferred styles and go-to places to collect clothing and accessories.

Needless to say, Colby is quite notable for her ingenious style. Coltin Hill, a good friend of Colby's, commented, "I think what I admire most about Honour's style is how, I guess, unique it is, because she kind of takes a look, and makes that her own. And it is more individual, she chooses to incorpo-

rate pieces like jewelry or accessories or shoes that I feel make an outfit much more stylistic."

Colby expressed that though she has no specific idols, she admires singer and songwriter SZA, who is recognized for her undeniable fashion intuition. However, Colby does not necessarily mimic a style completely.

She takes this inspiration, and comes up with outfits in the morning, depending on how she feels that day. Though she tends to gravitate towards ensembles that are comfortable yet explorative.

"I would describe my style as a comfortable statement," Colby reflected on her individual look, "But mostly, I see one thing I like and take it for myself."

In regard to Colby's approach to shopping, she typically finds versatile articles of clothing that she can wear anything she desires.

Her preferred stores for that search are the Doc Martens store, Buffalo Exchange Thrift, and Nordstrom Rack. She emphasized that she has an affinity for buying nice brands like

Levi's second hand. Her favorite kind of clothing are button-ups and linen shirts, but she has a few essentials that she matches with more unique thrift pieces.

"My staple items would be my Docs, Air Forces, and some loose baggy jeans. I like baggy jeans because they have the range and motion of sweatpants, but with style," Colby revealed.

The day of the interview, Colby put together a cohesive, polished, and edgy outfit. She wore light-washed and high waisted Levi shorts from Goodwill. Along with that, she selected a simple black belt also from the popular thrift shop. On top of a black crop top, she chose a dark leather jacket she purchased two Thanksgivings ago from the Goodwill. As for jewelry, she wore hoop earrings that she made with the guidance of her friend.

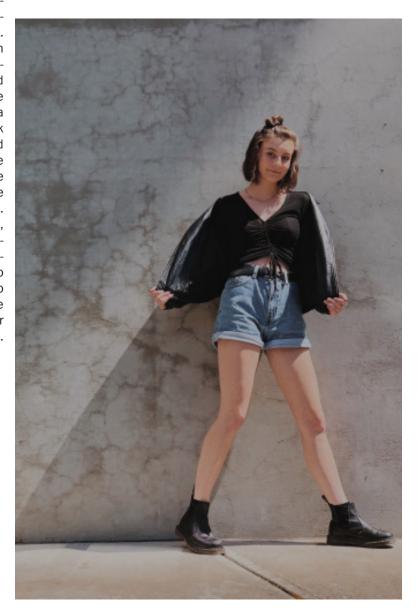
For a finishing touch, she added a one of a kind silver necklace she got in Santorini, Greece during her trip to Europe a few years prior. To complete with the outfit, she paired the outfit with none other than her signature Doc Martens.

Senior Samantha Wettstein reviewed Colby's style, "I am very envious of Honour's ability to make many different outfits of the same pieces of clothing, because I have very bring her outfits to the next level."

Along with fashion, Colsphere. She dabbles in painting vibe of Wilsonville High School.

and sculpture. However, she plans to pursue architectural design.

All the while being involved in these different interests, her artistry stands out in her capability to put together such basic things, and she can just original outfits on the daily. The fashion-forward Honour Colby has no doubt made a memoby has many interests in the art rable impact on the creative



Senior Honour Colby in one of many of her fashion-forward, edgy outfits. Photo was taken and edited by senior Coltin Hill.

### Senior music tribute

By Maddie Diehl **Guest Writer** 

As a member of the Wilsonville High School band department for the last four years, I have had the opportunity to interact with the three previous senior classes, whom I have admired for both their leadership skills and musical abilities.

The seniors this year are no exception; we have taken on leadership roles and become more talented musicians.

During the past four years with the music department, we traveled to Disneyland, won our league competition, played pep music for countless football and basketball games, participated in the pit for musicals, grew the band program to the largest it has been, and competed at the state finals for all four years.

Being a senior in the band department means increased leadership opportunities. From pep band to pit for Legally Blonde to being section leaders, the department has given seniors a great opportunity for us to train the next group of musicians and have an influence over the direction of the program.

