

CHANGE

CAMBIA

THE ADVOCATE

FOREST GROVE HIGH SCHOOL

THE ADVOCATE, FEBRUARY 2022

THE CHANGE OF OUR NEWS

BY: MICAELA GAITHER

Our school was founded in 1907, and it wasn't until 14 years later that the Monday Mourning Moan was born. In 1921, the first Forest Grove High School Newspaper was created. It was named the Monday Mourning Moan or the Mourning Moan, and it started off with five members: Donald Watrous, Delbert Haage, Charles Burlingham, Carl Brodersen, and Virgil Lilly.

There were 14 years in which Forest Grove High School lacked a newspaper. During these 14 years, the school lacked a student voice and student input on news in the community. Student newspapers are important because they give students an opportunity to express their freedom of speech and press, and to interpret the news through their views rather than through the views of the older generations. The newspaper was also a way to showcase school events and athletics, allowing for students to share and distribute the accomplishments of their peers.

A 1916 yearbook notes that "Forest Grove High School should have a regular paper," and that "Such a paper would be a great power, inject more life and variety into the life of the school than any other single thing." In 1916, we know Forest Grove lacked a school newspaper. When the Monday Mourning Moan was born in 1921, Forest Grove was taking a step in the right direction. As the paper was born, the student body was beginning to have an opportunity to bring that "life and variety" into their school. Despite the paper being a powerful tool now introduced, for years it still lacked that "variety" of voice. Going through the yearbooks, I noticed a common occurrence; the staff was commonly composed of white males. Multiple voices were lacking from the stories being written. Flipping through the yearbooks, though, you begin to see more and more diversity in the staff as time went on all the way to today where the majority of the staff is female.

The newspaper started out as an almost weekly single-page publication covering school events and other needed coverage. During this time, it was easier for the students to print out several single-paged newspapers and distribute them throughout the school. This meant that every week there was a sheet that was crammed with information regarding FGHS news and more widely spread news. With so little space and so much going on in history at this time, there would only be so much the student reporters would be able to cover. It wasn't until 1925 that the paper was published in newspaper form, and that was in a large sheet format that was only 4 pages. Fast forward to 1936 when the large sheet format would be replaced by a smaller 8-page version. During this transition of formats, the newspaper would begin to be distributed closer to twice a month. With more pages, therefore more stories, it was able to become an all-encompassing paper.

In an excerpt from the 1928 yearbook, I was able to get a glimpse into the past. In 1928, the staff of the Mourning Moan grew to be twice its original size as it became a class rather than just a club. Most students started out as "green reporters," but as the year progressed and with the help of the supervisor Miss. Graham, the students slowly gained a "nose for news." In the late '20s and early '30s, there was quite a bit of social change. So, this time period would have been an excellent time to work through both reporting news and doing it in a respectful and tactful manner, which is exactly what Miss. Graham worked to have her students accomplish. I also was able to look at a couple of editions of the Mourning Moan produced throughout the 1920s. I found two newspapers, published in 1927 and 1929, that were labeled the "Goodbye Senior" Editions. These were produced towards the end of the school year

and focused on recognizing the entire senior class. Both editions delve into the senior class, including having pictures of each student and their future plans. They are fascinating to look over; noting both humor and pieces of history within their pages. They include old advertisements along with small mentions of what is happening around the school at this time.

The Mourning Moan was put to rest and in 1941 the Viking Log was born. The Viking Log was the Forest Grove Newspaper for decades. It survived through part of a World War, the Vietnam War, the Civil Rights Movement, and many newspaper staff.

Speaking of history, not too long ago a letter was mailed to the high school. The letter was from a granddaughter of previous alumni of Forest Grove High School and with it was a 1944 edition of the Viking Log. As a history nerd, having a relic of the past of any time period would be incredible, but having a newspaper from the World War Two era is just jaw-dropping and though the newspaper is falling apart in some regards, the content is very relevant to the time. It includes interviews with student alumni who were serving in the war. There are two articles that first grab your attention that talk about past alumni. Capt. Robert M. Young is mentioned as he is being awarded the Distinguished Flying Cross while Capt. Hal N. Wineland is being honored for his service after being killed in action on the Leyte in the Philippine invasion in October. There was also an article pertaining to the birthdays of Forest Grove students, which began, as this was a winter edition, with "Did you know that there are seven students in school that were brought by Santa Claus instead of the stork?" They were multiple articles that were about advertising bonds. It was really interesting to look through and see the stories and features they highlighted at this time. However, it was nice to see the article about birthdays and some about activities and athletics, still being covered despite it being published during a war.

During the late '80s, one of our own Forest Grove High School staff members was on the Viking Log for a couple of years (86-87 and 87-88), and that staff member was Doug Thompson. Thompson was the lead advertising manager and was in charge of photography. He mentioned in an interview that he recollects writing an article called, "'Steelhead Thomps,' a local fishing report. We had three teachers who were avid fishermen so most of the info was interviewing those three for reports." He thoroughly enjoyed being a part of the newspaper team. I was excited to interview him and get a look into how the newspaper functioned in the late '80s compared to today. The newspaper staff while Thompson was on was around a dozen large with them distributing the paper around twice a month to the school. They focused on writing articles on athletics and activities with the occasional feature story. Thompson in his closing statement says, "besides participating in athletics, it was the best example of real-world experience of team, commitment, and responsibility I had in high school. We relied on one another and were very close."

Not only was Thompson able to provide me with an inside look into the paper, but he also was able to get me in contact with his past newspaper advisor. Ms. Marilyn Bramwell was the Viking Log advisor for around 8 years during the early '80s, and upon interviewing her I was amazed at the differences between now and then. "The paper needed new blood and it was our goal to make it relevant and readable," is Ms. Marilyn Bramwell's opening statement, which holds true to the long-term goal to make the paper full of "variety and life." During our interview, she explained just how different the process of creating the paper was.

The biggest difference was they used a light table in order to construct the paper and everything was mostly done by hand. They would type out their articles, Bramwell would edit them, and then she would take them to a printer in Hillsboro where they would turn into columns with wax on the back. This is where the light table comes into play, they would take the columns and paste them together in order to create the paper. At last, Bramwell would take those pages and return them to the printer to get the copies. All of this would happen within production week, where students would stay at the school as late as 10 pm, because back then nothing would be digitally shared and accessed from anywhere. Now I know the printing process is very interesting, but more interesting was that the students seldom focused on politics or controversial news, instead of focusing more on school events. This differs from today as the focus now is focusing on controversies, news, and the occasional school-related piece. She closed our interview by talking about one of the problems that would arise; she said at one point their "photographer got in a snit with the editor and held his photos hostage," which ultimately stopped production. At the end though, what I took away from our interview was student news is always about the students and always should be as it is our way to express the news.

The Viking Log continued to produce until 2010, when controversy and scandal would strike the paper in the form of a confessions column. Due to some of the content previously produced, regarding sexual and otherwise inappropriate material, and the backlash that the Log received at the confessions column, it was decided the school paper would be put on hold for the remainder of the school year. The following couple of years, the Forest would take the Viking Log's place under a new advisor. However, despite the Forest being the official school paper, the staff of the Viking Log would release one more publication as the Viking Log Underground. Unfortunately, for those curious about what was published in the 2010 scandal or in the final edition of the Log, the mystery will go unsolved, as there are no editions present from that time. As 2012 came around the corner, a new advisor took on the school paper and as a team, they decided to return to the Viking Log. Again this change would only last a few years until Ruby Van Dyke would revive the dying paper, and birth the Advocate, the name we are all familiar with today.

The history of anything is long and taxing, and the history of a school paper is in no way different. To have been in operation for over a century, through multiple wars, social movements, changing advisors, and a few scandals, the Forest Grove High School newspaper is an excellent place to delve into both its history and the use of its first amendment. School news will always be important, but it's even more important to capture the full story with a variety of voices.

SEE THE LAST PAGE FOR
INTERVIEWS WITH PAST
EDITOR IN CHIEFS

LAS CAMBIAS EN LAS FAMILIAS MEXICANAS

BY: JOCELYN ORNELAS LOPEZ

En cada cultura hay una cierta manera en cómo viven día a día. En la comunidad latinoamericana, hay una manera en cómo se hacían las cosas. Ahora que estamos creciendo y aprendiendo todos juntos, estas normas y tradiciones van cambiando y modificándose al igual.

En México en los tiempos de antes, había una manera en cómo se hacían las cosas. Había familias tradicionales. Antes cada familia era una familia tradicional. Una familia tradicional es un papá que trabaja, una mamá que es ama de casa, y luego los hijos e hijas. Si eran niños, ellos tenían que ayudarles a sus padres, unos iban a la escuela pero unos no. Si eras niña tenías que ayudar con los quehaceres de la casa, no podías hacer trabajo “de hombres”. Las niñas casi no iban a la escuela, mejor se quedaban en la casa para ayudarles a sus mamás con sus hermanos pequeños. Los padres también se casaban cuando todavía eran muy jóvenes. Unas de las edades eran alrededor de los años 14-17. Empezaban su familia desde que todavía eran niños ellos mismos. La mamá tenía toda la responsabilidad de hacer la comida y limpiar la casa. El papá tenía que ir a trabajar, ya que la mamá no podía por problemas sociales. El papá también era el que mandaba en la casa. El hijo tenía que crecer al igual que su padre. No podían enseñar nada de emociones porque

se creía muy femenino. Enseñar emociones es algo que es mal visto en México. Si los padres enseñan emociones pueden ser vistos como personas débiles. Tienen mucha presión en tratar de ser la persona que tiene que cuidar a la familia. Los niños van creciendo al igual que sus padres. Si enseñan emociones les hacen burla por ser muy “femenino”. Esto ocasiona problemas serios. No saber cómo usar tus



emociones puede causar muchos problemas mentalmente.

Ahora ya ha cambiado. Claro que todavía hay familias que tratan de ser más tradicionales, pero muchas familias se están actualizando a los cambios de otros países. Por ejemplo, las niñas ya pueden hacer más cosas fuera de la casa. No solo tienen que

ayudar con los quehaceres o ayudar a cuidar a sus hermanos menores. También pueden ayudar afuera, ir a la escuela y trabajar. Ya no se caracterizan solamente como ama de casas. Ya tienen muchas más oportunidades que en otros tiempos no tenían. Los niños no solamente tienen que tener trabajos muy masculinos. Pueden ser maestros o estilistas. También puede enseñar emociones sin que las personas se burlen. Las madres pueden ir a trabajar o hacer otras cosas sin la preocupación de que los hombres las critiquen. Las familias ya se han modificado. Puedes crear a tu familia cómo piensen que sea ideal. Esto es un gran paso en la comunidad mexicana, están evolucionando en la dirección correcta.

En conclusión, podemos ver cómo han cambiado las cosas en este periodo de tiempo que ha pasado. Ya las familias cambiaron. Al igual que ya cada familia hace las cosas diferentes. Claro que todavía van a ser familias que quieren hacer las cosas de una manera tradicional, pero también no tienen los mismos crecimientos que antes. Ya cambiaron familias, unas personas piensan que cambiaron en una dirección negativa, otros piensan que cambiaron en una dirección positiva. Cada persona puede tener una opinión diferente, pero en los hechos podemos ver cómo ha tenido este cambio un impacto muy grande en la comunidad mexicana.

