



THE NEW CORE VALUES

BY: TIARA REYNOLDS

This school year it was decided that we needed a set of core values to follow. These values are One Family, Rise Up, Own It, Expect More, We are SHHS. As we know, these values are important to our school, but why? We asked Vice-Principal Nate Tyler to explain the development of the core values and their importance.

The first question we asked was, "Why do you feel we needed to come up with the core values?" Mr. Tyler replied, "The admin didn't come up with the core values, the administration felt that we needed some guiding principles so that when we talked to students about how we do things at Sweet Home High School, there was something we could reference that teachers could know about and reinforce in the classroom. But we also started a group called 'The Guiding Coalition', which is where a school administrator has a counselor and each department is represented. There are 9 teachers in addition to the admin team, and they're the ones who came up with these specific core values."

The second question we asked was, "Why were these core-values important to you?" Mr. Tyler stated, "When we take a look at the first one, we want the school to be a place that people feel comfortable going to and feel good about being here. What we're looking at is kindness, we want to put others first. We want empathetic students, so we came up with what we wanted and then the title. We have one town, one school, one family logo and that is why we went with the one family. We wanted students to be able to overcome adversity and difficulties, and not stop when things

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FEATURES

THE POWER OF POSITIVITY

BY: OLIVIA GILMORE

Dopamine, also known as the “feel-good hormone” or the “reward chemical”, is released from the brain when someone receives any form of positive expression. This is especially true when one is struggling with something personal, whether it’s a math assignment or an issue with their mental health; a few kind words can go a long way.

A good deed is like a seed, a good “seed,” if you will. One random act of kindness is often guaranteed to “plant” motivation into someone else’s mind, which would encourage them to spread generosity and goodwill to other people. That seed branches out into a tree of warmhearted humans, helping one another.

No doubt about it, everyone wants to feel good. Almost anyone would do whatever it takes to get

their dose of dopamine. While positivity has nothing but benefits, believe it or not, negativity has its own significance as well.

In the moment, experiencing an emotion looked at as “negative” creates feelings that make the person and others around them not feel good. When this happens, it’s important to remember that all emotions are completely natural. Negative sensations are something that pops up when someone’s mind is reacting to an unfamiliar situation. One way to see these feelings is to think that all they’re

doing is prepping the individual for certain measures. For instance, stress is not really an enemy like many say. According to health psychologist Kelly McGonigal in her TedTalk, “How To Make Stress Your Friend”, she refers to when someone tells themselves, “this is bad,” or “ugh, I’m so stressed right now,” it only makes them feel worse. It simply is because they are focusing on how uncomfortable the situation is. However, if stress is perceived as something that is preparing individuals to rise up to a challenge, it makes them more confident about the circumstances. Humans can rewire their minds if they

simply try. It all depends on how they talk to themselves.

Author and pseudo scientist Masaru Emoto has organized several experiments involving water, believing that the molecules changed their structure depending on frequency. He conducted a trial where he placed rice into three different glasses and filled them with water. Every day



for a month, he said “thank you” to one cup, “you’re an idiot” to another, and completely neglected the third glass. After a month had passed, the rice residing in the glass he thanked was healthy, and gave off a pleasant aroma. The rice in the cup he spoke down to turned black, and the rice he ignored rotted altogether. This observation strongly supports his theory of positive and negative frequencies altering the molecular structure of water. But

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FEATURES

Let's BeReal

BY: ZIANNA DUNCAN

With the flying rate at which the internet moves, SMF, or Social Media Fatigue has begun to pop up more frequently, especially in the lives of the users of popular apps such as TikTok and Instagram. SMF is the occurrence of users withdrawing from social media after feeling overwhelmed. In an attempt to come up with a solution, French game developers Alexis Barreyat and Kevin Parreau created an app known as BeReal. Barreyat and Parreau state that their overall goal for BeReal was, "a new and unique way to discover who your friends really are in their daily life." There are a couple of ideas on why SMF is increasing. As people become more addicted to social media, particularly the apps that allow you to edit and create a "false identity", they become more self-absorbed and self-obsessed. They begin to think of themselves as the only person who matters in the universe. As they start to either lose control, or be overwhelmed by their "false identity", they leave social media apps, hoping to maintain their "superior identity". A more healthy approach would be to recognize that everyone's identity matters, and we should focus on real world relationships, rather than our wishful media creations.