For example, this year I was the student director for the pit, leading all the pit musi-



Pictured above is Hugo Romero, in the symphonic band, playing his flute. Photo by Katie Marelich.

Having the opportunity to take on this leadership role allowed me to expand my music skills to both learning and teaching.

Opportunities such these are one of the best parts of senior year.

On May 10th the band participated in state, the competition that the entire year leads up to.

One of the four songs played at state has been

cians in preparation for the show. rehearshed since our retreat in November, so it's fair to say that state was a culmination of an entire year's worth of effort.

> In order to get to state, we had to receive a qualifying score from two or more judges at one of our festivals earlier in the year and get selected from the tape pool to perform.

> Throughout the state, 17 5A schools receive state qualifying scores, but only 12 were given an opportunity to compete.

For our competition, we performed four pieces, "Cho-Zdechlik, "Ammerland" by Jacob De Haan, "Overture for Winds" by Charles Carter, and "Radetzky March" by Johann Strauss.

It was an honor to perform, and a great way to finish out our time as members of the band.

The seniors still have one rale and Shaker Dance" by John final performance as members of the band: our end of year concert on May 30th. In this concert, we get to play some less academic and more fun music which makes it the perfect way to end the year.



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## ENTERTAINMENT \*

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## Senior artists reflect on their favorite pieces of the year

By Isaac Boger Arts and Entertainment Sec-



"Benedick" - Peyton Butler

competition that happened in April.. I like this piece because I spent so long on it, so I had the time to add all the things I would want to add and because I also got to make physical clothing based on this piece of art for the play we did during the winter. Oh, and the fact that I also won an award for the set that this piece belongs to, I am very grateful for that as well."



"Feast on Me" - Isaac Boger

"This is my favorite piece from my concentration because I created it at a time when I felt very excited creatively and, even though it didn't turn out how I first envisioned it, it became something "I made this piece for a theatre more beautiful and meaningful. I made it during the summer and it shows! She reminds me of= those 4th of July rocket popsicles and less of an alien, which was what I originally pictured her as. My only regret is not naming it "Titty Lady" (which is what I refer to it as) but I may be stuck with this fake-deep title instead."



"Lavender" - Amanda Elliott

"This is probably my favorite

peace. Lavender is my favorite flower, but that's not the only "It's OK~The World" - Makayla reason I love it. My art has Bruce kind of changed recently and "Currently, this is my favorite piece become about peace and tranquility, and this is the piece that I think really exemplifies that. I tried a new way of painting people by only using white, then using the background as shadows, and I think it turned out really cool. It's also not a traditional painting, so lots of "art connoisseurs" would frown upon it, which is what makes my love it more."



"The End." - Mackenzie Bodyfelt

"This is my favorite art piece -- named The End. which in full size stands 2ft by 5ft. It is from my concentration, Abstract Color Theory, and I love how powerful the combination of colors turned out. I started the piece as a commission, so the colors were chosen specifically to match a rug, but this piece became my favorite when I finished the detail work on the pinks and blues that really brought the piece together as a whole. What started as a commission became the most powerful piece in my concentration, and my favorite 2D piece I've ever done."



"To Christina" -Jessica Caulk

"This piece was the first one I had completed over the summer, and it is the most meaningful to me because it was when I first started to experiment with the design element I wanted in my concentration. My main goal was to incorporate elements that reminded me of one person and how meaningful they are to me and I think this was one of my pieces that portrayed the idea I wanted very well"



"Matadors" - Wren Perrotte

"My most prideful work I've done in my concentration, "Folk Art with Religious Undertones," is "Matadors." It was inspired by David Addicks' "The Matador," and the extravagant Latin artwork section in my Texan Folk Art book. The bold colors and intense stylistic work sparked a need to indulge in my own passion for the bold southwest. I occasionally miss Texas, being born and raised in Austin, but through art, I can always honor the aspects of the South that I adore. Working long into the night with no regard of the time nor my exhaustion, "Matadors" has proven the true power of passionate artwork rather than prompted art."



