

ISSUE THREE, MARCH 2017

THE AXE



EDITORS' NOTE

Hello, readers! From the obviously polarizing Trump presidency to the Patriots' shocking Super Bowl victory, it's been a whirlwind start to 2017. In light of this, we have chosen this issue to focus on challenging norms both old and new. Story topics range from the changing face of the Axe Pageant to a critique on the treatment of veterans.

As we continue to see unprecedeted levels of unrest in the political sphere, The Axe seeks to offer our insights on a reality that many in our community are continuing to grapple with.

On a lighter note, we have also included a satirical piece on alternative facts and a Break-Up Playlist, especially useful for seniors when college decisions are released. Please enjoy the March issue of The Axe!

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MARK O'DELL

Axe Pageant contestant Tyler Macmaster holds his hand against a premature infant's hand in the Eugene Neonatal Intensive Care Unit during a visit in early February.

THE CHANGING FACE OF THE AXE PAGEANT

MIYAKO IWATA

The Axeman Pageant, an enduring tradition, has for decades acted as a popular facet of student life at South Eugene. This year, however, the annual charity fundraiser faced a number of roadblocks and stirred controversy during the initial planning stages, according to current contestants and administrators.

The Axe Pageant competition is a volunteer-run fundraiser that donates its proceeds to the Peacehealth Neonatal Intensive Care Unit (NICU) in Eugene. A majority of Lane County high schools also stage their own pageants as a part of the Kids Helping Kids program with the Children's Miracle Network. Combined, these high school pageants amount to the largest and most successful fundraising initiative for the Eugene NICU.

At its inception in 1995, the pageant was limited exclusively to male contestants and intended to parody the traditional beauty pageants for teenage girls. In the original format, up to 20 senior boys were selected through a student body vote. Participants picked a "talent" to present at the culminating pageant event in the late spring. The winner of the pageant was named "Mr. Axeman."

"The guy who originally started the program was a high school kid who had to do a project because he had gotten in trouble," Assistant principal Heather Stein said. "He came up with this pageant idea — the twist was that it was a beauty pageant but it would be boys who would compete in the pageant."

Women were encouraged to take part in the show but could do so only as "assistants" to the men competing in the pageant.

This all-male parameter remained unchanged for almost two decades, with the first adjustments only emerging three years

We didn't have anybody to run Axe Pageant at the beginning of the year. And actually it was even through the summertime.

HEATHER STEIN

STORY

The Axemen Pageant has seen a number of changes in its format since 1995. This year, the fundraiser also faced problems with planning and deadlines.

ago. Some members of this year's senior class may recall that the show was still put on by an all-male cast up through their freshman year.

Since then, the pageant program has jettisoned the female-assistant format and allowed women to get involved as contestants themselves. Led by former vice principal and pageant advisor Jericho Schwab, administrators initiated a shift toward a new, male-female pair format during the 2014-2015 school year.

"I think there were multiple factors, but we're not the only school that does it this way. Lots of other schools now partner boys and girls together," Stein said.

However, when Schwab stepped down from her position as assistant principal at the end of the 2016 school year, the Axe Pageant program was left without an adult organizer.

Students grew concerned in early November when several other participating Lane County schools, notably those within the 4J District, began the application processes for their respective pageants, while South made no announcements of such plans.

In response, seniors planning to compete in the pageant began to push for administrative action. Venessa Lopez, a student government senator and current pageant contestant, launched the effort through a collective social media protest. In mid-Novem-

Pageant contestants listen as a nurse explains the inner workings of the NICU facility. The seniors are now planning local fundraisers throughout Eugene.



effort through a collective social media protest. In mid-November, Lopez created a group Facebook page entitled: "Class of 2017 Wants An Axeman Pageant!" The online petition garnered the support of dozens of South students, who liked and commented on the post to back their classmates. A separate group of seniors, drawing on the growing momentum for the show, spoke to both teachers and administrators to call for an immediate rollout of the Axe Pageant application process.

Soon after these student-led efforts were initiated, two new pageant advisors were named and applications were made available to seniors intending to take part in the fundraiser. A majority of South students, including contestant Haley Francois, saw their joint mobilization as the root of the 2017 pageant.

"I definitely think that's what happened. There were two different groups trying to get it to start, and I think both of those really made the administration want to act on it because everyone was really pushing for it to happen," Francois said. "It didn't seem like the pageant was going to start until someone did that."

In reality, attempts to organize the contest were already underway just months after Schwab's retirement in early 2016. Administrators communicated with a number of adults in the South community to find a replacement advisor throughout the summer, months before the school year began.