BeReal is trying to help this process take place by opening us back up to the real world and introducing us to the un-edited daily lives of our friends. Branding themselves as "not another social media" has crit-

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get hard. We look at students and what skills we want them to have in order to be successful outside of school. When you guys walk across that stage and get that diploma and go off to college, these skills are what we believe will best prepare you. And if you don't go to college and you start a family or work, we believe these things are universal and will prepare you for what you control."

When asked, "Why did you feel the non-negotiables are important?" Mr. Tyler responded, "What we've seen over the last several years, for a variety of reasons, is education not being taken seriously. When we walk into the classroom and have classes on their phones, it sends a signal that this isn't important. What I've tried to reinforce with the staff is that if what we are doing is important, then we should try to treat it as if it is important. That is where the non-negotiables came from. Eliminating cell phones during class time, so it is easier to focus and not be distracted by other things, but also forcing you guys to talk with your classmates, which is a positive thing. These are just the things that we felt are the basics that we need in order for the school to function well.

The final question we asked was, "How do you think it is working?" To which Tyler said, "Early on, it's been going really well. We haven't had a lot of pushback, which has been wonderful from students. We didn't think the cell phone rule would go as smoothly as it has, of course there are still some issues that are always going to be there. We were expecting revolting and we haven't seen that. We have actually had a number of students thank us for eliminating that distraction. I think it has been pretty positive." These core values are new to our school, and the students have had to make changes in how they do things. With these changes there has been growth and positive outcomes for our school. These core values are providing a positive for our school right now, and for our lives in the future.

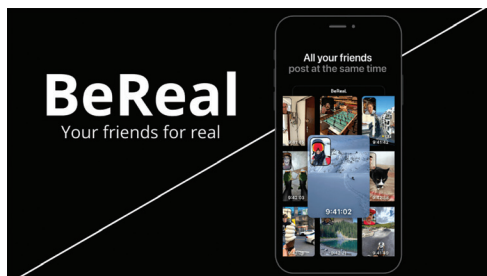
FEATURES

Let's BeReal. From page 3

ics rolling on the fact that “fighting fire with fire” is not going to get rid of the problems associated with SMF.

BeReal was first released in 2020 by Barreyat and Parreau, however the app didn't have a real kick off till the summer of 22, when teens discovered it. So far BeReal has really skyrocketed, reaching 8th on social media charts. The app has a total of 400,000 daily users, which is massive compared to their 2020 numbers of only 10,000 daily users.

BeReal does not allow the use of any filters or face blurring tools, encouraging its users to “be real.” BeReal works by having a notification go off at randomized times throughout the day telling users “it's time to BeReal.” Once opening the



app, users are greeted by blurred out photos from their friends' accounts and in order to view these pictures they have to upload their own photos. Instead of going the traditional route of using emojis to

react to friends' posts, BeReal uses its own invention of “real-mojis.” Real-mojis are the personalized selfie version of emojis. There is a catch though, since BeReal goes off once a day, the selfie you have taken will only stay up till the next day.

So far, BeReal has come up with its own efforts to fight the increase of SMF. They are trying to bring people back to using a social media app, but they are also trying decrease the feeling of self-obsession. BeReal's daily notice to turn on your phone and post a picture is an attempt to reinforce the social media habit. But they are breaking away from the Instagram and TikTok world of self-obsession by encouraging you to open up and look into your friends' lives rather than constantly worrying about how many followers you have. They are very clear in their intent, even warning their users that, “if you want to become an influencer, stick to TikTok and Instagram.” Some see BeReal's take on the world of social media as more fun and real than traditional social apps, while others feel it's boring and going to be short lived. However you choose to see it, let's give BeReal a chance to let us focus on the lives of our friends and not have the pressure to look “picture perfect”. It might be the best way to create a new blueprint for the future of social media.

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FEATURES

The Power of Positivity. From page 2

there's more to it. Our bodies' capacity of water ranges from fifty to seventy-five percent. Words, music, thoughts, and other frequencies are proven through several other studies that they have a very real, very powerful impact on our bodies and minds.