"The Archer" - Portia Woods

"I wanted to practice form, landscapers, side profiles and hands in the digital media. I put a lot of small details like highlights and shines that you can't see unless you zoom in but I think that it adds to the piece!"

#### Isaac's Sign Off

By Isaac Boger Arts and Entertainment Section Editor

Wilsonville is known for having one of the best high school art departments in the state, and the talent and ambition of its artists and teachers certainly uphold that standard.

Therefore, it's disappointing how disproportionately featured its artists are compared with athletics and academics in print.

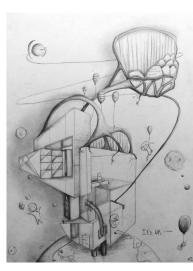
When I adopted the mantle of Art and Entertainment editor I was determined to use my position to put visual artists in the spotlight, and I'm pleased to say that's exactly what I did.

I am so happy that I got share the rich histories

and inspirations behind the school's most creative minds.

Wilsonville is truly privileged to have Mr. Shotola-Hard and Mrs. Escobar as the heads of the visual art department. Having interviewed both of them about their own shows, I have a newfound appreciation for the fact that they are both working artists outside of school and active in the art community.

After four years of taking art classes, I have forged many new friendships and discovered new sources of inspiration, all while improving my skills and focus immensely. It has truly been a gift to be able to give back to the Wilsonville art community through the newspaper and broadcast club, but enough of reading about art, go look at it!



because of the thought process and fun characters I incorporated into the drawing. This piece is a depiction of humans escaping the Earth from war and environmental issues. I created this satirical piece to show how we are searching for new places to live while destroying the home we have. I hope to bring awareness to conserving the Earth's environment because science can not always cover everything for us. There are human figures being sent up in bubblelike capsules, a balloon that says "help," a tube that is sucking up the water from the earth like a siphon, etc. These small details are what tell the story to this piece."

# RACK PAGE

May 30, 2019 Volume 3, Issue 4

## From a senior who isnt going to college next year...

Sydney Jacobsen explains why she's taking a gap year

By Sydney Jacobsen Staff Writer

Hello Wilsonville High: my name is Sydney Jacobsen, and I am saying goodbye to my four years of high school along with the amazing journalism program. In this article, I'm going to do something like a "tell all", in which I'll talk a little about myself, and pass on whatever knowledge I feel like I should share to the world.

To start I'm going to address the title by saying, yes, I am not going to college next year. And yes, I did get into many colleges, but I will not be attending any of them in the fall of 2020.

Instead of jumping straight into my higher education and following the road that has been so well paved by those before me, I will be departing the United States in September to pursue a nine-month-long mission trip all over the world.

The trip I'm going on is called The World Race and I will be participating in the gap year program they offer. This means that on September 5th, a group of about 30 other young adults and

I will be flying out of Atlanta, Georgia and will arrive in Costa Rica, stay there for three months, then be in Cambodia for three more, and then Swaziland

(South Africa) again for our last three months.

Now to backtrack a little bit: yes, this trip will be as scary as it sounds, yes, I am scared to leave home, and, no, I don't know what college I'm going to when I get back.

Now that those are all out of the way, I can explain how my decision to go on this trip relates back to me saying goodbye to high school.

I loved my four years here, regardless of all the crazy drama and the extremely late nights and all the homework and tests, I absolutely loved every second of it. People say that high school will be the best time of your life and to

enjoy it to the fullest, and as teenagers, we are eager to shrug this off and hope that this isn't the best time of our lives, because at the moment, it sucks.

But now that I can finally see graduation in the distance, my point of view has changed. Yes: these past four years have had challenges I never thought I would deal with.



My father dying my sophomore year was not in my plan, getting horrible grades and having my GPA tank was not in my plan, losing friends and gaining new ones wasn't in my plan.