CHANGE IN LIFESTYLE THROUGH THE DECADES

BY: CADYNCE HARMON

Let's start with the changes in the 1950s because that's when our society began to modernize a bit more. According to Encyclopedia.com, in 1953, the first complete color television set was invented. School segregation was abolished in 1954, so although racism was still prominent, the separate-but-equal doctrine was officially ended. Around this time was when gender roles within families were established: the husband brought the income while the wife worked to keep the house clean, prepare meals, and mother the children. It was a fairly materialistic lifestyle.

1950

BILLBOARD'S TOP 10 OF 1950

1. Goodnight Irene - Gordon Jenkins & The Weavers
2. Mona Lisa - Nat King Cole
3. Third Man Theme - Anton Karas
4. Sam's Song - Gary and Bing Crosby
5. Simple Melody - Gary and Bing Crosby
6. Music, Music, Music - Teresa Brewer
7. Third Man Theme - Guy Lombardo
8. Chattanooga Shoe Shine Boy - Red Foley
9. Harbor Lights - Sammy Kaye
10. It Isn't Fair - Sammy Kaye and Don Cornell

In the 1960s the “ideal” modern family looked identical to the 1950's families (“Key Facts About Family Life in the 1960s”). After dinner, many families would gather around the television to watch the newest sci-fi show. However, television was not only for entertainment but also for political purposes. Many major political events occurred during this era, such as the assassinations of John F. Kennedy, Robert Kennedy, and Martin Luther King Jr., as well as the continuation of the Vietnam War into its prime in 1968. A “live for today” attitude became more common in people's lifestyles, causing them to use drugs and approach their sexuality more freely. This was also the time when hippies emerged and they carried out into the 1970s.

1960

BILLBOARD'S TOP 10 OF 1960

1. Theme From “A Summer Place” - Percy Faith
2. He'll Have To Go - Jim Reeves
3. Cathy's Clown - Everly Brothers
4. Running Bear - Johnny Preston
5. Teen Angel - Mark Dinning
6. I'm Sorry - Brenda Lee
7. It's Now Or Never - Elvis Presley
8. Handy Man - Jimmy Jones
9. Stuck On You - Elvis Presley
10. The Twist - Chubby Checker

The 1970s were mostly just a continuation of the '60s, with the Vietnam war still going on and people from different marginalized groups fighting for equality (History.com). The LGBTQ+ community fighting for acceptance and equality was a big part of the '70s and the years after. Hippies were still around, and bell-bottoms and discos were more popular than ever. Afros were also very popular, as well as tie-dye. As for the racial aspect, the Voting Rights Act was passed in 1965, so African Americans began to vote more consistently around 1970.

1970

BILLBOARD'S TOP 10 OF 1970

1. Bridge Over Troubled Water - Simon and Garfunkel
2. (They Long To Be) Close To You - Carpenters
3. American Woman / No Sugar Tonight - Guess Who
4. Raindrops Keep Fallin' On My Head - B.J. Thomas
5. War - Edwin Starr
6. Ain't No Mountain High Enough - Diana Ross
7. I'll Be There - Jackson 5
8. Get Ready - Rare Earth
9. Let It Be - Beatles
10. Band Of Gold - Freda Payne

THE SOCIAL & ECONOMIC CHANGES CAUSED BY COVID-19

BY: RAY VENTRESCA

Over these past couple of years, our society has faced a never before experienced pandemic in which our way of life was turned upside down. Laws were passed that forced social distancing and separation, and for the first time, we found ourselves separated from friends and family. Many people have been killed, human suffering has spread, and many businesses have had to close because of these conditions.

This pandemic has largely affected the youth in our society because the lack of one on one social interaction impeded social skill development. After returning to school this past year, a noticeable amount of violence has been reported across the country, possibly because of a decline in positive interactions within interpersonal relationships during quarantine. In a survey of 1,182 students, they reported negative changes such as a decline in time spent on their classes and grades, poor sleeping habits, a lack of a daily fitness routine, physical weight gain, social life, and mental health ("Covid-19's Impact on Education").

In 2020, the overall suicide rate dropped, but increased among 15-34-year-olds ("Suicide Rates Declined Again in 2020"). Fear of infection and becoming sick after seeing friends and family caused an increased amount of stress, fear, and anxiety. This has led to unhealthy behaviors in all age groups, such as excessive alcohol consumption, drug

use, excessive media use, and overeating.

Non-profit organizations and shelters around the world have seen an increase in the number of homeless people looking for shelter. It's estimated that close to 19 million Americans either lost their jobs or their homes in 2020. Job losses reached levels not seen since the Great Depression (1929-1933). According to the National Institutes of Health, over 140,000 U.S. children lost a primary or secondary caregiver because of the pandemic. This has furthermore caused the foster care system to become overwhelmed. Since we have been in quarantine, the foster care system was forced to switch to online zoom meetings, which created conflict with the adoption process by making it longer and more complicated for families.

Due to COVID-19 there has been a fall in tourism, and it was estimated that countries' gross domestic product (GDP) could lose over 4 trillion dollars during 2020-2021 ("Global Economy Could Lose Over \$4 trillion Due to COVID-19 Impact on Tourism"). For some countries, that would be 20% of their GDP. People who work in the tourism industry largely depend on the income of tourists for a source of money. UNWTO shows us that women and youth, who make up 54% of the tourism workforce, are the most at-risk due to this fall. In order to make this money back, tourism recovery will largely rely on worldwide vaccination uptake.



economic society, we are recovering slowly from the effects of COVID-19. Since returning to school in 2021, we are on a path to returning back to our normal social lives. People have been allowed to return to their jobs, which allows them to have a more stable income, and the GDP from tourism is expected to rise 7.4% by the end of this year ("11 Facts on the Economic Recovery from the COVID-19 Pandemic"). This pandemic is suspected to end in late 2022 to early 2023 according to McKinsey & Company, but it is still uncertain whether or not this will happen. Although this pandemic has caused a significant amount of change in everyone's life, we can hope for a strong recovery and the healing of our economy.

The '80s were known for their materialism and consumerism ("Life in the 1980's"). This was the era in which television's popularity skyrocketed and it was the beginning of many famous people's careers. Video games and such were extremely popular in the '80s: games like Super Mario Bros, Tetris, and Pacman were favorites to many. Even though cable tv was available in the '70s, it became even more popular in the '80s. Channels like ESPN, MTV, and Nickelodeon were on in almost every household. Stars like Micheal Jackson and Madonna were the prime representation of music at this time. A great number of our favorite classic movies come from the '80s, and many from the '90s as well.

1980

BILLBOARD'S TOP 10 OF 1980

1. Call Me - Blondie
2. Another Brick In The Wall - Pink Floyd
3. Magic - Olivia Newton-John
4. Rock With You - Michael Jackson
5. Do That To Me One More Time - Captain and Tennille
6. Crazy Little Thing Called Love - Queen
7. Coming Up - Paul McCartney
8. Funkytown - Lipps, Inc.
9. It's Still Rock And Roll To Me - Billy Joel
10. The Rose - Bette Midler

Shows like *Hey Arnold!*, and *Doug* made some of us who we are today, and they all came from the '90s (Flashback.com). This was the time when people really explored pop culture, and heavily influenced the later generations. Bands such as Nirvana, The Smashing Pumpkins, and Red Hot Chili Peppers are viewed as iconic in our day and age. Our parents feel nostalgia when these bands come on the radio, and they're sometimes prompted to tell stories about their own childhoods. This era is one of the most favored by kids our age. Many people who are considered iconic now became famous in the '90s. The 2000s were slightly different, however, they still carried some '90's trends into the new century.

1990

BILLBOARD'S TOP 10 OF 1990

1. Hold On - Wilson Phillips
2. It Must Have Been Love - Roxette
3. Nothing Compares 2 U - Sinéad O'Connor
4. Poison - Bell Biv DeVoe
5. Vogue - Madonna
6. Vision Of Love - Mariah Carey
7. Another Day In Paradise - Phil Collins
8. Hold On - En Vogue
9. Cradle Of Love - Billy Idol
10. Blaze Of Glory - Jon Bon Jovi

2000 begins a completely new century, so there were bound to be quite a few changes ("A Day in Your Life in the Year 2000"). Clothes such as lowrise jeans flared jeans, and crop tops are great examples of the style in the 2000s. Flip phones became popular, and you no longer needed to use a brick on the wall to call someone. Carrying into the more recent 2000s, after 2010, life seemed to change drastically. This was the generation in which Covid-19 came into play, and put a pause on everyone's lives. Some things are back up and running, but some still need more time. The style changed and became the style we all know now. However, the '90s are making a comeback. Teenagers seem to get a lot of inspiration from the '90s because as many people like to say, history always repeats itself.

2000

BILLBOARD'S TOP 10 OF 2000

1. Breathe - Faith Hill
2. Smooth - Santana feat. Rob Thomas
3. Maria Maria - Santana feat. The Product GandaB
4. I Wanna Know - Joe
5. Everything You Want - Vertical Horizon
6. Say My Name - Destiny's Child
7. I Knew I Loved You - Savage Garden
8. Amazed - Lonestar
9. Bent - matchbox twenty
10. He Wasn't Man Enough - Toni Braxton

HOME VIDEO: CHANGE, GROWING UP, AND CHILDHOOD

BY: GWEN WOODS

Lucy Dacus's third studio album touches on looking back on her adolescence and seeing how people in her life, as well as herself, have grown up and changed over time. She writes about old friendships, and what could have or could not have been. She also touches on her experience questioning her sexuality and religious beliefs. Each song on Home Video focuses on a particular moment in her youth, making it the perfect album title. It almost seems as though Lucy is looking back on her childhood and uses the idea of a "Home Video" to depict the act of revisiting your past. Home Video has 11 magnificent songs revolving around looking back on herself or people involved in her adolescent years and seeing how she and the others have changed and grown-up. It's all about looking back and accepting the past for what it was. It addresses faith, young love, and above all else nostalgia and change.

The first song on the record, "Hot and Heavy," starts off the album with a nostalgic lyric, "Being back here makes me hot in the face." The listener can presume that Lucy is back home in the place where she grew up. Being in this place she once knew so well makes her hot in the face as she is overwhelmed by "heavy memories weighing on my brain," which sets the scene for the rest of the album. This song seems to not just be about the painful nostalgia about coming back to your old hometown but also about a particular person. The lyric, "You used to be so sweet / Now you're a firecracker on a crowded street," represents an innocent kid filled with a shyness that Lucy may have known, coming back and seeing how this person has changed and grown into a full person that is much more explosive than before. There is a bittersweet emotion that is embedded into this song. The song title, "Hot & Heavy" is referred to and different places throughout the song, "hot in the face" or "heavy memories. These aspects of the song are relevant throughout the entirety of the album, which is why it was such an amazing choice to be the first song of the album and the first single to come out. Lucy is very clearly filled with the heavy past emotions of her childhood that she as an adult is revisiting. This heavy feeling causes Lucy to be overwhelmed with deep nostalgia. It is about Lucy outgrowing her past self, looking back on how she has changed and developed throughout time. Learning that young naive girl has long passed. Change and saying goodbye to the past is hard and Lucy depicts that

emotion of letting go and moving forward.