"We didn't have anybody to run Axe Pageant at the beginning of the year. And actually it was even through the summertime," Stein said. "The administration started trying to recruit people to organize it back in July. And we pretty aggressively tried to recruit adults to do that — unsuccessfully."

It was not until late November that Nadia Simpson, a South parent, and Debbie Glessner, a former organizer for North Eugene's Highlander Hero fundraiser, were confirmed as the advisors to the 2017 Axemen Pageant. This announcement, by coincidence, occurred after weeks of advocacy by the student body.

Simpson is committed to running the pageant in the years to come and aims to build new traditions within the program.

"The hope is that I will learn a lot this year and that I will be able to do this every year," Simpson said.

A group of us felt as if the deadline was being extended to create boy-girl pairs, enforcing heteronormativity at South.

JULIA CHOU

"We want to have some continuity so there isn't a frantic search every year."

As soon as the pageant was finalized, however, it faced scrutiny once again when the deadline for applications was extended twice over the course of one month. According to administration, the adjustments were made due to the inclement weather days that initially extended the winter break by two days.

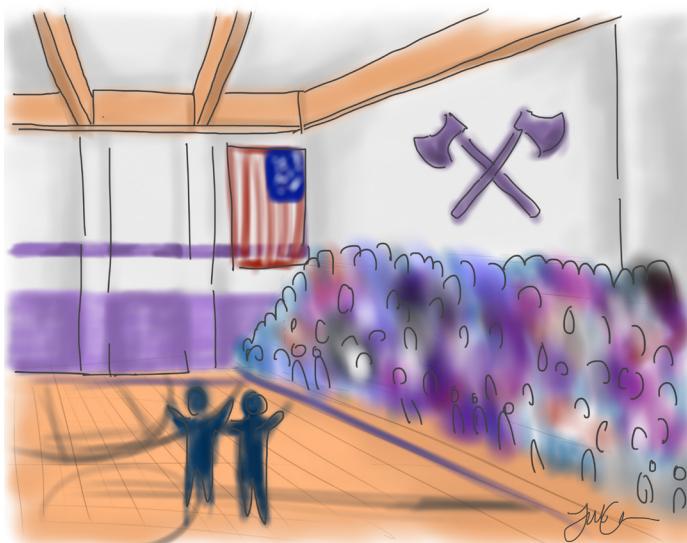
"Initially we had those snow days, right? So we had two days that potential applicants could have submitted their applications," Stein said. "So when we returned in January, we extended it for another couple of days."

But some students felt that the extensions were made specifically to accommodate male applicants who did not submit their applications by the original deadline. Julia Chou, the Associated Student Body president, vocalized these concerns with several members of the administration after the break.

"I felt as if there were more reasons to extending the deadline than to 'give people more opportunities due to snow days.' Especially amongst the senior class — a group of people who just completed college applications — students should know by now how to meet deadlines," Chou said. "The only inconsistency here is the gender composition of the application pool: It was predominantly female. A group of us felt as if the deadline was being extended to create boy-girl pairs, enforcing heteronormativity in South Eugene."

Despite facing a certain degree of backlash, the 2017 Axe Pageant appears to be here to stay. This year's contestants in particular have remained enthusiastic about the fundraiser as both a worthy cause and a uniting force in boosting school spirit at South.

"I love how it brings people together from all different types of groups at school," Francois added. "It's such a happy place, and it's something that I want to remember about high school."



TRUMP: FIRST 100 DAYS

MELISSA WANG



OVERVIEW

At the end of October, then-nominee Donald Trump released a bullet-point plan outlining what his first hundred days in office would look like. Now, about a month into the Trump presidency, many of his bombastic promises are becoming a reality. From his revised immigration ban and tax policy to the money spent protecting him and his family, here is a comprehensive rundown of Trump's most important actions and policies to date.

LGBTQ RIGHTS

TRANSGENDER ACTIONS

When Obama enacted protections for transgender students, allowing them to use their bathroom of choice, the transgender community was hopeful that the country was finally taking a step in their direction. However, on Feb. 22, Trump withdrew these federally mandated protections, though individual schools are still free to decide their own bathroom policy. Trump previously stated in April that transgender people should "use the bathroom they feel is appropriate." There is a provision within the order that requires schools to protect transgender students from bullying, interestingly purposed by Education Secretary Betsy DeVos, who, according to The New York Times, heavily opposed Attorney General Jeff Sessions on this bill.