It's not just humans who can be affected by positive and negative energy. Since water makes up all life on Earth, plants, animals, and even snowflakes can be influenced as well. Wherever water resides, so does life; we literally can't live without it.

Taking this information into consideration, people now know that a few simple, kind words or random acts of kindness can help others in ways that they may not even realize. People can also remind themselves that feeling negative is a completely normal sensation, and that it will pass with grace if they let it. Who knows? On a grand scale, their mindfulness could become something

greater than anything ever imagined. It could spark a new way of thinking in humanity, or pave a path toward a better society.

Whether it's striving to change the world as we know it, or simply delighting someone with a compliment, anything you choose to do with your kindness will be beneficial in one way or another. As long as you have positive intentions, you can't go wrong.



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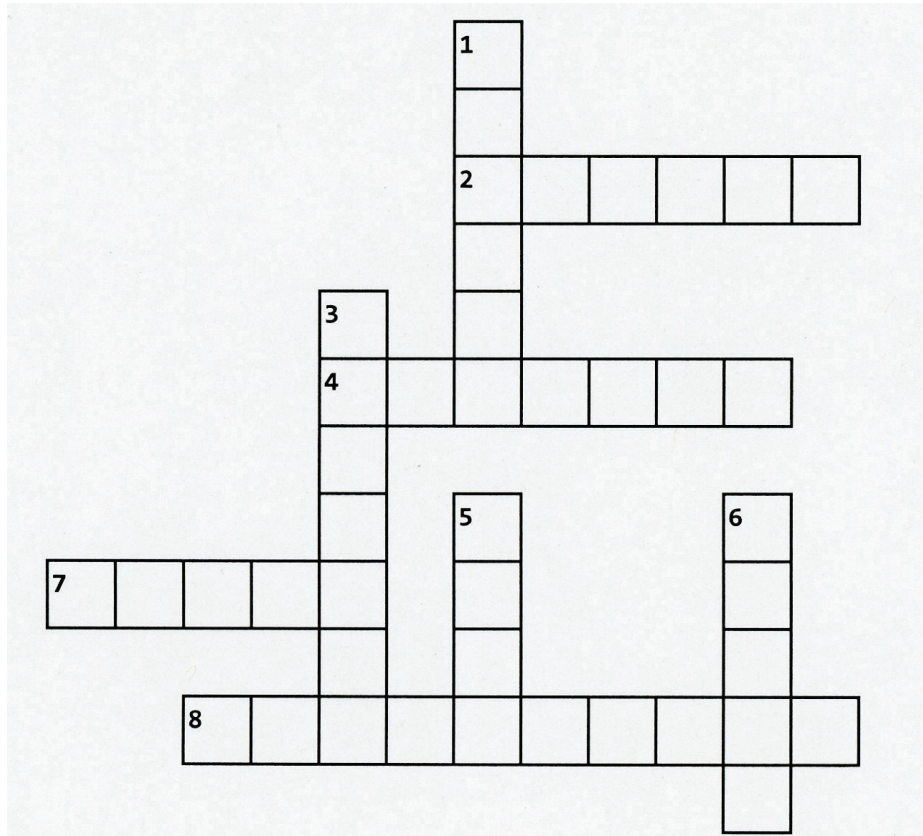
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CORE VALUES CROSSWORD



Down

1. When we are resilient; we persevere through struggles and overcome adversity. To be strong,
3. The mature attitude students will use toward others and school property at all times. (These can be done through words or actions.)

Across

2. A place where children learn for the benefit of their future. A foundation that provides stability in life.
4. The ability to understand and share the feelings of another.
7. The pleased, kind, or amused facial expression that is contagious!
8. To be hopeful, confident, and positive about the successful outcome of something.
5. A group of people who perform tasks to work toward accomplishing a goal.
6. To be held accountable for our actions, failures, and success and to expect to be held for our responsibilities.

HINT: Synonyms of this word: bright and upbeat. Antonyms: negative, ominous.

See Answers on Page 12

HOMECOMING



Adisen Graber and Ryker Hartsook on the Homecoming Court



Kaden Zajic and Trenton Smith in the Disney Barnyard



Rylee Markell and Max Klumph on the Homecoming Court



Bayless Mark and Kelso Ellis



Emily Rassmunson and Natalie Summers

HOMECOMING



Evan Towry in Lovers Leap



Tyson Monahan searches for a coin in a pie.