Home Video, intelligently speaks on Lucy's religious background and experience she had throughout that time in her life. The third song on the album, "First Time," is when she first references her Christian childhood. Dacus has talked about before how religious she was in high school. The line, "you can't feel it for the first time a second time," seems to refer to the Christian mindset when it comes to sex, as it is seen as losing your innocence and purity. This lyric touches on the mindset of many Christians regarding sex and the idea of "losing your innocence." This mindset causes a lot of religious people anxiety and often results in shame once they do lose their virginity. "I can't undo what I have done / and I wouldn't want to" seems to be referring to Lucy's mindset once she did lose her virginity. Although Lucy's anxiety about having sex is quelled into this line, the listener can see that she accepts that she has done something new. She doesn't necessarily regret it and overall changes her mindset on it. People often make sex out to be a big deal, something that changes a person and how they are seen, especially for women. "Has my face changed baby?" people often wonder if they will be seen differently, it may be especially hard for people that had such a religious background as it is seen as a sinful thing.

Throughout the album, there are consistent coming of age themes referenced as well as presenting how Lucy has changed from her adolescence. Take, for example in "Going Going Gone" which compares child-like tantrums that adults are unable to have in the same way. As an adult, you still feel that anger, but it is unacceptable to have tantrums as you once would when you were a child. Where does that anger go? "The sunset threw a tantrum / it wasn't ready to go just yet," touching on these breakdowns that would occur when you didn't get what you wanted. The line, "Like pulling teeth out of a cloud," also represents a childhood experience of pulling baby teeth out when your adult teeth are coming in. In this particular verse, the sunset may be representing Lucy's childhood and how it has come to an end, similar to how the sunset concludes the day. In "Going Going Gone," Lucy gives a flash-forward moment, when she talks about someone she once knew and how he has changed. "Daniel in ten years / grabbing asses, spilling bears," this person was referenced at the beginning of the song where they seemed to have an innocent child-



hood relationship, it did not last similar to how Daniel's innocence did not last either. He has changed so much from this young boy watching the sunset and holding hands with his crush to now being a seemingly alcoholic, who "grabs asses" and "spills beers." This song adds to the purpose of the album which is changing and looking back on one's childhood and seeing how people have grown as they go into adulthood. By using Daniel as an example, Lucy shows this drastic change between one's innocence as a child and how one can change into a disrespectful and lost adult.

Home Video by Lucy Dacus is an amazing representation of how people change their minds and change their ways throughout life, especially compared to one's beliefs as a child compared to adulthood. She shows this by comparing your religious beliefs and ideals as a child and how they have since changed and developed. She also describes how people in her life have developed and lost their past innocence of being a child. She starts the album, talking about being back in her hometown, filled with old memories, past moments, and feelings that made her the person she is today. In the second to last song on the album, "Please Stay," Lucy sings, "Change your name / change your mind / change your ways," and this lyric encapsulates this album as a whole. Lucy explains that one can change as much as possible and should if that means they will continue to live. Lucy seems to have dealt with depression as well as seeing people she loves go through depressive episodes, because of this she believes that it doesn't matter how much people change throughout life, as long as they keep living. Overall, I think Lucy sees change as a good thing in most cases, as for some it is sad and disappointing, but most of all change is bittersweet, as for most of life is.

TEACHER VIEWS ON CHANGE - FEATURING MS. NELSON



What is something you have seen change in schools or as a teacher in general? "When I first started teaching in 2000, the technology was very different. We still used overhead projectors, so I made a lot of copies onto transparencies. The internet was still kind of a "special occasion" type thing, and a lot of my students didn't have access to it, so I was still teaching how to do research papers with books and encyclopedias. (We did have encyclopedias on CD ROM's though). There weren't really any social media sites like there are now, (even Myspace didn't come about until 2003), so that was a really different vibe as well."

How long would you survive a zombie apocalypse and why? "I would probably survive a zombie apocalypse for a fairly long time. While I'm not really into zombie fiction, I have read and watched a good deal of post-apocalyptic fiction, and I feel like a lot of those skills would transfer over. I mean, all you need to know about zombies is destroy the brain, right?"

TAYLOR SWIFT'S EVOLUTION

BY: ROWAN KALHAR

"These walls that they put up to hold us back will fall down." Taylor Swift is a groundbreaking country, pop, and alternative artist from Pennsylvania. When she was 14, her family moved from Pennsylvania to Nashville, in order for her to pursue her musical career. Only two years later, at a mere 16, her music career took off when she released her first album, Taylor Swift.

Swift has released nine albums and has rerecorded and released two of the six that she's going to be re-recording. Throughout her albums, her voice, along with her views and opinions, has changed significantly.

Beginning with her debut album, Taylor Swift, all the way through her most recent re-recording, Red (Taylor's Version), Swift's perspective on love has changed. For example, when she first began recording music, she was sixteen and in high school. She's now 32 and has taken the music industry by storm. Her very first single, "Tim McGraw," speaks of a boy she dated in high school, and how "When you think Tim McGraw/I hope you think of me." From her teenage view of love, hearing or thinking of a certain artist and thinking of someone you'd link the song to, she's grown into a deeper emotional thinker. For a long while in the middle of her career so far, Swift was known for dating many famous men for not a very long time and then writing songs about them. Now, though, she's been in a relationship with actor Joe Alwyn since 2016. Because of this, her ideas and writing of love have certainly changed. Her seventh album, Lover, addresses romantic love, but also loving your family and yourself. In both "Paper Rings" and "It's Nice To Have A Friend," she talks about going from friendship to being lovers. "Paper Rings" really addresses her feelings about true love and what true love is, as she says "if you really love someone, ... you'd be like, 'I don't care [about the ring].'" In "It's Nice To Have A Friend," she tells the story of two childhood friends, and them growing up and getting married. An idealistic story of love being shown in one of her songs shows growth from her original roots of not-so-great relationships.

Lover and some of Swift's other albums also talk about her parents and the love between her and them. In "Soon You'll Get Better" on Lover, she speaks of her mother's cancer diagnosis, and how "there's not a day that I won't try." On her second album, Fearless, Swift writes about her mother again, and how she's always been there for her throughout her childhood, in "The Best Day." She also speaks of her parents on Red (Taylor's Version)'s track "All Too Well (10 Minute Version)." When Jake Gyllenhaal, her boyfriend at the time, didn't show up for her 21st birthday, according to the song, her father told her "it's supposed to be fun turning 21." Her parents have always supported her, and that's

shown in both her songs and her life when she was a child. Her parents, Taylor, and her younger brother moved to Tennessee in order for her to pursue the music career she wanted. Uprooting their entire family in order to support her shows the familial love that she writes about in her music.

Each of Swift's exes have songs that are theorized to be written about them. For example, "Dear John" is about John Mayer, who dated Swift when she was 19 and he was 31. That's one of the very few songs she namedrops an ex in, especially in the title. Swift's song "Style," on 1989, is about Harry Styles. Many of the album's songs are about him or at least inspired by him, but none are so revealing in name as "Style." Jake Gyllenhaal inspired one of Swift's most well-known songs, "All Too Well," which on her most recent release, there's a 10-minute version of. "All Too Well (10 Minute Version)" is the longest song to ever top the Billboard Hot 100 chart. Recently, though, her music has been less about her exes (except for rerecordings) and more about storytelling.

Her two most recent all-new albums, folklore and evermore, both surprises dropped in the midst of the Covid-19 pandemic, have told stories more than told about her own life. For example, folklore has the story of three hearts, told within the songs "august," "betty," and "cardigan." Each of these three songs is told from the perspective of a different person. "betty" is from the perspective of a teenage boy named James, who cheated on his girlfriend Betty (her perspective is seen in "cardigan"), with a girl who's never actually named but whom fans call Augustine, after the title of her song. Also within folklore and evermore, her "sister albums" as they're called, she tells stories of two of her grandparents. "epiphany," track 13 on folklore, "touches on her grandfather's experience in the military." On evermore, "marjorie," also the 13th track, is a tribute to Swift's late grandmother, an opera singer whose vocals are featured in the background of the song. It's theorized that "marjorie" may also be an allusion to the story of Marjorie West, a young girl who disappeared in Pennsylvania, Swift's home state. West's sister Dorothea was the last person to see her before she disappeared, and evermore contains another track called "dorothea." "dorothea" also has a companion track titled "'tis the damn season," bringing up Dorothea's return home after being in Hollywood. evermore and folklore both focus more on telling other people's and made up stories than Swift's own, which is a fairly drastic change from all of her earlier albums.

Swift has won 3 Grammy Album of the Year awards, one in each genre she's released an album with. She's had eight Billboard number ones and 25 Billboard Music Awards, which is the most for any female



artist. She has 34 American Music Awards (AMAs), which is the most for any artist. She was 8th on Billboard's Greatest of All-Time Artists List in 2019 and was named the Woman of the Decade (the 2010s) also by Billboard. The AMAs declared her the Artist of the Decade (the 2010s) as well. Swift has released a documentary, Miss Americana, and directed two films, Folklore: The Long Pond Studio Sessions and All Too Well: The Short Film.

Throughout her 16 year career so far, she's released nine albums and two rerecordings, films, acted in multiple films as well and won numerous awards. From her country roots in Taylor Swift to Fearless's slightly poppier but still, country sound, Speak Now's a challenge to herself to write all the songs herself, and Red's "Sad, Beautiful, Tragic" nature, she's country through and through. She leaves those country roots though, with her fifth album 1989, her first official foray into the land of pop, then continues on to reputation, coming after a three-year disappearance from the public eye, and then to her most recent pop album, Lover, the embodiment of all kinds of love. From Lover, she changes and evolves once again into folklore and evermore, which are more of an alternative rock sound.

Swift's career has changed a lot throughout the time she's been active in the music scene. Her evolution from her country roots to pop to alternative has changed the music industry as a whole, showing other artists that genre crossover is possible to succeed with. Swift's changing mind and artistic nature show through in all of her songs and can change the way everything she speaks of is interpreted. So, "If one thing had been different/ Would everything be different today?"

STUDENT VIEWS ON CHANGE - FEATURING ANNA TERRY



What is a change that has scared you? "Gradually preparing, researching and applying to college has definitely made me face the impending change of graduation and leaving for college. It is both terrifying and thrilling to think about what the now-near future holds. I don't particularly enjoy this period of anticipation as college applications are received and decided, but I know the time and stress now will be worth it in a couple months."

What's your spirit animal and why? "Spirit animal/patronous: black mamba - something about being fierce for what I believe in and (a little) wise."

THE END OF LONELINESS AND HOW TRAUMA CHANGES US

BY: HAZEL SMITH

Among all the books that lie in crooked corners and stack themselves on shelves in quiet libraries, there are some that stand out as if illuminated by a golden light. *The End of Loneliness* is that golden light for me. Upon first reading this book, I felt as if the characters had settled themselves into my heart within the first ten pages. *The End of Loneliness* chronicles the life of Jules and brilliantly portrays the events that can occur in one's life, as well as how these events can indefinitely change the course that we are on. It speaks on topics of death, love, loss, and the lives we never get to live. This novel is thought-provoking and beautiful, luminant and genuine. When I was finished with this glorious book, I was filled with wonder, along with many thoughts and philosophical questions about how this novel related to my life.