DEFENSE

NUCLEAR POLICY

Perhaps Trump's most alarming policy is his recent support of nuclear proliferation. He tweeted, "The United States must greatly strengthen and expand its nuclear capability until such time as the world comes to its senses regarding nukes."

STORY

As public tries to keep up with Trump's stream of executive orders, here is a compilation of some of Trump's political stances.



PRESIDENT

TRAVEL BUDGET

Trump and his family's jet-setting lifestyle have started to take a toll on American taxpayers. For three weekends straight, Trump and his extensive entourage have flown down to Trump's Mar-a-Lago resort in Palm Beach, Florida. Deemed the "winter White House" by Trump, The Washington Post estimates that these three trips have cost the federal treasury \$10 million. To put this in perspective, Obama's travel expenses averaged just \$12.1 million per year. Additionally, Mar-a-Lago is situated on a narrow island facing the ocean, which brings up a host of security issues added to the fact that Trump has been seen conducting official meetings (like those with Japanese Prime Minister Shinzo Abe) in broad sight of other patrons.

Moving on to Trump's family, police officials estimate that New York City is paying \$500,000 per day to protect Trump Tower, as well as Melania and Barron Trump. Trump's other children have also been racking up quite the bill. The Secret Service and U.S. Embassy reportedly paid around \$100,000 in travel bills during Eric Trump's trip to Uruguay where he was promoting Trump-brand condos. Both Eric and Donald Jr. Trump traveled to Dubai, already with bills over \$16,000, to visit the grand opening of a Trump golf resort. On top of that, the two also plan to head to Vancouver, B.C. for the opening of a Trump skyscraper.

Even discounting his family's expenses, Trump is on track to spend more money on travel expenses in one year than Obama did during his eight years as president.

IMMIGRATION

SANCTUARY CITIES

While Trump signed an executive order withholding federal funds from “sanctuary cities,” concrete action has not been taken as the Trump administration has struggled on the specific definition of “sanctuary city.” The 4J District refused to declare sanctuary status but did pass a resolution guaranteeing “equitable and safe schools.” Portland has declared itself a sanctuary city, and Eugene is moving forward with legislation that would prohibit public officials from enforcing federal immigration laws.



EDUCATION

EDUCATION POLICY

Education Secretary Betsy DeVos has continually stated that she would attempt to repeal the Common Core standards that have drawn intense ire and support from both sides of the aisle.

Trump’s 100-day plan states that his policy “redirects education dollars to give parents the right to send their kid to the public, private, charter, magnet, religious or home school of their choice. [...] It expands vocational and technical education, and makes 2 and 4-year college more affordable.” The main issue is that Trump has not stated where this funding will come from.

ENVIRONMENT

EPA AND CLIMATE CHANGE

Though Trump has flip-flopped his opinion on a variety of issues, he has remained relatively constant on the topic of environmental protections. In 2012, he tweeted that climate change was a hoax perpetuated by the Chinese, so it should come as no surprise that his nomination for the head of the Environmental Protection Agency (EPA), former Oklahoma Attorney General Scott Pruitt, repeatedly stated that the issue of climate change was debatable and not necessarily caused by humans. In his tenure as Attorney General, Pruitt repeatedly sued the EPA, challenging reg-

ulations such as mercury controls for coal-fired power plants and efforts to reduce greenhouse gas emissions.

Although Trump has not yet taken concrete action on climate change, he and former head of the EPA transition team Myron Ebell have previously stated that they would like to cut the EPA budget by about \$1 million, in addition to letting some employees go. Trump has also stated his intention to withdraw from the 2016 Paris Climate Accord, which set non-binding emissions caps for participating nations.

ECONOMY

TAX PLAN

There has been no tax plan officially submitted by the Trump administration, but Trump did outline a proposal during his presidential campaign that came under fire for being too lenient to the wealthy. According to estimates from the Tax Policy Center and the Tax Foundation, the top 1 percent of households would see a far larger bump in after-tax income than other brackets. The plan also included a reduction of the business tax and the elimination of the estate tax.



From this day forward, it's going to be only America first. America will start winning again, winning like never before.

DONALD TRUMP

ENVIRONMENT

PIPELINE REVIVED

Just a few days into Trump’s tenure as president, he had already invited the owners of the proposed Keystone Pipeline to resubmit their permit application. Heavily supported by Canadian

Prime Minister Justin Trudeau, the pipeline would run from Canada all the way down to Texas and has been a focal point for environmental activists. While the State Department must again review and accept the Keystone permit application, Trump’s support in contrast to Obama’s opposition may provide the boost the Keystone Pipeline needs to reach completion.