Freshman tumbling box tower.



William Jewell Sets in He-Man Volleyball

Makayla Guthrie wins Homecoming Queen

He-Man Volleyball serve by Kayo Ebbs



HOMECOMING



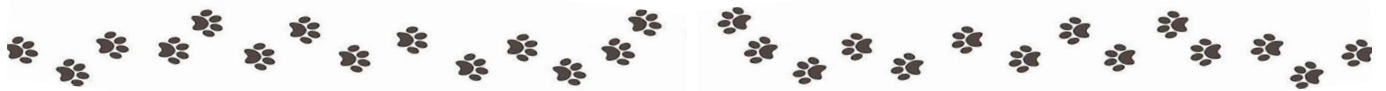
Heath Nichols in the Homecoming Game



Queen Makayla Guthrie



Kayo Ebbs #9 in the Homecoming Game



Kyle Sieminski and Jayce Miller,
Abigail Foss and Gracie Vaughan in Lovers Leap.

King Von James knights Coach Ryan Adams



HOMECOMING



Above: Amelia Sullens in Powderpuff
Below: He-Man Juniors Gabriel Caldera,
William Jewell and Max Klumph



Above: Nathan Aker in Dodgeball
Below: Amelia Sullens takes a ride
on the Magic Carpet



Above: Von James and Evan
Towry stack the tower
Below: Cheerleaders for the
Powderpuff Football Game



ENTERTAINMENT

SWEET HOME HIGH SCHOOL

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RECYCLING STYLES

BY: MADISON LYTLE

In today's fashion, there are so many ways to style up your look. But you might ask yourself, where did these looks come from? Many trendy styles we have today are not really an original design, but the compilation of many trends from different eras. We, the younger generation, have just re-used the styles of others before us; such as Scrunchies, Bell Bottom Jeans, Platform Shoes, and we can't forget about the newly repopulated, Mulletts.

The Mullet was a hairstyle characterized as, "business in the front and party in the back." which was a big fashion statement in the 1980s. Celebrities like Billy Ray Cyrus and Patrick Swayze were two of the many that set the stage for the fashion trend that would soon be worn by the majority of men in



America. However the Mullet turned out to be a short-lived style and in the 1990s the look lost its appeal and became somewhat of a joke to all who saw it. Now there has been a revival of the Mullet. Camila Cabello, Joe Keery from Stranger Things, and many others are on the train to bring the Mullet back and if you look around you'll see plenty of others who wear Mulletts loud and proud.

Bell Bottom Jeans, also known as Flare Jeans, are a classic style as well. Bell Bottoms Jeans that flared out below the knee were one of the fashion trends of the late '60s and '70s. Elvis brought Flares to the mainstream media and soon after, people everywhere were rocking the style. Jeans were not the only type of pants to be styled as flares; other types of bottoms, such as leggings, were styled in the same way. The Flare style sadly died out in the mid-70s. Most recently they have been coming back full force with more of this classic Bell Bottom Flare style. Margot Robbie and Harry Styles have been seen wearing these unique jeans and have made a big impact on bringing the style back for all to enjoy.

Scrunchies were first introduced in the 1960s, but didn't "blow up" until 1987 and became a casual look for the remainder of the late '80s and '90s. Well known celebrities such as Janet Jackson and Paula Abdul were seen wearing them during this colorful time in history. With Scrunchies being vibrant colored hair bands it made them more desirable. In 2019 and 2020 they were reintroduced, commonly associated with 'Visco' girls, and once again became a popular style. Many people started wearing them after Milly Bobby Brown wore her iconic "yellow scrunchy" on the show Stranger Things on Netflix.

Platform Shoes were first produced in the 1930s, but didn't become popular until the 60s to the 80s when crazy colorful shoes were in style. They became even more popular in the 90s thanks to the international girl group, the Spice Girls. But they soon lost their popularity and did not reappear in style until the mid-2000s. Recently, more and more people have been seen wearing them including Lady Gaga and once again there's been a big splash in the Platform Shoe industry.