The novel begins with the line "I've known death a long time, and now death knows me." This opening line develops and weaves into the story as the novel goes on. Jules' life begins in a troubling manner, with not only the death of his parents but being separated from his siblings at a bleak boarding school. The remainder of the novel discusses how this event changes Jules' life, and the lives of his siblings, forever. Through Jules' powerful and heartbreaking story, it is revealed how trauma changes us. To initially get through this difficult time, Jules lives inside of his own head and prefers to take shelter in the memories of his parents rather than facing his current situation. He views the world around him as dreary and gray, until he meets a classmate and kindred spirit, Alva. Jules and Alva's relationship is a wonderful example of how our relationships change and weave themselves through our lives- the pull of fate that inevitably brings people together- and also how certain things bond us to one another. In this case, they bond over a shared love for Nick Drake's album *Pink Moon*, as well as mutual adoration of the written word. They quickly become attached to one another and spend nearly every day together. The two share books, stories, music, secrets, and much more. Jules mentions that his father expressed the concept of "true friends" before he died, describing them as a soulmate- "someone you'd never lose," and how it was far more important than love. Jules tells Alva that he believes she is his "true friend." Although the threads that tie them together are very tight in their younger years, they begin to loosen as time goes on, especially after Jules walks

in on Alva kissing another guy. Heartbroken, he returns to the lonely and depressed home inside his head, where he resided long before Alva knocked on the door.

The temporary termination of Jules' relationship with Alva reveals much about his character and how the death of his parents affected him long-term. Although Alva and Jules never solidified their relationship as more than best friends, Jules felt betrayed and disheartened when Alva was with another man. His reaction reveals the trust issues his parents left behind as if permanently painted onto his body. He recalls the pact made with Alva in their earlier days; that if they were both still single at 30, they would marry. This pact eventually brings them back together 20-some years later, when Jules has found it nearly impossible to forget about her and is more sure than ever that they are meant to be together. Revealing that she is married, Alva



tells Jules that she still would like to see him. Despite these extenuating circumstances, the two continuously find their way back to each other, even when Alva is married and living somewhere else. They meet up again and reconnect, sparking their once electrifying relationship. The bond between Jules and Alva showcases the vast change that relationships, particularly first loves, have in our lives. Wells brilliantly discusses the idea of soulmates and fate, and how we will perhaps always find our way back to our "soulmate".

Along with musings on fate and love, the novel also brings ideas about death in relation to life. Jules' sister, Liz, shares her view on death: "the alternative to the con-

cept of life and death is the void" and that "we all exist in a million different ways so that there is no void, and the price we pay for that is death." Jules' other sibling, Marty, has his own nihilistic view on death. He and Liz often get in fights over the meaning of life. By introducing several different perspectives on death, Wells shows how the death of their parents has changed each individual's view on life and death. Liz views death as simply the price we pay in order to live. Her outlook is to fill your life with things you love doing as much as you can before you die. Marty's view is quite different than Liz's- he believes that life is worthless and nothing he does really matters. Marty has given up on finding a wife or someone to start a family with because he believes that it won't matter. Juxtaposing these two perspectives makes one wonder how each individual has processed the death of their parents in a unique way- and how that eventually gave them that perspective. Jules' perspective is not so clearly stated in the novel, but rather through the way he sees different situations. A bleak and desolate perspective takes hold of him in some cases, while in others he sees life as something to be treasured, to hold dear. The perspective of all the characters changes drastically throughout the novel, weaving in and out of each of their lives and relationships.

The majority of the novel speaks on how trauma does affect our lives long-term, but it also discusses the traits that would stay the same despite the circumstances or events that occur in one's life. In a long conversation about trauma, Alva asks if "there are elements in us that survive everything." That is, are there characteristics that would stay the same no matter what course our lives may take? Through these characters' tragic and beautiful stories, Wells wonderfully shows us how traumatic events change (or don't change) our fundamental qualities throughout the remainder of our lives. We see how these events change the way we view relationships, death, and our perspective on the world itself. It brings a deeper look into one's motivations based on their past, and the inevitable effect on our future. I've never read a book quite as treasurable as this one; one that left me feeling as if I had sat down and drunk a cup of tea with each character. Although the characters' stories are unique, this novel acts as a mirror; you see an aspect of yourself in every character and their story. It's a powerful and kaleidoscopic chronicle of life and death and loss and love and what it means to be human.

TEACHER VIEWS ON CHANGE - FEATURING MS. MURTAUGH



What is a change that has scared you for a while? And Why? "I didn't start out on the path to being an English teacher. I went to art school first, and about half way through realized that although I will always love art and want to make it, I didn't want it to be my job. While I tried to figure out my next steps, I supported myself with restaurant jobs and long Russian novels for quite a few years before I realized that I wanted a job that would feel purposeful, challenging, and connected to people. It occurred to me that that job was teaching, and even though the thought of standing in front of an entire classroom sounded terrifying, I went back to school and became the Ms. Murtaugh you know today, and on most days I have no regrets."

How long would you survive a zombie apocalypse and why? "In a zombie apocalypse, I would expect to survive for at least 20 minutes. My pacifism, incredible inability to make quick decisions, and lack of upper body strength to wield brain smashing weapons would surely be my undoing."

If you could pie another staff member, who would you pie and why? "And if I could pie any staff member, it would be Ms. Nelson for letting you ask me these questions."

AN OPTIMISTIC LOOK AT HOW FRIENDSHIPS AND FRIEND GROUPS EVOLVE: A MEMOIR

BY: LUCIE CARRIKER

As of right now, I am in an excellent headspace regarding all of my friendships both past and present, and I'm excited to take this opportunity to brag about the people who contribute to everything that is good about my life and to boast just a little bit about my ability to disconnect from people who did the opposite yet still called themselves my friends.

I was an antisocial small child who always gravitated more towards adults rather than towards people in my own age range, so my experience with friendship prior to attending Tom McCall was somewhat limited. However, from what I remember the few kids with whom I connected always treated me well, and some of them I still consider to be my honorary siblings in the present day. The two kids who lived next door to me until I was in middle school, one of whom is now a freshman in college and the other of whom is a sophomore in high school, are still two of my most beloved friends, and I love that I get to see them every weekend and every weekday, respectively.

There are plenty of people who I met in kindergarten or in first grade with whom I still share classes by virtue of remaining in the same school district for 13 years, some of whom I'm closer to than others. One of them is also an editor for The Advocate, one of them is in my choir and a couple of my AP classes, and one of them I sometimes exchange rants with at our lunch table. Although we don't spend too much time together outside of school, their friendships still bring me a lot of happiness. Yet another old friend moved into the house next door to mine in the middle of one summer or another and I absolutely love that she and her brother are now my daily carpooling buddies.

It was while I was in 5th and 6th grade that I belonged to a large group of friends for the first time where I would consistently spend my recesses playing games and break-

ing rules with my friends who I absolutely adored. We played tag either on the field that was supposed to be reserved for the boys who wanted to play an organized sport or wherever was just out of sight of the recess monitors. As I recall, though, we never got into too much trouble because it was also my friends and I who were trusted to learn the most complex vocabulary words and to do it outside of the classroom at that. When I would attend sleepovers with the friends I met in 5th and 6th grade we would actually enjoy each other's company instead of getting caught up in our technology, which was a drastic change in my experiences with sleepovers and one of the reasons why I started feeling motivated to spend time with my friends outside of school. There were ten of us, myself included, in that friend group, and only two of them I have never grown apart from.

Middle school was the truly tumultuous time in my life in terms of friendships. For much of my 7th-grade year, I spent too much of my time with someone I had a crush on who would turn out to be a pretty awful person when I should've been maximizing my time with my real friends. I consider myself extremely fortunate that my friends were more forgiving than I would have been if in their shoes. In 8th grade, two friends of mine who'd been friends with each other for a long time put an end to their relationship which made me, their collateral damage, quite cynical for quite a while. Once again I was very fortunate to have the rest of my friends by my side in our geometry class and our newspaper club throughout that time. Between 7th and 8th grade there was a lot of turnover in terms of who I spent my time with, for there were five of us among whom geometry formed a strangely strong bond while some of my friends from Tom McCall were moving away and others were just developing interests drastically different from mine.



I entered high school alongside those four other geometry lovers who would continue to keep me afloat throughout all the less glamorous elements of high school, including multiple toxic friendships which the pandemic of all things would give me the opportunity to put an end to once and for all. The fact that those toxic friendships are no more has made my senior year the best school year I've experienced so far. I also have more classes with my closest friends this year than I did during any previous year of high school, in fact, only one of my eight classes doesn't contain a single person I feel close to, and even in that class, there are half a dozen people who I do like very much.

Nowadays I consider myself to be a genuine extrovert with many true friends and many more acquaintances who I refer to as friends when I tell stories about our limited interactions with my parents or other people who've never met them. However, there are only so many people who I can talk to about literally anything, and those are the people to whom I'd like to dedicate this article.



A DATE WITH HISTORY

In the spirit of change, we asked a couple of members of the social studies department about their favorite moment in history, hence "A Date With History." However, both Mr. Tocher and Ms. Lewis failed to pick a favorite moment in history, and instead talked about the importance of all historical events.

"Picking my favorite moment in history is nearly impossible, especially since I have limited knowledge of world history (Mr. Lumpkin assumes I believe history began on July 4th, 1776). Rather than pick a moment in time, I am going to sum up why we examine history the way we do. James Baldwin said, 'American history is longer, larger, more various, more beautiful and more terrible than anything anyone has ever said about it.' This epitomizes how we should confront all of history, not just American history. The human race has done beautiful things, we have displayed acts of compassion, empathy and love. Yet, we have also committed terrible acts of violence, hate and cruelty. Only analyzing and celebrating the beautiful moments rejects our whole story. If we are not critical of the terrible events from our past, how are we ever going to move forward from them? The hidden moments that really define who we are will continue to hang over the human race like a dense fog that will never clear." - **Travis Tocher**

"Much like Mr. Tocher wrote, picking a "favorite" moment of history is beyond impossible. For every moment that came to mind, there was hesitation to declare it 'my favorite.' Because, as powerful and inspiring as the March on Washington (for Civil Rights) was, for example, the fact that it was so necessary and monumental for our nation is something that is difficult to celebrate. The same is true for the end of each military conflict - every truce and armistice is, without question, a cause for joy. But, the tragic loss of life to achieve those ends warrants moments of pause and reflection. For every celebratory event that I considered - there was an equally challenging, discriminatory, deadly, and/or oppressive precursor.

Should we honor the wonderful moments in history? Absolutely - especially those that are teeming with bravery, ingenuity, grit, and ultimately create a better nation for all of us. However, I feel that all too often we tend to look at those victories in a vacuum without seeing the whole picture. Because, as Canadian historian Margaret MacMillan said, 'We can learn from history, but we can also deceive ourselves when we selectively take evidence from the past to justify what we have already made up our minds to do.' And, that is why I love studying history and governments - there are so many opportunities to explore pivotal moments AND the human spirit. If we can examine our past - our whole past - with an open mind - there are infinite opportunities to increase our individual compassion and continue the quest to form a 'more perfect union.'" - **Laura Lewis**

TONE CHANGES THROUGHOUT HARRY POTTER

BY: AVA RAPPORT

The following article contains spoilers for major events in the Harry Potter series. If you've been living under a rock and haven't read the books or watched the movies, be warned.

We all know and love the seven-book series about a boy who goes to a magic school and strikes down Voldemort, the vile man who killed his parents and later tried to kill him and his friends, making close friends and fierce enemies along the way. You may notice that the tone is not the same in all of the parts of the story. Most people believe that the most violent tone shift occurred in the third installment, Harry Potter and the Prisoner of Azkaban, but I disagree.