Furthermore, in the wake of Trump’s immigration ban, the Dakota Access Pipeline has faded to the public’s periphery. Previously, the Army Corp of Engineers refused to grant the easement needed to continue construction, stating that it would prepare an environmental statement. However, when Trump took office, the Army reversed their decision on Trump’s decision. On Feb. 8, the Army granted the final permit



A LOOK INTO TRUMP'S CABINET

EDUCATION SECRETARY

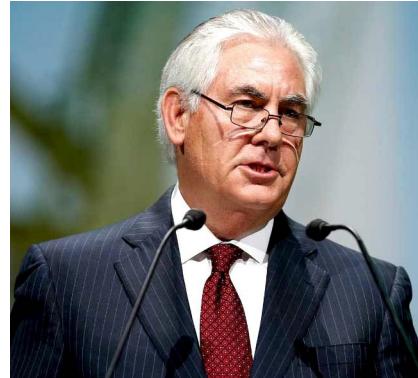
BETSEY DEVOS

One of Trump's most controversial picks, Secretary of Education DeVos came under fire for her lack of experience with the public school system as she was unable to answer several basic questions during her confirmation hearing, including a remark she made that guns should be allowed in public schools to fend off "potential grizzlies." DeVos is also a strident activist for government voucher programs, where federal money would go toward paying tuition for private and religious education, as well as charter schools. In Michigan, she and her billionaire husband Dick DeVos significantly shaped the education landscape through the spread of charter schools, most of which are performing under state standards. Out of the three Republican "no" votes from the twelve confirmations so far, two were against DeVos.



*I'll tell you what.
We have, by far, the
highest IQ of any
cabinet ever.*

DONALD TRUMP



SECRETARY OF STATE

REX TILLERSON

Secretary of State Tillerson was formerly CEO of energy giant Exxon Mobil. While praised for his business acumen, Tillerson came under fire during his confirmation hearing for his close ties to Russian Prime Minister Vladimir Putin. Tillerson's Russian business interests stretch back to the 1990s, and in 2013, he received the Order of Friendship from Putin. Despite Trump's inflammatory comments about leaving NATO, Tillerson has been quick to reassure the international community of America's commitment. His major obstacles will include improving relations with both China and Russia.

ATTORNEY GENERAL

JEFF SESSIONS

When Jeff Sessions, Trump's Attorney General, was a Republican senator from Alabama, he continually argued that the separation of church and state was unconstitutional. Sessions' record is further complicated by the many racist accusations made against him. In 1986, Sessions was denied a federal judgeship when former



colleagues testified that he frequently used the n-word and joked about the KKK. During his tenure, he is expected to take a harder approach to LGBTQ+ rights, as well as take more of an interest in religious freedom issues.

ENERGY SECRETARY

RICK PERRY

Energy Secretary Perry is one of Trump's more ironic picks. During his 2012 presidential campaign, he said he would eliminate three departments: "Commerce, education, and the — What's the third one?" It was the Energy Department.



Energy Secretary Rick Perry, who once said the Energy Department should be shut down, shoots a gun into the air.

THE NEVERENDING STRUGGLE OF SOUTH SCHEDULING

JESSE PEARCE

We all know the feeling. You check your schedule on Synergy, and suddenly Spanish 3A has been replaced with Spanish 4B, or instead of a P.E. credit, you have Painting. With more than a little trepidation, you make your way down to the Counseling Office.

For students, the whole scheduling process has an air of mystery. With the fate of your schedule hanging in the balance, waiting in line — unsure of what will happen when you reach the front — can be a frustrating experience.

"I was obviously fed up," said sophomore Joely Mick, who had to get her schedule fixed three different times before the start of the school year. It was not until the day before the first day of school that her schedule was finalized. "I really just wish it worked the first time," she said.

"[The South schedule-change system] tends to be quite a hassle with a long wait," said sophomore Ylan Guinsbourg, who also expressed her confusion surrounding the system. "I don't have a good understanding of what the process is or what options are even available to me."

Currently, the easiest way for students to get the changes they need is to fill out a schedule-change request form. These purple forms are available in the Counseling Office as early as two weeks before the new trimester. Students are expected to consult the master schedule (which can be found on the South website under the "Academics" tab) and fill out the form accordingly.

Students can make the process run smoother by realizing that there is only one scheduler for all 1,500 students in this school.

SARAH GOBRIELLE

STORY

How does the South schedule-change process really work, and in what ways has it changed over the course of the past several years?