But looking back, every single one of these things was meant to happen to me. Just like how some people's parents get divorced and some people move schools and get in car

working out somehow. Without all these awful things, we would all cookie cutter impain we endure builds this pain is bad. Withdrama, every test, and late-night study session, have gotten into college. They wouldn't be smiling and taking pictures on for roommates. I wouldn't it, and I couldn't be happier. be shopping for a backfuture far away

all the time for everyone, and then freshman year bio turns into acceptance letters and interview phone calls.

all of this from personal experi-

paths, we follow quarterly grade of the normal to lock you in. updates like roadmaps, and we

crashes, it all ends up countdown the days until each and every break. If you are getting so caught up in the grade percentages and the number of unexcused absences, though, you're missing ages of each other - the the whole point of these four years.

I can look at my next us as people and what year and genuinely have no idea leads us into our future. what's in store for me for the That's why I don't think first time in my whole life. This is in contrast to the very set in out every second of the stone path that has been in front of me for the past four years.

I took a turn with no my friends and I wouldn't signs, no quarterly updates, no finals week to prep for. I have literally the entire rest of my life in front of me and I have no decision day, or looking idea what I'm going to do with

Don't get me wrong, packing pack and a tent. college is a great thing, and at some point, I will be attending, but do not allow the wave of OSU commits to make a decision for you that you'll have to live with for the next four years.

If you want to go out of And because I know the state, apply everywhere; if you want to go to community ence, I can tell you what I find college, don't let rude people most important as a senior stop you; and if you want to take who isn't going to college.: high a year off, be ready for a lot of school will be what you make it. curious people asking ques-Yes, we all have very set tions, but don't allow the fear

### Seniors give advice to freshmen

By Lucie White Staff Writer

Welcome to high school! It wasn't that long ago I was walking the halls of Wilsonville High School for the first time.

So, enjoy the time you have here because it will go by fast. Don't try to grow up too quickly, just have fun and enjoy every moment for what it is.

Your first year will be scary but it will get better. It will also be fun and it is what you make it. If you go into it thinking to just be yourself and do what you'll have a good time, you're more likely to!

Senior Sydni Ricketts says, "Keep in mind having school spirit is not uncool, it will make your experience better!"

And I couldn't agree more. I wish I could go back and be more involved. I can say as a senior, we don't care! No one is judging you for what you're wearing or how your hair looks today, honestly we probably don't no-

Senior Rachel Cramer says "Get ahead in your school work and don't hesitate to ask questions and ask for help."

Everyone is going to procrastinate every once in a while but staying on top on things prevents a lot of unnecessary stress. High School is a new level of workload and intensity that requires planning and concentration. Freshman year is a big transition in the type of work you're doing compared to middle school and your classes only get harder from here, so create good habits

My biggest advice is makes you happy. Don't do what you think others want or what you think will make you cool. I promise the Seniors aren't looking at you a certain way and judging you for being a Freshman.

Whatever embarrassing thing happened in the hall or in class, no one will even think twice about it. To be honest everyone is too worried about not embarrassing themselves to even notice what you did. So don't take yourself too seriously.

Just let things roll off your back, go with the flow, and have fun being yourself. Don't try

to grow up too fast because the next four years are special ones you should enjoy.



## Signing off

By Sabyn Thoune **Back Page Section Editor** 

To the past four years...

This school has given me everything and more. From the athletic opportunities that it has presented me with to the academic and leadership skills that I've learned, I could not be more thankful.

From the start of freshman year I began to find my place. I made some of my best friends through sports: the volleyball team, basketball team, and golf team. I got to put my skills to the test in our Leadership class — I immediately jumped in and never stopped.

I have learned how to work in groups, how to communicate, and how to speak in front of people during those events.

Senior year has been one to remember. I have attended just about every athletic event our school has put on, and I've made some new friends and many new memories.

In the journalism world I became an editor for the newspaper, was a part of weekly shows, supported weekly games, and gave my heart to making it the best year yet. The memories I have from this class will be things that I'll never forget. Film days will always make me laugh as I remember Joe falling off carts, Brenden not being able to pronounce words, and Fitz telling us to hurry up so we can clean up and not leave his room a mess.

This program has not only opened me to to some of my favorite things but to the career that I am going to dedicate my life to. By producing interviews every week with fellow athletes around Wilsonville High School, I was able to find my passion.

Next year I will be attending the University of Oregon to study journalism. I endlessly thank Mr. Fitzgerald and the community for all of the support in making this happen on a weekly basis.