In the first book, Harry Potter and the Philosopher's/Sorcerer's Stone, the tone is light-hearted overall, but that's not to say that it's entirely sunshine and rainbows. Harry has to deal with growing up in a horribly abusive household because his parents were murdered when he was a baby. His Defense Against the Dark Arts teacher, Professor Quirrell, turns out



to be a servant of Voldemort who's attempting to return his murderous master to power. Nevertheless, most of The Philosopher's/Sorcerer's Stone is about Harry befriending Ron Weasley and Hermione Granger while going through school.

In Harry Potter and the Chamber of Secrets, the second volume, things quickly get darker. A monster is unleashed, one who aims to kill every student who is not of "pure" heritage. Ginny, Ron Weasley's sister, is possessed and brought into the Chamber to die. Fortunately, Harry and his friends are able to save everyone, and we're not yet at the point where the story is willing to kill off the main characters, except for Moaning Myrtle, who is a ghost that died when the chamber was opened for the first time a long time ago. Therefore, she had already died before Harry was even born. The second volume is also the first time Harry has a close encounter with Voldemort's past.

How could Harry Potter and the Prisoner of Azkaban top that? Well, the story starts with the supposed mass murderer Sirius Black escaping from wizard jail. He is believed to be a great supporter of Voldemort who is out to get Harry, which turns out to be false, but is still too frightening of a story for the majority of young children. Since nobody dies, the movie gets a PG rating, unlike the fourth edition.

If you've read or watched Harry Potter and the Goblet of Fire, you know all about the Triwizard Tournament. This is where the first on-screen death occurs. Harry is involved in some violent scenes that make the audience

feel terrified for his and his friends' lives. I believe that this is the point at which there is the strongest tone shift because until now, we didn't have any reason to think the characters were in any real danger. We know it's a kids' book/movie, and nothing too dark will happen. However, we in the audience get attached to kind Cedric Diggory (or at least you do if you have a heart), and so does Harry. We see the consequences of this even in later installments. The books show what Harry thinks, and the guilt he feels thinking Cedric's death is his fault. GoF also sets up the wizarding world being against Harry, with Rita Skeeter planting lies into the wizarding world that don't go away even when she's forced to resign. Unfortunately, the movies glossed over this, so if you want the full experience, I would recommend also reading the books.

The tone gets darker still, until eventually in Harry Potter and the Deathly Hallows half of the supporting cast dies and Harry does too - sort of. The world is out to get him, and there are only a select few people that he can trust. The tone slowly changed as the series progressed, and the target audience shifted from children to teenagers and then to young adults.



HOME HOA FEES NEED TO CHANGE

BY: LAUREN KRAMER

HOA is short for Homeowners Association, which is an association that charges a monthly or annual fee for maintaining and improving properties. These fees can cover common utilities such as water, sewer, and garbage disposal. They can also cover landscaping, swimming pools, community clubhouses, and tennis courts. As new houses are built, especially in Oregon, HOA fees are becoming more common than just in condominiums and apartment buildings. These fees can be beneficial to creating a clean environment for families to live in, but cause a growing problem in the increase of cost of HOA fees. Along with the increase in the cost of living and housing, HOA fees have also increased to an enormous level. HOA fees never go away even after paying a house off and make homeowners follow strict rules in their communities with the threat of large fines if they are not followed. I believe that HOAs charge fees that can be helpful to the community, but that they need to lower their fees to a level that homeowners can afford, especially in a time when everyone is struggling to make ends meet.

In Portland this year, HOA fees can range from around \$185.00 in a 500 sq. ft. property to around \$740.00 in a 2000 sq. ft. property a month in condominiums, apartments, and new housing developments ("Average HOA Fees in Portland 2021"). These fees do not include rent, car insurance, power costs, and sewer. HOA fees can deeply cut into your savings and make paychecks go to-

wards community caretaking rather than food or clothing. HOA fees in Portland just last year were averaged at \$165.00 for a 500 sq. ft. property to around \$660.00 for a 2000 sq. ft. property (realestateagentspdx.com). Even in one year, the prices of HOA fees (in Portland for example) have risen to become even more unaffordable. Even though Portland is known for being more expensive in Oregon, the rise of HOA fees is currently going up everywhere in the state, adding to the uncertainty homeowners have towards paying their bills on time.

Especially during these past few years, job uncertainty has grown to almost hit every household's dinner table. Rent has been put on hold to help many families, but it isn't enough for most. Families moving together have started looking for more space for their growing household, and find that the prices of houses or other properties are even unaffordable. They become trapped into renting their apartments, houses, and condos to have a place to live while they are forced to continue to pay their HOA fee for services they may not even want. Property owners cannot legally get out of paying the fee and can get fined if they miss their payment. Some things that can occur to a homeowner or renter if they don't pay their HOA fees include: charging interest and late fees, being banned from using community facilities, getting sued for a money judgment, and foreclosure on a lien that is placed on the property (lawyers.com).



The homeowner association is helpful for keeping neighborhoods and properties taken care of and clean. Some even have community facilities such as pools, tennis courts, and family-friendly parks for residents to enjoy. Although these can be beneficial for families to use, HOA fees are still growing and becoming more and more out of hand as time continues. Families are already struggling to pay their bills, and the addition of extra fees is straining their savings to a max. HOA fees need to be lowered to be more affordable, and become more optional for families trying to make ends meet.



WHY LEAVES CHANGE COLORS?

BY: LILY PLISKE

When you're young, you marvel at how leaves change from bright vibrant greens, deep with life, to soft oranges and reds, to bright sunny yellows. It's a pretty amazing sight, especially when you are younger, but let me riddle you this; did you ever figure out why?

When you're younger, you tend not to stop and think why. Why does this happen in our world, and even if you do, you definitely don't try to figure out the answer. Now I was pretty lucky because my dad majored in biology, so I got my leaf changing color answer early on (not necessarily by choice), but if you did not get blessed with a parental figure who will tell you all the answers to the science questions you want and don't want to be answered, but they will tell you anyway, you're in luck. Because you have me.

So, why do leaves change color? It's actually a pretty simple answer when you get down to it, but I'll overcomplicate it. To put it simply, it's a chemical process that occurs within the leaf, but to understand better we first need to know why are leaves green in the first place. There is a food-making process that occurs in the leaf where many cells contain chlorophyll, which gives the leaf the green pigment we see when we look at it. This chemical (chlorophyll) has one job in a leaf,

and that is to absorb sunlight. The energy that is absorbed is transferred to photosynthesis, which is used to store energy and convert to carbon dioxide, which is absorbed from the air and water into glucose, which is a type of sugar.

Even when the leaves are green, there are still the other pigments of colors in the leaf, but because the green color is more dominant, they are masked until two important changes occur around the tree and leaf environment. Daylight hours and temperature change.

In the fall, the length of daylight hours change and start to get shorter, from what it is in spring and summer. The temperature also changes, and the environment starts to get colder. An extreme weather change, for example, drought or an early frost can cause the leaves on trees to fall off sooner than they normally would.

These two changes stop the leaf food-making process from occurring, and because of the lack of sunlight and colder weather, the chlorophyll starts to break down, and the green color in the leaves disappears. The yellows, oranges, reds, purples, etc. that were masked by the green now have the chance to show themselves.

Once leaves have gone through their

color process, they tend to fall off the tree. This is because a special layer of cells develops at the base where the stem of the leaf is attached to the tree, and it severs it. As all this is happening, the tree seals off the cut where the leaf was, and this leaves what is called a leaf scar.

So that hopefully answered all your questions about leaves, and why their leaves change color.



WHY CHANGE IS OKAY

BY: KADENCE WARNER

Lots of changes happen throughout our lives. Some changes can be super impactful, while others are just a bump in the road and don't seem like much. Both types of changes are not always bad and can sometimes lead to some relatively delightful things.

Sometimes change makes you feel like your life is going to end. Usually, that isn't the case. In fact, I feel that these changes are really impactful in the long run. An example of an extensive change that may be really difficult and feel life-ending might be your parents getting divorced. While it can be really hard in the long run, it usually turns out better than expected. Sometimes the parents might be happier and feel more confident. They might accomplish more or find someone new, which is another change that may feel really hard. Personally, I think it means more memories and more family. I suppose it may add to different ways of seeing things too because there's a new person to help you. This might not always be the case though. Everyone has different experiences. Sometimes parents can become angrier because of separation. Sometimes this separation can even cause trauma in the kids. This is bad but could add to your personality and how you see things in the future. It also shows who your true friends are and who will help you through things like that.

Some changes can feel like they mean nothing, like getting new shoes or new shirts. I believe that although these changes may be small, they do impact your life quite a bit. With new shoes, you're probably going to wear those all the time. I have new tennis shoes, and I wear them to the store, to school, down the street, and on a plane. I wear them everywhere and never even think about it. While getting a new shirt may not seem like a big deal, you're probably going to wear that shirt quite a lot. You'll take pictures with that shirt on, or you'll be in pictures with that shirt on. You'd probably cry, laugh, and make memories with that shirt. At the moment it may not be a big change, but in the long run, it could be

very impactful. Sometimes that shirt may become your favorite shirt and mean a lot to you. Let's say something happened to your new favorite shirt like it got a big hole in it or something. This can be heartbreaking, and for some people it is. This could be bad, but if you patch the hole it adds more personality to your shirt and becomes a funny story to tell. If that isn't the case then later on you'll find a new favorite shirt and make a bunch of memories in that too. Once again though, not everyone's experiences or feelings are the same, so to some, it could be a big deal if their favorite shirt gets a hole in it.

Other changes may feel huge and like your life is going to end, but they may not impact anything anyways. Something like breaking your arm maybe, it seems horrible and like you're going to die. Once it heals and gets all better, you probably won't think about it again and it probably won't alter your everyday way of living. It'll still give you that experience and memory, but otherwise, I don't think it's a huge change in the long run. However, because some people might react differently to this type of situation, it could be different. Some people become traumatized, this wouldn't be great, but there are ways for people to get help, and I hope everyone who is in this position heals. Sometimes this can even become life-altering. For example, if a high school football player breaks their throwing arm. This could stop them from playing football and in the end, it could make them lose their scholarships. Again, I hope everyone in that position heals and finds a way to keep going, and maybe find something they can be super passionate about again.

Another type of change is growing up and that can seem pretty hard. I know lots of people are scared and don't feel ready to grow up. I know I'm scared and I still have a while before I have to worry about it. Being on your own may seem really scary, but I imagine it'll turn out okay.

Think about all the people who have done that in the past. Think about all the people being



on their own right now. They're all alright. Personally, this is somewhat comforting because if they can do it, so can we. A scary part about growing up is having kids. Some people may worry they aren't ready, and that's okay. All the people who have kids can do it, and so can we. I'd like to point out that in most cases you don't have to have kids if you don't want to, you can try to wait until you're ready or never have kids. However, this isn't always the case for everyone, because sometimes we can't control the course of life.

I strongly believe that every type of change is okay. I feel that big or small, it'll be okay and can lead to some great things, or not even matter. I believe we should try our best to embrace and accept changes and allow them to happen because it's usually out of our control. I think we shouldn't stress too frequently about it either because that's usually just a waste of time and effort. Change can also lead you into a lot of other important changes, like making memories with new people, seeing things in different ways from new people, and all the way to making memories in new shoes and shirts.