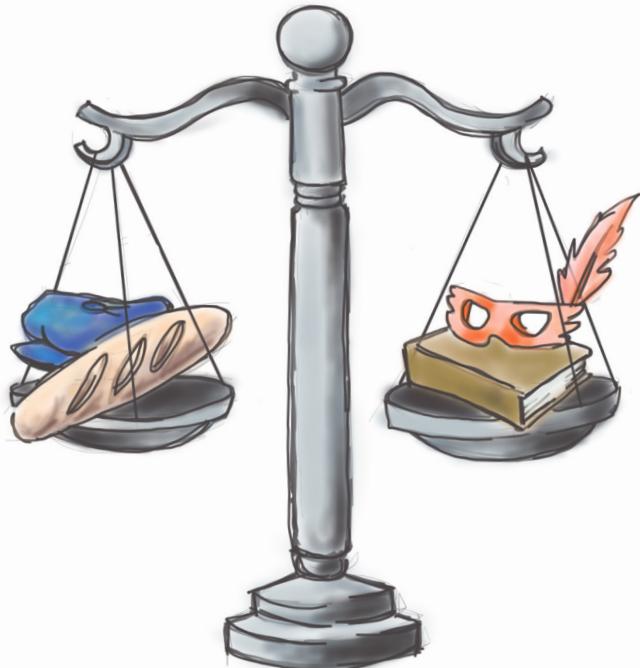
"I have an interest in theater," explained Sarah Parsons, a sophomore in IHS. "I didn't really want to miss a year of taking drama. Because of the way the program is structured, it's really harmful to your learning experience to miss a year of it."

Parsons was able to use the schedule-change request form to switch out of Net Games and into Drama II. She turned the form in during late August, before the start of the first trimester, and her schedule was fixed in a matter of days.

"I have been very fortunate when it comes to scheduling," Parsons said.

Students like Parsons, who takes year-long Spanish as well as Drama, can often find scheduling more difficult than their less-overbooked peers. For example, Eloise Parish Mueller, a junior in IHS who also takes Drama and French, has been having scheduling conflicts since middle school.

"I had to do morning IHS in order to take French, which meant I couldn't take Drama, since that was also only scheduled for one section," Parish Mueller said.



Because of the two-period IHS block, which can only be switched from morning to afternoon under extenuating circumstances, scheduling can be especially hard for IHS students.

"I feel like that's just sort of a fact of life for IHS students," Parish Mueller added.

Parish Mueller also said that scheduling can be difficult for students enrolled in French, which is often offered during only one period in the upper levels, due to the comparatively low number of students in the French program.

According to Sarah Gobeille, South's scheduling coordinator, the schedule-change request form attempts to address all of the various scheduling complications students face, such as having to work around their classes at the University of Oregon or needing a class that's only offered during a specific period. However, scheduling can get messy, so if a student has an issue that can't be fixed using a form, a drop-in schedule arena is held every trimester on the last day of finals and the subsequent day. During these times, Gobeille and all counseling staff are available to work with students one-on-one to adjust schedules.

Sophomore Makenzie Williamson visited the drop-in schedule arena on the last day of finals last trimester.

"I went to the Counseling Office, and the line was down the hallway," Williamson said.

However, after waiting in line for half an hour, Williamson succeeded in getting her schedule fixed with the help of the South counseling staff.

"I think it probably works fine for most people," said Williamson of the current schedule-change process.

However, things have not always been this way. The schedule-change process has undergone some major alterations over the past few years, according to Gobeille.

For example, many older students may remember the so-called "Corrections Arena" usually held at the end of August. On this day, students would come to the cafeteria at specified times according to grade level and wait in line to meet with teachers, counseling staff, and administrators to fix their schedules before the school year started. The 2016-17 school year was the first year without the Corrections Arena; instead, students were asked fill out the schedule-change request forms and turn them in to the Counseling Office before the fifth day of school.

While some students welcomed the replacement for the Corrections Arena — a practice notorious for its long lines and stress-inducing atmosphere — others were not so impressed.

"I actually think that the Corrections Arena works better [than the schedule-change request form]," said Parsons. "You feel like [the staff] are listening more."

I don't mind too much having to wait that time, especially since the staff are working so hard anyway.

YLAN GUINSBOURG

Among other changes to the system, counselors are no longer directly involved in the schedule-change process. Before, students could discuss scheduling issues with their counselors personally. Now, students are highly discouraged from doing so, advised instead to use the schedule-change request forms. The forms are in turn all processed by Gobeille.

Lastly, when it comes to getting into full classes, students who come with special permission from teachers are no longer being prioritized over other students.