No matter how long a trend is out it almost always will come back in a newer modified version of what it used to be and if history has taught us anything, they don't always come back in a good way. But don't worry if your favorite hairstyle or type of jeans is out of style, you will most likely be seeing it again on your children or your grandchildren. Don't be upset if you look back at your high school or middle school photos and think to yourself, "What was I wearing? I look so silly!" I promise you, the generations yet to come will be inspired by them and want to look just like you!

OPINION



WHY WE NEED ROE



BY: FAITH BAKER

Now that Roe v. Wade has been overturned, the women of America have lost a huge portion of their reproductive rights. The decision left abortion rights unprotected by the Constitution and left to the states to decide. Here in Oregon it is legal to get an abortion, and in fact Oregon abortions don't require any parental notification or consent. However, women from other states, especially the south, are facing very different restrictions.

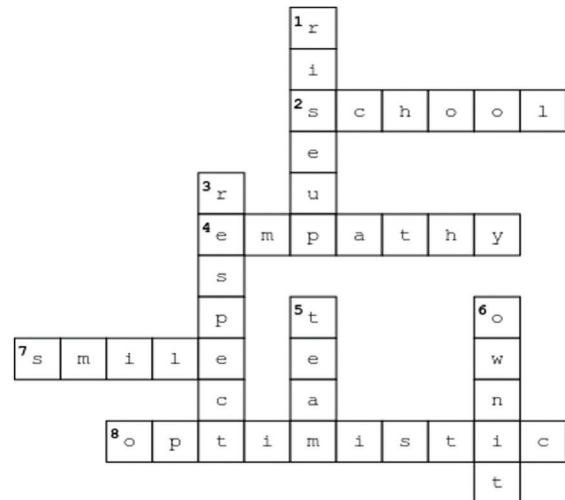
Roe v. Wade was the 1973 court case that pitted Norma McCorvey, under the legal pseudonym "Jane Roe", against her local district attorney Henry Wade where she declared abortion was a constitutional right. Roe was pregnant with her third child at the time and living in Texas where abortion was completely illegal. Roe fought for the right to abort any time and for any means during the pregnancy, which the Supreme Court denied. They decided that at the end of the first trimester a fetus had the, "capability of meaningful life outside the mother's womb." Thus, Roe v. Wade came to the compromise that before 24 weeks of pregnancy women in America had the fundamental right to terminate their pregnancy by any means.

The Pew Research Center published on June 13, 2022 that, "Today, a 61% majority of U.S. adults say abortion should be legal in all or most cases, while 37% think abortion should be illegal in all or most cases." They also wrote that for the most part, there isn't a split between men and women on the legality, instead the split lies between the political parties. As of now, 80% of Democrats think abortion should be legal, and 38% of Republicans. However, the 37% minority who believe abortion is immoral or wrong argue this because of the belief that life begins at conception, which therefore makes abortion murder.

There's no collective agreement on when life starts. It's been argued it begins at conception, first breath, or when the fetus' heart starts beating. A fetus' heart begins beating at approximately 6 1/2 weeks. Texas took this information and passed The Heartbeat Act, which stated that once fetal cardiac activity could be detected, after the six week point of gestation, a woman in Texas could not receive an abortion. They were quickly followed by a similar law in Georgia. The Texas

law had no criminal punishment, but allowed any citizen to sue the individual who received an illegal abortion for up to \$10,000. It's been a year since the Heartbeat Act went into effect, and now that Roe v. Wade has been overturned, Texas along with 13 other states have complete abortion bans. The states have mostly no exceptions for rape or incest, except Mississippi, who makes exceptions for rape, but not incest.

The states coming together and agreeing on when life begins will more than likely never happen. Roe v. Wade worked so well because it was a compromise. We need Roe back because whether life begins at conception, or first breath, the government should never have complete control over a pregnancy. Both having an abortion and going through childbirth are extremely significant experiences for a woman to go through. She should be able to make that decision for herself safely and legally, without having to worry about which state she lives in.