MY YEAR IN THE US AS AN EXCHANGE STUDENT

BY: BELEN GARCIA MORELL

As an exchange student, when they told me that the theme of this edition was Change, I thought that I would have it easy. I really always talk about one country, but in this edition, I am going to talk about two; Spain, which is where I come from, and the United States, which is where I am spending the entire school year.

The first change that I noticed was the neighborhoods. In Spain, it does not matter if you live in a town, in the city, in the center or on the outskirts, you will see all buildings with at least 4 individual houses, one on top of the other, they are still individual houses, but we share a garden in community. Here you all have your own individual house with your own individual garden, that makes the houses bigger in general than in Spain. I think what scared me at first is that because there are houses and not buildings I did think it easier for someone to enter your house.

The weather is not so different, but there are certain changes that you notice as soon as you arrive, such as that the cold begins at the end of September, while in Spain it does not arrive until the end of October, at the earliest. Certain years, we are in the middle of November, and it still seems like August. Here, it rains much more than in Spain, but

there are fewer storms. In Spain, it does not rain so much, but if it rains it always storms.

Food is undoubtedly one of the biggest changes. In Spain, we have large meals to eat at around 2 pm. We usually sleep till 5pm and then we have a coffee or snacks. However, here you eat less and much earlier. A curious thing is that you drink coffee at all hours while we only drink after eating lunch, your coffees are also way bigger than Spain coffee.

The last change I'm going to talk about is the educational system, and I think yours is much



better for several reasons. The first is the wide selection of subjects that prepare you for adult life, and help you specialize in what you like

from a very young age, while in Spain we have to wait until university to start studying what you like. Your schedule is also much better, with fewer classes per day but longer, which makes us take advantage of the classes more. At the same time, by only having four classes and not 7, they are much more enjoyable and tire you less.

The culture of clubs in Spain does not exist, at least not in high school, and I think it is super beautiful. It is a way of meeting people with common hobbies, which also encourages teamwork, healthy competitiveness, and effort in a very good way.

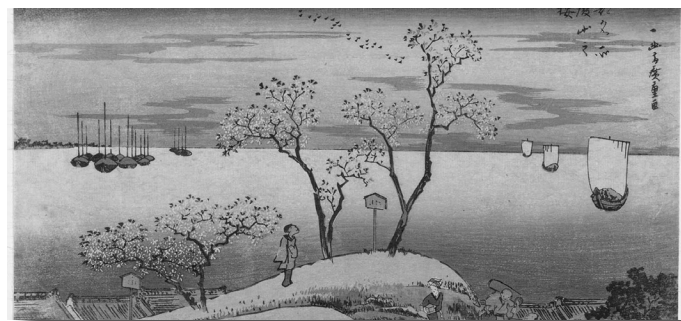
In general, Spain and the United States are very different, and both have their good and bad points. The changes help us to grow and look at things from another perspective, and this experience is really helping me to think about many things about myself and the world. I am meeting incredible people and I am enjoying it very much.

EVENING CHERRY BLOSSOMS AT GOTENYAMA, 1831

BY: LITZY GONZALEZ ROSAS

This cherry blossom painting represents change. In Japan, cherry blossoms are a very huge thing as they represent that spring has come. In the eighteenth century, many people would go and see a cherry blossom as a tradition for their welcomed reflection of their lives. Spring and cherry blossoms have inspired many artists all around Japan, such as this artist called Utagawa Hiroshige. He made this woodblock print in 1831 during early spring, and it was a very famous spot to see the cherry blossoms. The artist wanted this painting to make the image livelier and so he did just that.

Image provided by Ukiyo-e Search



CHANGING VIEWS ON ART

BY: RAQUEL GONZALEZ LOPEZ

Content Warning: Mentions of violence, self harm, and other triggering concepts.

From eating fetuses, making paintings out of human blood, to killing thousands of animals to preserve them in chemicals. These “criminals” aren’t your typical murderers and insane asylum patients, but artists. Not to confuse them as past artists, but current artists, who did these crimes for the name of art. Art is a controversial topic, a topic made up of thousands of opinions of what constructs it or not, but it has come to our attention that the norm has shifted views, but where do we draw the line? Many think art should be worthy of such a title if it does not affect another party, negatively. Do the listed actions affect a party negatively?

We’re aware of many odd artists who’ve done some questionable things, but Zhu Yu takes the crown. Zhu Yu was an artist and in 1991 he began doing a series of artworks, which consisted of eating stillborn children, decomposing and disembodied corpses, and even a patch of his own skin. His most known piece is, “Eating People,” a recording of him eating a stillborn fetus, which was stolen from a medical school. His explanation lacks reason, which leaves many denying this piece the title art. However, it goes without saying, stealing is a crime. Willingly

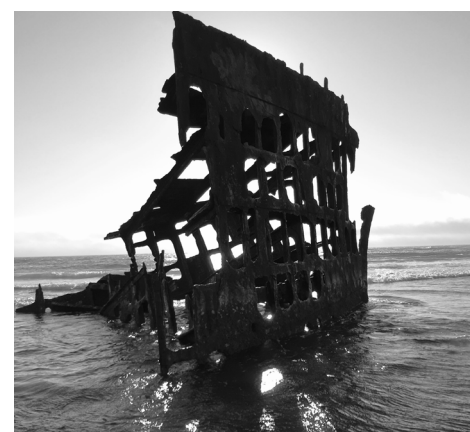
cutting your skin is not. Another piece titled, “Skin Graft,” depicts a slice of cut pork with his grafted skin placed on top. This is certainly odd but nonetheless, art, illustrating his attitude toward animal cruelty (“Zhu Yu: China’s Baby-Eating Shock Artist Goes Hyperreal”).

Ruby “Juice” Martinez is a 29-year-old artist, whose work shares similarities to what Zhu Yu did in “Skin Graft.” She creates paintings, with her blood being the paint. Her work became sensational due to this. Ruby stated, relinking with her old hobby being “oddball” paintings, led her to develop this unique technique. This technique could be seen coming out of a crime series show, but overall harmless. No matter how odd it may seem, we cannot deny the ultimate strength it would take to complete one of her artworks (“Bodily Fluids on Canvas: El Paso Artist Uses Blood to Make Art”).

This is unlike Damien Hirst, whose art can be seen as lazy in many aspects. Damien Hirst is a well-known artist due to his controversial artwork. His top two artworks that are talked about the most are “For the Love of God” and “The Physical Impossibility of Death in the Mind of Someone Living.” “For the Love of God” is a diamond skull, the skull belonging to a 35-year-old man in the 18th century (“Damien Hirst’s Most Controversial Works”). This piece is estimated

to be worth about \$100 million. While the other artwork is a tiger shark submerged in formaldehyde, which was caught on Hervey Bay in Queensland, Australia (en.wikipedia.org). Damien has many artworks of animals in tanks filled with preservatives, which cause outbreaks between peers, discussing whether it’s art or not. Many argue that it shouldn’t matter if it were slaughtered since 11,416 sharks die in an hour. This argument is flawed because it adds more reason to why it’s wrong and as many of you know, eating is a necessity, artwork is not.

Art is made up of thousands of opinions, what you call art might not be what someone considers to be art. At the end of the day, what you consider art is what really matters as it not only reflects on your own unique taste but what type of values you hold dear. Where would you draw the line and why?



MENTAL HEALTH & THE DEHUMANIZATION OF ATHLETES

BY: STANLEY SHIVLEY

Content Warning: Mentions of Suicide, Death, Sexual Abuse, Self Harm, and Drug Abuse



On November 8, 2021, sports agent Rich Paul reported that Philadelphia 76ers all-star Ben Simmons' mental state declined after the hate and controversy sparked after his trade request during the summer, and he was unfit to play. Surprisingly, this was met with doubt and ignorance. Many fans and sports commentators called Simmons out for this, a scene sadly not too uncommon in the last few years. Ben Simmons being told to "shut up and play" is only the most recent, in a seemingly never-ending story of athletes being criticized and torn down for their mental health.

Athletes having mental struggles is only a relatively new subject in the public eye. The first widely known example of this was in 1993, when Detroit Pistons star, Dennis Rodman, was found in The Palace of Auburn Hills parking lot with a loaded rifle in the passenger seat of his truck, contemplating suicide (Bad as I Wanna Be, 1997). While Rodman became one of the most famous NBA Players of the 90s, many others weren't given the same spotlight. Delonte West is an example of one. Delonte West was a rotation guard on a few NBA teams in the mid to late 2000s, notably the Boston Celtics and Cleveland Cavaliers. West grew up in a poor household, experienced depression at a young age often self-harmed, and was diagnosed with bipolar disorder in 2008 while a member of the Seattle SuperSonics (washingtonpost.com, 2015). In 2010, a rumor circulated that West had an affair with Gloria James, fellow Cavaliers LeBron James' mother. This rumor ruined West's reputation, and he was out of the league within years. West spiraled into drug addiction and homelessness. West cried out into deaf ears for years, only reappearing in headlines whenever new videos or photos of him panhandling or walking the streets in hospital gowns were sent to TMZ. Thankfully, Dallas Mavericks owner Mark

Cuban let him stay in his house and even got him a job at an addiction clinic in 2020 (SI.com, 2020).

Athletes being open about their mental health has only been around since the mid-2010s, thanks in part to players like DeMar DeRozan, Kevin Love, and Larry Sanders. Despite this progressing awareness and acceptance of mental health, many fans and reporters still shun players for being open about their experiences. During the 2020 Olympics, Conservative Commentator Charlie Kirk said Simone Biles was a "disgrace to the country" for withdrawing from the Women's Gymnastics Team due to fear of injury as well as mental illness (Newsweek.com, 2020). Last year, Skip Bayless called Dak Prescott weak and a poor leader for opening up about his struggles with depression after his brother's suicide (washingtonpost.com, 2020). The reason people say these things about athletes talking about their mental illness has nothing to do with acceptance or awareness of mental health. They are actively dehumanizing these people. Professional Athletes are nothing more than Madden or 2K characters in real life to a sadly large camp of people. Players are only there for their entertainment. Only recently were NCAA athletes awarded the rights to their likenesses after decades-long legal battles (NCAA.org).

Ben Simmons isn't getting hate because he's a man struggling with anxiety; he's getting hate because he isn't playing basketball games (and playing in Philadelphia, one of the worst sports fanbases in the United States, isn't helping). To many, it is "unprofessional" to exemplify strong human emotions as a professional athlete. Serena Williams was called "childish" after getting upset with an umpire who called a penalty on her (abcnews.go.com, 2019). Cam Newton was called "unprofessional" after being upset and walking out of a press conference after losing the Super Bowl (nfl.com, 2016). Kyrie Irving was called "lazy" after sitting out of the bubble to protest police brutality (sbnation.com, 2020). Kwame Brown was called a "bust" after being abused and bullied by Michael Jordan during his first seasons (YouTube Channel: Kwame Brown Bust Life, 2021). These players are people. Many still look down upon even sitting out due to fear of injury. There are countless stories of players getting addicted to opioids to play through the pain in the NHL (adalanterecoverly.com, 2021). In sports like baseball and hockey with multi-layered minor leagues, you'd want to squeeze out any potential you have to stay at the top and not get left behind. This is why players will sometimes intentionally hide injuries for too long or until

it's too late, just to stay on a roster. CTE in The NFL is a whole different story altogether (pbs.org, 2013). Just for reference, the NFL only established the Concussion Protocol in 2009, when players had started reporting symptoms of CTE as early as 1906 (ncbi.nlm.nih.gov, 2014). The NFL even denied and covered up the existence of brain injuries caused by head-on collisions for years to paint themselves in a positive portrait.