"We want to be an equal opportunity school," said Gobeille, "so that practice had to go."

There are, however, a couple things students can do to improve their odds, Gobeille said. Schedules are processed on a first-come first-serve basis, so the sooner students turn in their schedule-request forms, the more likely they are to get the changes they need. Students should also make sure to fill out schedule-change request forms completely. Finally, if your schedule is not updated immediately, do not fill out another form, as this only slows down the scheduling process.

"Students can make the process run smoother by realizing that there is only one scheduler for all 1,500 students in this school," Gobeille noted, adding that she would appreciate if students could be patient and flexible with the schedule-change process.

Guinsbourg also emphasized her appreciation for the South scheduling staff.

"I don't mind too much having to wait that time [in line for drop-in scheduling arenas] every once in awhile, especially since the staff are working so hard anyway," Guinsbourg said.

Gobeille said the schedule-change procedure could have to go through some changes if the district chooses to redo the high school common schedule. Otherwise, the administration is satisfied with the current process.

"I'm sure we will continue to tweak our forms here and there as problems or questions arise," Gobeille said.

But for the most part, students can expect that the current process is here to stay.

WOMEN'S RIGHTS COME UNDER FIRE GLOBALLY

JULIA NAKAGOME

In 1963, African-Americans marched the streets of Washington D.C. to demand jobs and freedom for their people. More than half a century later in 2017, the march for human rights continues.

On Jan. 21, the day after President Trump took the oath of office, millions of Americans came together in marches nationwide and around the globe to show their support for women's rights. Both Trump's inauguration and the march attracted massive crowds, and although it was difficult to measure which event was more popular, aerial footage showed Independence Avenue quickly flooding with protesters donning pink hats and toting posters.

The Women's March on Washington sought to "create a society in which women are free and able to care for and nurture their families, however they are formed, in safe and healthy environments free from structural impediments," according to the

STORY

In the wake of the election, millions of Americans gathered in solidarity to support a historical march on Washington.

organization's website. This was evident on Inauguration Day, when many of the protest signs bore statements like "Women's Rights Are Human Rights." Many marchers also wore knitted pink hats with cat ears, cleverly named pussyhats, in reference to Trump's "locker room talk" about female genitalia.

In a video from 2005 that just recently surfaced, Trump said, "When you're a star, they let you do it. You can do anything. Grab 'em by the pussy. You can do anything."

These lewd remarks were met with widespread backlash from the feminist community. The Pussyhat Project recognizes the derogatory and objectifying connotation of the word "pussy" and aims to "reclaim the term as means of empowerment."

The movement did not end in D.C., however. In Eugene, an estimated 7,000 people braved the typical rainy weather to march roughly half a mile from the courthouse to the WOW Hall. Mayor Lucy Vinis and others gave speeches during the rally. Sandi Pattison, a spokesperson for the event, said that the march was a way to unite Eugene with the rest of the country.



In a world that doesn't protect women much, when it chooses to, it is white women it protects.

LUVVIE AJAYI

With over 4.2 million people marching around America, the day of the Women's March marked the largest demonstration in American history. The mood was particularly electric at the D.C. march which had more people than Trump's inauguration.

"It's a symbol that the nation is standing together," Pattison said.

Several students from South also took part in marches in various cities. Junior Ally Jackson traveled across the country to march in Washington, D.C.

"It was a great experience because it was a very peaceful and welcoming atmosphere. Everyone was marching for what they believed was right and showing the world that people could have power," Jackson said.

South sophomore Sarah Parsons decided to stay local and participated in the Eugene march.

"The march was a very empowering experience," Parsons said. "It was amazing to see so many people supporting women's rights and standing up to the sexism that is becoming so normalized by Trump's administration."

However, some critics of the march believe that it was more a display of white privilege than anything else. The march was notably peaceful for one of its scale, resulting in zero arrests. Pictures on social media even showed women and police officers wearing pussyhats together and posing for selfies.

"The truth is, we are all fighting for very important things, but only certain people get to march down the street and not have to worry about violence from police officers," said Ijeoma Oluo, a feminist and a supporter of the Black Lives Matter movement in an interview with WBUR, a NPR radio station in Boston.

Luvvie Ajayi, an author and blogger, echoed Oluo, writing on Facebook that, "In a world that doesn't protect women much, when it chooses to, it is white women it protects."



Protesters in Eugene brave the rainy weather for its Women's March. With an estimated 7000 people in attendance, many wore "pussyhats" in a show of solidarity.



The day after Trump's inauguration, women's marches were held around the globe as people stood in defiance of Trump's comments on women. The D.C. march had 500,000 participants.