SPORTS



The Rundown of SHHS 2022 Soccer Season



BY: ZIANNA DUNCAN

Sweet Home High School's soccer teams are notorious for having many ups and down's during each season. Through the 2021 season, the Girls Team stayed relatively even in its wins and losses, and even took down a few challenging opponents from the past. On the other hand, the Boys Team began winning their first games in over thirteen years. Nonetheless, any potentials of a win-packed future remained cut short once senior players, who made up half the team, graduated. The absence of seniors has led this season's teams in a downward spiral. The Girls Varsity team is led by juniors since they don't have enough "long-term experienced" senior players, and the Boys Varsity team is led by their senior goalie. Both teams continue to carry out the season with the same head coaches, Romero Santana for the girls and Eric Stutzer for the boys. Returning player Chase Lopez takes on the responsibility of solo coaching the Boys Junior Varsity team and Jill Wilson returns as Assistant Coach for Girls Varsity.

In preparation for the season, the Girls soccer team had open field practices at the end of last school year. However, these practice's turned up short handed with only a few girls willing to show up. The numbers were then cut even smaller as the season approached. Players who were eager to have a team for the start of the 2022 season scrambled to collect enough players to make a starting team. The Girls roster for this season is only made up of seventeen players, which pales in comparison to last year's twenty-six players. Considering eleven players are needed to field a full team, it's hectic getting everyone to attend practice so

the team is even able to play. Lack of commitment and experience is noticeable in practice, let alone games, which is a frustration for the girls and coaches who want to experience a good season. The lack of seniors also promotes an issue to the team, taking away from memorable experiences such as Senior Night.

With all these challenges, the team does have a few positives, one of which is the team's chemistry. Ten out of the



seventeen girls have played on a soccer team through AYSO (American Youth Soccer Organization) for well over seven years. The chemistry built up through all those years has made the players ability to read each other's moves and next plays incredibly easy, making their understanding of each other in a game even easier. This however negatively effects the remaining seven players, leaving them struggling with the basic positions

and formations needed on field. Coach Santana puts this in best form by saying, "There is a lot of potential on the team. We just don't know how to use it." The team's best bet for the upcoming 2023 season is to work hard and build each other as a team in order to avoid their flaws being what makes or breaks them.

On the other hand, things for the Boys soccer team began looking up, especially at the start of the season. The Boys Varsity Team started off by winning three out of their four pre-season games. Their season started as one big Varsity team, but a rise in joining players soon broke the team into two, creating Junior Varsity and Varsity.

The Boys Team

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SPORTS

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THE F IN FALL IS FOR FOOTBALL



BY: IVY DEWITTE

The fall of 2022 is already disappearing, day by day. The seasons come, and the seasons go, but, alas, so do the sports.

From soccer to cross country, and volleyball to football, these fun to watch fall sports are coming to their destined end. Football specifically, being one of the most head-on sports, and also the most entertaining and popular in the United States.

According to Coach Maughmer, "There were some games that I felt that we could have gone out and

dominated, but the mentality to get into the game and win, it never leaves them; they never quit and they keep battling." The boys have the chance to get a winning record for Sweet Home High School. "There wasn't a person on the team that was here last year that didn't improve." Coach Maughmer added. The football team overall, compared to last year, has made significant improvement.

These young men, whether losing or winning, have

risen up and represented Sweet Home High School as the persevering school that it is. Whether it is during the season or

after, their efforts in being the best that they can be is shown daily; one being in the gym. The daily routine for these dogs is from early in the morning to late in the evening. It is a constant for them; a daily, weekly, monthly, year-round, nonstop, cycle of given effort. This is what we call, "The Grind." No matter who falls down, they are there to pick them



up off their feet, and into the grind once again.

The Huskie Football is a perfect representation of our Core Values. They prove to us that this is why we need to Rise UP! This is why we need to own our actions and expect more from ourselves and others. We are Sweet Home High School, and we are one family, and we are one football team!

SHHS Soccer, From page 13

also has plenty of experience, especially on the Varsity team. The creation of a Junior Varsity team has allowed less experienced players the opportunity of actually playing in games, rather than sitting on the Varsity bench. Because of this, the Boys Team is already shaping a future that will allow them to be more competitive against opposing schools.

The disappointing end of the 2022 season shouldn't be used to "put out the spark" for the players who are interested in competing in the 2023 season. Instead, it should bring back an even brighter flame and goal to create even stronger teams. The 2023 season could even prove to be one of the best ones for the teams if they keep up their dedication and hard work. Coaches Romero Santana and Eric Stutzer have been coaching the teams for many years and will without a doubt be there next season. If any SHHS students and athletes are interested in joining the soccer teams, feel free to come to the open field practices held in June. Go Huskies!