Owners and coaches can often be held at fault for this since they don't want to have any possible risk of losing or ruining the team's reputation. In 2010, the Chicago Blackhawks did not file a report or fire a coach for sexually assaulting multiple players out of fear that their playoff run would be tainted by controversy. Former Los Angeles Clippers owner and longtime racist, Donald Sterling, saw his team as a plantation (slate.com, 2014), wanted "poor black boys from the south and a white head coach" on his team (vox.com, 2014), and almost axed a trade for J.J. Redick because he was white (cbssports.com, 2020). Jordan McNair, a 19-year-old Offensive Lineman for the Maryland Terrapins, died of a heat stroke during practice after his coaches wouldn't allow him to rest (SI.com, 2019). Too often, we see these people treated like workhorses to coaches and owners for profit. We've heard too many stories about NCAA and High School coaches abusing and belittling their players (insider.com, 2020). It's dog-eat-dog in the sports world, and players are disposable to the big guys on top.

The mistreatment of these people just because they're good enough at shooting a basketball has gone on for too long and needs to change. Players like Steve Montador shouldn't have to play through a concussion just to keep their jobs (cbc.ca, 2020). Ben Simmons shouldn't have to face criticism and skepticism when opening up about his personal mental struggles. This mentality of fans and owners over players has dominated the sports world for generations, and significant change needs to be done before it gets worse. While the previously mentioned Mental Health Awareness Movement in the last decade has improved many stigmas against professional athletes, too many people reject that and opt for the "Old Boys' Club" (nbc sports.com, 2021) mentality of the past. I'll end this article off with this; the worst thing that could happen to Ben Simmons, Calvin Ridley, and Simone Biles for potentially faking having a mental illness is that they don't play a sport, that's all. The worst thing that could happen to them if they have a mental illness is ten times more serious than any of that.

STUDENT VIEWS ON CHANGE - FEATURING MIKAELA CONWAY



What is a change that you have undergone that's impacted you? "A change I have undergone that's impacted me would have to be me changing the way I view myself. I don't know if it was the 2 year (ish) quarantine we have had, but I grew my self worth and got to know myself. I use to be in shock when I would get attention or I use to devalue myself when people or relationships would do me wrong. Now I don't see myself as always the "not enough" person in the situation, nor do I completely fall apart when I'm hurt. I went through a change that was probably the healthiest way of healing a low confidence."

How long would you survive a zombie apocalypse and why? "Probably like 2 days? I would have to say the whole undead thing has always been super weird to me so I don't think I'd care to be around for it."

THE DEVELOPMENT OF THE PARALYMPICS

BY: ELLA TAPLIN

The Paralympics have created an amazing safe space for disabled athletes who still want to pursue their dreams of being professional athletes (“Paralympic Games”). The Paralympics began in 1948 and was originally created for veterans of the British World War 2, who suffered from spinal cord injuries. In 1952 a second competition took place with athletes from the Netherlands who joined the British athletes. These progressions brought us to the first Paralympic games that were held in Rome in 1960. The development of these sports was slow but surely getting there, and creating hope for those who had not been able to compete in sports due to their disabilities.

Since the breakthrough of the first Paralympic games, it quickly became a tradition and got the recognition it deserved. In 1976 Sweden added the Winter Games to the Paralympics, which was soon followed by great achievements for Paralympics starting in 1988. One of the biggest accomplishments following the next year was the creation of the International Paralympic Committee (“About The International Paralympic Committee”). They were based in Germany and governed the Paralympic Games. Their primary job is to support the 200 plus members and to advocate for the developing inclusion and organization of the Paralympics. They have helped grow the program into what it is today. Since the first Paralympic games in 1960, the games have grown exponentially. The organization began with few sports and few participants, to having more than 10 sports, and being broadcasted on live television for billions to see and support.

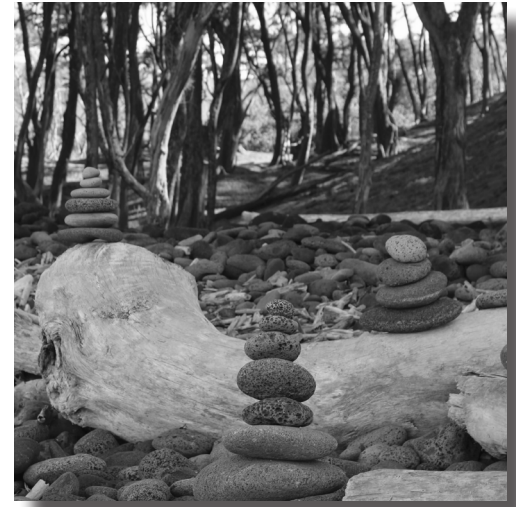
Not only has the viewer population grown, but also the character development of the Paralympics and the athletes that par-

ticipate. The IPC works very hard to create strong values for its athletes to follow and portray. Instead of hiding their differences and strengths, they are taught to embrace courage, determination, inspiration, and equality. This ties in with the big issue that many disabled people struggle with, inclusion. It still has a long way to go, but there has been so much development in the past few centuries. These athletes have been taught that they are as capable as anyone else, or any other athlete. If anything their accomplishments are more powerful to the public eye because of everything they have had to overcome to accomplish what they have.

Starting as such a small program, with very few sports to offer and few participants, the Paralympics have grown tremendously. They have brought in more than 10 sports, plus 200 or more professional Paralympic athletes, and been supported by a group of over 100 managers. All this support is what helps this organization continue to grow at the rapid pace it has been able to. It has helped so many families and athletes that felt that they were not capable of being part of these professional sports or sports at all. The Paralympics have opened so many doors and opportunities for physically impaired athletes. They have not only opened these doors to impaired adults, but they have also left options for any age. There is no minimum or maximum age to compete in the Paralympics, which just further proves the impact of this organization. The Paralympics have allowed all age groups to compete, despite most of society telling these athletes they aren’t capable.

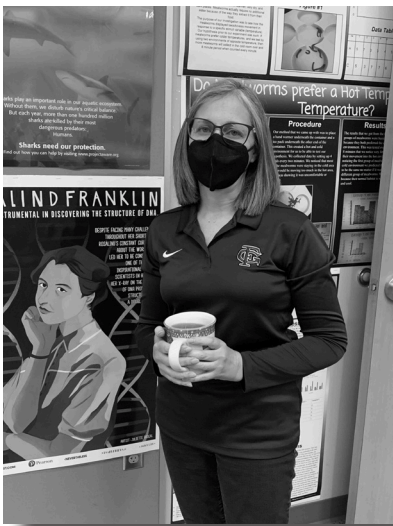
The only setbacks they have are the physical requirements so that they can keep fair competitions going for all of these ath-

letes. The requirements differ with each sport to adapt to the modifications they make. This doesn’t hold back the athletes, but more so encourages them to embrace the differences that they have overcome, and use it to their advantage for their desired sport. The most wonderful thing about the development of the Paralympics is how it has changed how society looks at these athletes. Instead of confusion and judgment, they have earned the respect that they deserved all along. With a rapidly growing organization, the Paralymp-



pics have made it possible for over 1 million athletes to compete at over 20,000 meets per year. Thanks to these numbers and supporters, the Paralympics will continue to grow and bring more amazing athletes to compete rather than being held back by societal standards of what they are “capable of.” I will personally be looking more into this organization and following all these amazing athletes in their career developments, and many others should do the same. I encourage readers to go and support, I promise you will be thoroughly impressed.

TEACHER VIEWS ON CHANGE - FEATURING MRS. JOHNSON



What is something you have seen change in schools or as a teacher in general?

“One of the things that has changed for the better is the level of acceptance students have for one another. I realize that bullying still exists, but it is really encouraging to see the level of genuine inclusion increase.”

What is a change you have undergone that has impacted you?

“Being diagnosed with cancer and experiencing the changes associated with that was difficult and scary at times. I was forced to temporarily lose things that I felt were part of my identity (I lost my hair, and I had to stop teaching for a while so it felt like I had lost my purpose too). I can’t express how grateful I am to be part of the FGHS community because I was on the receiving end of an overwhelming amount of support, compassion, and care. I don’t want anyone to get cancer, but I wish every person had the opportunity to be loved-on and cared for the way I was.”

If you could pie another staff member, who would you pie and why?

“I would pie Mr. Kirkman because he unashamedly bashed the Star Wars legacy. So rude!”

PRINCIPLE O’NEILL’S VIEWS ON CHANGE

What is something you have seen change in schools or as a teacher in general? “I have been in education since 1988, so I have seen a lot of changes over 34 years. Two major changes stick out most in my mind with the first being the passing of Ballot Measure 5 in 1990 which drastically changed funding for schools - having a lasting negative impact for almost 30 years. The second major change is the use of social media and its negative influence on student to student interactions and relationships. Beginning with MySpace, social media has dramatically changed the amount of discipline administrators, teachers, and counselors deal with on a daily basis.”

Weirdest food combination you enjoy that others don’t? “I like chunky peanut butter on ice cream and jalapenos on any type of sandwich, salad, snack. I can’t stand pineapple on pizza or guacamole or sour cream on anything.”



TEACHER VIEWS ON CHANGE - FEATURING MR. WEINBENDER



What is a change you have undergone that has impacted you?

“In the last 2.5 years, my life has changed a lot as my wife and I welcomed 2 new additions to our family. Our two baby boys bring all kinds of change. Pretty much everything has changed. Less sleep, and more fun is a good way to put it. There is never a dull moment in the Weinbender household these days.”

Weirdest food combination you enjoy that others don't?

“Broccoli on a pepperoni or sausage pizza. Mr. Garrett will back me up that broccoli is the greatest vegetable of all time, add that to a pizza and you're making something magic. I'm telling you, it's next level stuff. Try it sometime, you won't be disappointed.”

STUDENT VIEWS ON CHANGE - FEATURING JOHANNA PEETERS WEEM

How long would you survive a zombie apocalypse and why? “Not that long. I have too much confidence and would think I can take a lot more zombies than I could.”

What is a change you have undergone that has impacted you? “I feel like over the past 2 years I've become a lot more of a confident person. During freshman year I had a hard time taking charge in leadership classes, clubs and situations. Now I'm amazing and confident.”



SHOW YOUR TRUE COLORS

BY: GRACE SHAW



Acceptance and change; these two things cause so much stress, pressure, and learning. With change comes acceptance, you need to accept the change for it to happen, or else you are in this weird spot in your life where your mind is struggling to determine whether to stay or to change. When change occurs in your life it's best to take it as a sign rather than to take it with hostility, you don't get much lenience when it comes to changing. It's rare to be in control of life's changes. These changes aren't like cutting your hair or putting on makeup, these are bigger changes that will impact you or others around you; life-impacting changes. Losing your source of happiness, losing a loved one or pet, sexuality changes, losing motivation, or learning to accept trauma. All of these things change you or your thinking, or the way you act. Let's focus this article on coming out, taking that bold move to change, and letting others be a part of it.