Parsons, however, found the movement to be an effective tool to connect white feminists with feminists of color.

"I think that, particularly as a white, non-religious person, it's so important to try to learn from religious minorities and people of color when it comes to issues of racism, xenophobia, and religious prejudice. I'm trying to be as intersectional of a feminist as I can be, and though the women's march got some criticism for being more of an example of 'white feminism,' the organizers have done a good job of trying to better themselves and learn from that," Parsons said. "I guess that's the most important thing at this point. Speak up and stand up for your beliefs, but don't forget to listen."

Despite facing some backlash, the Women's March on Washington continues to lobby for gender equality. On Jan. 22, they launched their "10 Actions, 100 Days" campaign to encourage those who participated in the march continue to support the movement. A new action will be published on the Women's March website every 10 days for the first hundred days of Trump's presidency. A sign-up to receive notifications of when each action is released is also available.

"Now is not the time to hang up our marching shoes," said the organization on their website. "It's time to get our friends, family and community together and make history."

BRIEFS

PATRICK SMITH

Patriots defensive back Jonathan Jones celebrates following the Patriots' incredible comeback victory in Super Bowl LI. The Patriots trailed by as many as 25 points, but against all odds, came all the way back and won 34-28.



ALYSSA GAO

FREE LIBRARIES

Free libraries, essentially boxes of free books to exchange, have started popping up all over the country. Free libraries often have signs telling borrowers to "take a book, leave a book," so that the library maintains the same number of books at any given time. The primary organization that sets up these collections is the Little Free Library, whose website refers to it as a "nonprofit organization that inspires a love of reading, builds community, and sparks creativity by fostering neighborhood book exchanges around the world."



MIYAKO IWATA

SCIENCE CURRICULUM

Beginning with next year's class of incoming freshmen, the state of Oregon will implement a new science requirement for high school students. According to benchmarks set by the Next Generation Science Standards, an education nonprofit, members of the class of 2021 and beyond will be required to take 0.5 credits of an Earth Science class in order to receive their diplomas.

While both of South's feeder middle schools currently offer classes in the Earth Sciences, students will likely be expected to retake the class during their underclassmen years.

JESSE PEARCE

STATE STANDARDS

The snowstorm that struck Eugene early January has raised questions about how South will meet the state standard for minimum instructional hours this school year.

The Oregon Department of Education requires that 80 percent of all students at each high school — except seniors — receive at least 990 hours of instructional time each year. South is still about 10 hours short of this requirement, despite the district's addition of four extra school days to the end of the year.

Due to the harsh winter, the State Board of Ed-

ucation is allowing districts to apply for permission to count 14 hours of emergency school closures toward instructional time, as was allowed in previous years. It appears the 4J school board intends to utilize this option in order to satisfy the state requirement.

The State Board of Education is also allowing school districts to apply for waivers on the instructional time requirement for this year.

The 4J school board only expects to apply for such a waiver if more snow hits before the end of winter.

YULIA NAKAGOME

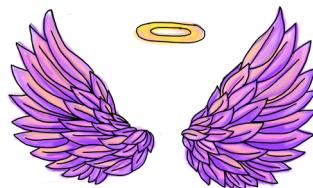
MAKE-UP DAYS

Unusually extreme winter weather prompted six closures in the 4J District this year. The lost instruction time will be made up by the addition of four extra school days in June. Schools will also operate according to regular hours on March 17, which was previously a no-school day for grading. Though third trimester has been extended to June 22, graduation for seniors will proceed as scheduled.



TRISTA NEUMAN

There is a lot of support for elementary-aged students, but high schools tend to be overlooked. I wanted to change that.



SOPHIE PIERCE

AXEMEN ANGELS

Many families within the South Eugene community are in need of simple things such as school supplies or new clothes. Cue the Axe Angels, brainchild of South office manager Trista Neuman and program that caters to these exact needs. "There is a lot of support for elementary-aged students, but high schools tend to be overlooked. I wanted to change that," Neuman said.

A brand new initiative that originally encompassed only the holiday season, it has since morphed into something bigger and has gained recognition within the community.

South teacher Joel Kuiper has partnered with the Angels to start a food pantry operating out of the Axe Shop offering food boxes to students in need. Kuiper's class volunteered to help regulate and stock the pantry, and the Unity Fellowship Church has donated shelves and a large portion of the food available.

Students can help by donating food, clothes, shoes, and other items.