SPORTS



VOLLEYBALL



BY: PEYTON LINDSEY

Volleyball is arguably one of the most popular sports of our school. It is also one of the most fun sporting events to go to, starting with the student section, and just watching our team do well. Our varsity team has insanely talented girls on it. The girls consist of Brooklyn Hanni, Zoey Everia, Bayless Mark, Kaylene Zajic, Avery Nelson, Makenah Deckard, Stephanie Saultz, Tiara Reynolds, Adi Graber, Natalie Summers, Kaylynn Mamac, Emily Rasmussen, and Makayla Gunthrie.

As of this writing, the Huskies have won five of their league games, and only lost two of them. We asked the Varsity Coach Mary Hutchins some questions about her team, and



how the season is going. "We are doing well and are working hard to improve as a team every day." Despite how well the season is going, Coach Hutchins is facing some challenges. "The biggest challenges so far this season is overcoming some personal attitudes and learning to be unselfish and goal oriented as a team.

Makayla Gunthrie and Tiara Reynolds echoed Coach Hutchins feelings. Tiara stated, "I think our team is great towards each other with our positive attitudes, and

how close we all truly are to one another and we are growing as a team and getting better every day." Makayla replied, "The best part is the bond we all have with one another and that we get along well." The girls also acknowledged that they still have challenges to overcome. Tiara explained, "Skipping the junior varsity and just going straight to varsity was hard." Makayla felt her best adversity is, "When you have bad days just trying to get out of the rut you're in."

As for how the season is going so far, Tiara said, "I feel pretty good about this season, even with our couple of losses we get to extend our season for a chance to go and compete at State." Makayla answered with, "I am really

excited because as of right now we have a chance to go to State and hopefully compete a couple of rounds, and hopefully get to host one of our own games. I think we have a chance of winning because we have the skills and the talent, we just need to believe in ourselves and each other more and just compete to the best of our ability."

Our Volleyball Team at Sweet Home High School has so many talented girls on it. They are incredibly strong and talented women, and we wish them luck as they head onto State!

SPORTS

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Cross Country

BY: SKY CHAPPELL

Cross Country is a physically demanding and competitive sport that has started to rebuild itself after Covid. The man hoping to rebuild it, is none other than Coach Dave Martin, or as his athletes know him as, Mr. Martin.

Mr. Martin is a new face to most everyone here at the high school. But, he is not new to the sport at all. On top of running all throughout his high school and college career, he's also coached since the early 80's. Coach Martin isn't new to Sweet Home High School either. He formerly coached cross country from 2000-2001 at



SHHS. From then to now, he's taught track, or cross country, at Central Linn High School, Klamath Falls High School and Oregon's Institute of Technology. Although Coach Martin has quite a bit of experience, he is still facing various challenges. The biggest challenge however, is the fact that he is not actually on staff here at SHHS. This is a huge deal when it comes to recruitment, or even communicating with his athletes.

Cross country, just like any sport, has its own challenges. As Rylee Markell stated, "Most people can do a 5k, but being able to do it fast and push yourself is the hardest part." Adrian Kast doubled down on this idea saying, "Wanting to keep running, during practices or workouts, it's hard.

Your body wants to stop but you don't let it." But, just like any other sport, there are always positives. As Rylee said, "I enjoy the people. They're all really nice, they're good teammates and the coaches are really good." Adrian also stated he enjoys cross country, "Keeping him in shape." Throughout all of

this, the four players we interviewed all agree on one key thing. The program as a whole, is continuously improving, both individually and collectively.

Overall Cross Country is a great sport to get involved in, if your season isn't quite here yet. But the person that deserves the credit for

the team succeeding is definitely Coach Martin. From what we hear from the team, it seems that even though Coach Martin isn't able to be on campus, his plans for making the team succeed are working. They have persistence, cooperation, and togetherness. The only other thing they're needing to make the Cross Country team even more successful, is more people. Coach Martin has, and will continue, to be a positive, knowledgeable, and enthusiastic coach. If his experience isn't enough to say it, just ask some of his athletes. At the end of the day, we can't wait to see the progress Coach Martin will continue to make.