Finding your sexuality and growing into that new person who's learning to love who they love is changing in itself. You are changing your interests and life simply by loving who you want and yourself. I think it's such a scary thing to come out to others because you truly will never know how they're going to react. You cannot predict the outcome of coming out, but what it can do is give you this new perspective of the world and who you decide to surround yourself with. I was lucky when I came out. I have a pretty supportive family, other than maybe one or two people. Coming out for me was probably the scariest

thing I had to consider, I had no idea how my parents would feel about me liking girls.

Long story short, looking back on it now I think I've always liked girls. Liking the same gender or seeing someone dating the same gender, I never felt weird about it or questioned it. I was never bothered by it, to be honest, I was never taught about liking the same gender, or being part of the LGBTQIA+ community. In fourth grade I think was my peak, my “gay awakening.” I dressed like a boy with my hair up every single day. Now, I didn't come out till summer 2020 to my family, but I came out to friends in 7th grade as bisexual. Just earlier this year, I figured out I'm a lesbian, and I've never been scared about it. I always made jokes to my friends about how if my family ever found out I liked girls it would be because they saw me making out with a girl, and years later that's exactly what happened. I was making out with my now girlfriend for over a year, and my family member had just dropped off something for me. Before I made sure they had left the parking lot, I started to kiss my girlfriend, and the next thing you know, I turned around and they just had a front-row seat to see their family member making out with a girl. I find this absolutely hilarious now, but at the time I freaked out because I knew it would get back to my mom. They had texted me after they drove off saying “Who was that boy you were kissing?” Little did they know it was definitely not a boy. I then rushed to call my mom in a panic and explained to her that I not only like guys but I like girls too. My poor mom had to get a frantic call from me while she was busy at work trying to listen to me come out to her. My mom was so supportive and didn't make me feel less of myself or anything, which was awesome because I was terrified the opposite would happen.

Now, I know not everyone is as lucky as I am when it comes to an accepting family, but I wanted to share this story to hopefully help others come out and gain some confidence when they decide it's the right time to come out. Coming out has no timer, there are no rules, so come out when you know you're ready. It can be so scary, I was so scared because if they reacted wrong, my own fam-

ily wouldn't have accepted me. In reality, you don't even have to come out for years. There are so many grown adults still finding themselves or just now coming out. I think the biggest part that scares people away from coming out is the fact that you won't know the outcome, being shunned by your own family is such a heart-wrenching feeling, and people are scared of feeling that or being bullied by the public for being yourself.

I don't think anyone should be scared of themselves because of the world around them, that's the sad part about existing. There are some cruel people in the world and I don't think anyone deserves to be discriminated against for loving someone that someone else isn't comfortable with. This world doesn't know how to accept change, seeing a difference in the world makes them mad and that's because they can't understand that not everyone out in this world is just like them. How does one decide to hate someone for loving someone in their own life? How can you be mad about something that doesn't have a single effect on you? People are so reluctant to accept change, and because it isn't in their comfort zone, they refuse to open up their minds and get out of their heads. We, the LGBTQIA+ community, are no different from anyone else, just because we love the people we love doesn't give you a free ticket to hate us and discriminate against us, because of your close-mindedness.

I find coming out to be such a beautiful thing, like the smiles on people's faces when they know they're safe and loved for being themselves. It's such a cool thing to see, there are videos all over of people coming out, and it's so cool to see such positive reactions and how much someone changes positively after learning to love themselves, and knowing they're loved and supported for liking whoever they want too. I hope reading this, people will understand and feel more confident knowing that yes, being yourself is scary sometimes, but it's so freeing, bright, and positive to just be yourself despite anyone else's rude remarks. I think that's the change that is needed in the world, a chance to learn how to just accept or even just tolerate others that are different from you.

EVOLUTION

BY: ROWAN KALHAR

When you're older
They say
About candy
And pets
And later bedtimes

When you're older
They say
About TV
And music
And movies

When you're older
They say
About driving
And voting
And moving out

Now that I'm older
They say
Don't walk alone at night
Hold your keys like claws
Carry something
Anything
With you

Now that I'm older
They say
Don't drive too fast
Think about your decisions
I don't want you
And your friends
To be a headline

Now that I'm older
They say
Be careful
Don't do anything I wouldn't do
Even when I know
That when they were my age
They'd do so much I wouldn't do

Now that I'm older
They say
Don't be stupid
Don't be rash
It's not worth being hurt
Over something
You can't change

Now that I'm older
They say
You're still my little girl
Where's that drive
That pushed you to do well
In school
When you were little

Now that I'm older
They say
Well which candidate do you prefer
And why don't you agree
With what I think
And what he thinks
And what she thinks

Now that I'm older
They say
They send prayers
Not actions or protections
But prayers
For the next generation
The ones who will make change

Now that I'm older
Life has dimmed out
There's bright spots
But they're becoming few
And far between
It's like there's a grey filter
Over everything



Now that I'm older
It's hard to fathom
That this was something I
Once enjoyed
Getting up going to school
Doing my homework

Now that I'm older
It's hard to believe
That I was once that small
And so full of hope
For the future
And that I had such big dreams
That I thought could come true

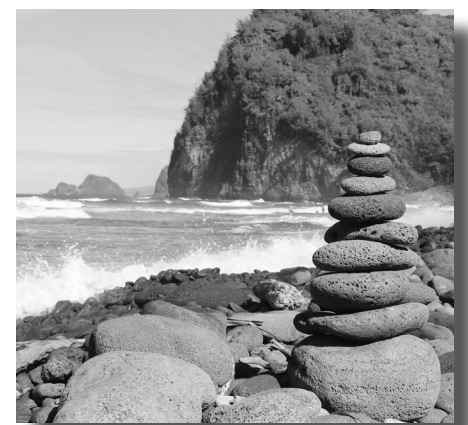
Now that I'm older
Talking to people is hard
Making jokes
About nonexistence
Is easier now
Than making happier jokes
Like I did
When they still told me
"When you're older."

TEACHER VIEWS ON CHANGE - FEATURING MR. KIRKMAN

What is a change that has scared you for a while? And Why? "Getting older; Thinking about my own mortality is deeply disheartening."

What is a change you have undergone that has impacted you? "Probably puberty. But marriage is up there, maybe the birth of my son, but that is cliché - moving to Oregon was a change, I forgot about that one."

What is something you have seen change in schools or as a teacher in general? "Eh. It's all pretty much been the same. It's like getting a wrapped box during Christmas, the wrapping paper is different each year, but underneath the bows and ribbons, it's still going to be a box. Or, maybe there is a dead cat in the box, but it might be alive."



What is an animal you think represents and why? "Shark. Wait. Spirit animal? Ghost Shark. I am always thinking about sharks...and alligators."

Would you rather lose your sight or your memories? And why? "I have already lost a lot of memories, and I don't really remember if that is bad. What was the question?"

What is the funniest moment you've experienced as a teacher? "Once, first thing in the morning before school started I saw a teacher go through a window - like half of their body, smashed glass everywhere. They just went right through...I have the scars to prove it."

If you could pie another staff member, who would you pie and why? "A lot of people come to mind, but I would never go through with it. I would rather offer them the pie, since I don't eat pie, and keep my relationships intact."

How long would you survive a zombie apocalypse and why? "I guess as long as I have my last breath. Would I be transformed into a zombie? Nope. I am too fast. They wouldn't be able to catch me. So, I suppose I would live out my last days as a hermit in the forest. I would probably move to an even more moderate climate along the coast to not have to struggle with the elements as much."

What is your Hogwarts house and why? "I have been told I look like Hermione Granger, or was it Hagrid? Anyway it was one of the H-names in the stories. I think I would want to be Dobby, though. I think he is the real MVP."

Weirdest food combination you enjoy that others don't? "Not sure, but I won't consume ketchup - everything else, I am game."

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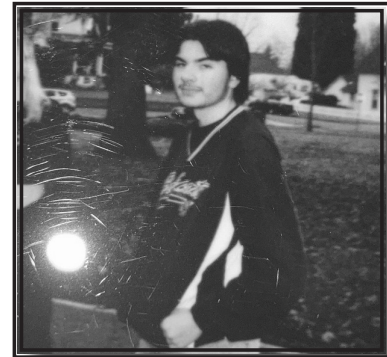
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A SPECIAL THANKS

To Anna Terry for providing all photos to this print edition! Thank you for being our honorary team photographer!



Dear readers, loyal followers, and even the people who've never read the Advocate,

This edition is about change. It is about how today is an evolution from yesterday, and 2022 is an evolution of 1922. The world is in constant rotation and is constantly changing. Somedays the change seems to impact us more than just dates on a calendar and as a society change can become overwhelming.

Since March 2020, the world has become accustomed to change. As students, change has uprooted our learning over and over again. Learning to adjust to CDL to Hybrid to back in person, but with masks. The curriculums have changed, but so have social interactions. I could go into great detail about all the changes, but there isn't enough space or time for that, and that's part of what this edition is all about.

The paper starts with the history and change of our school paper, but there are also personal reflections and even a special feature from our social studies department. Throughout the pages of this newspaper, you will see articles about the effects of Covid, the development of the Paralympics, articles that develop the careers of artists, and so much more. You'll find stories from peers and teachers of the changes they've overcome. This 16 paged paper is to provide insight on change, and some of the changes that have impacted us.

Change is both a curse and a gift. A curse in oftentimes the agony change brings with it, but a gift in the lessons learned.

At the end of the day, our actions and words will only affect us and the earth will keep on spinning. Change, whether bad or good, teaches us to adapt to different situations and accept that we can't always control life. As the world keeps on turning, with change we learn to appreciate and recognize what's truly important, knowing it won't last forever.

Thank you for reading and hope you enjoy,
Micaela Gaither
Editor In Chief

WORDS FROM PAST EDITOR IN CHIEFS



"When founded the Advocate in 2016, FGHS hadn't had a school newspaper in years. We started from the ground up, having meetings before school, and learning the ropes of reporting. It'd been amazing to see how much the advocate has changed and grown since then" - Ruby Van Dyk



"My favorite part of working on The Advocate as a writer was getting to interview my peers and my teachers, and to showcase all the amazing events that were being put on by students. As editor in chief, I loved reading all of the articles each week and getting to give feedback. Also, Ms. Nelson is absolutely the best!! If I could change anything, it would probably be just recruiting more writers and trying to get more students involved since journalism wasn't a class while I was at FGHS." - Maggie Hatt



"My favorite moment working for the advocate was definitely when we came out with our first print edition— it felt so satisfying to get to make something real that I'll get to keep for the rest of my life. It was so fun to get to work with so many different people on the Advocate team over the years. Something that I changed about the advocate was the organizational layout of the section editors, since I was the first person to be editor of the Advocate as a class rather than a club." - Harley Tummond



"Favorite moment: It's honestly hard to pick a favorite moment; all four years that I spent working on The Advocate were so great, and I have so many great memories from that time. However, I'll always be so proud of the effort we put into every edition, especially the amazing work we produced for the three print editions I oversaw as Editor-in-Chief. I'll also always cherish the friendships I formed during my time at The Advocate. I was so lucky to get to lead such an amazing team, and I continue to be proud of the work The Advocate does today. Something I changed: I think I'll always be very proud of the work we did to pivot to remote learning during 2020, and how we still managed to expand our content despite the challenges we were facing. I poured a lot of love and tears into the podcast that we started that year. It definitely was difficult, especially when we had to record episodes over Zoom, but we were all so dedicated to making it happen and I was so happy with how it turned out." - Lizzie Lohrer