JAY ELMORE

JACKSON NAUGLE

Between the first and second quarters of South's season-opening defeat against South Salem, students seemed overly excited about something. Junior Jay Elmore had just scored 15 points in the first quarter, including back-to-back three-pointers to close the period. This was an incredible feat to achieve at any

level of basketball, let alone high school, and college scouts were already beginning to take note of the talented prospect.

Although the Axemen got off to a rough start at 1-5, they went on to pick up a big-time victory on Dec. 22 against perennial powerhouse Jesuit, driven by a stellar

performance from Elmore. Putting up 24 points, Elmore's effort was just enough to hold back a late surge from Jesuit in a game that would begin to change the Axemen's season. Following this major victory, South went on to win two out of three games, earning second place in a Portland tournament. During the tournament, Elmore led the team with 17 points per game, once again boosting the team's morale.

In addition to these performances early in the season, Elmore went on to shock the Southwest Conference during league play. A Jan. 20 date with the struggling Roseburg Indians served as a stepping stone toward the rest of the season.

Throughout the game, the Indians controlled play and built up a lead as deep as 13 points. Going into the fourth quarter, the Axemen needed a spark to make the comeback and pull out the victory. Elmore provided not only a spark, but also a devastating blaze that allowed the Axemen to erase their deficit.

In another 15-point quarter, Elmore scored numerous three pointers and added a couple steals to carry the Axemen to a nail-biting victory. This game cemented the Axemen as one of the powers of the Southwest conference, with Elmore as their sparkling centerpiece.

"That game against Roseburg was really important because it showed us how good we can be when we play together and play fast," Elmore said.

Unlike many high school basketball stars, Elmore earned his way to the team leader role through pure dedication. He showed early promise as a basketball player, but it was his work ethic that took him to the next level.



"I've always been putting in work before school, after school, and at night because I've always been really driven to reach my goals," Elmore said.

Through his three years of middle school, Elmore played high level AAU basketball for Team Flight, a major contender for Oregon state titles at the time. It was during this period that Elmore proved he meant business.

In an almost clichéd manner, Elmore was initially put on the Team Flight B team, but, as time rolled on, he continued to improve, eventually earning his way not only onto the A team roster, but also to the leader position. After his middle school basketball days, Elmore opened the floodgates during his freshman year at South.

In an artistic display of scoring excellence, Elmore averaged 22 points per game on the freshman team, including a stunning 37-point outing against South Medford. It was after that game former freshman coach Don Brown dubbed Elmore "the Moses of Offense."

After that season's madness, Elmore moved through a decent sophomore varsity campaign, averaging six points and one rebound per game. The summer following his sophomore year, Elmore had a dazzling performance consisting of eight three-pointers against a well known AAU team sponsored by NBA star Avery Bradley.

After witnessing this feat, the team invited Elmore to play for them. Following this achievement, Elmore had no trouble becoming what he is now, an absolutely dominant performer with a chance to win Southwest Conference player of the year.

How's that for a happy ending?

Junior Jay Elmore, in his second year on varsity, has become a pivotal player on the South men's basketball team. Posting insane stats, Elmore attributes this season's success to many years of hard work.



CALENDAR

26 FEBRUARY

Tracktown Fundraiser

Enjoy some pizza at this Axe Pageant fundraiser and simultaneously help “Save the Babies!” A portion of the sales will be donated to the Children’s Miracle

01 MARCH

March Concert Series I

Come to the South Eugene Auditorium and watch as String Orchestra, Concert Band, and Tyro showcase their musicality in a multifaceted performance!

03 Jazz Cabaret

The Darians and Jazz Band will be serenading the audience with some smooth tunes in this annual favorite. Located in the auditorium, come support the South

06 Chapalas Fundraiser

Show up to the Chapalas on W 29th to support the Axe Pageant.

07

March Concert Series II

This will be a can’t-miss concert with stellar musical performances from String Ensemble, Wind Ensemble, and Concert Choir. Admission is free.

08

Rowing Team Bake Sale

Craving to satisfy your sweet tooth? Come to South Eugene Rowing Club’s bake sale and support the District’s club crew team at the same time!

15

Axe Pageant

The culmination of weeks of hard work, Axe Pageant contestants will put on a talent show as a final fundraiser in the South Eugene auditorium.

22 APRIL

Prom

Located at the Ford Alumni Center, Prom this year is earlier than usual. Tickets will be \$25 without ASB and will be sold the week before Prom.



AFTER THE WAR: REALITY OF A VETERAN'S LIFE

VENESSA LOPEZ

My grandfather was drafted into the Vietnam War, serving in the United States army from 1967 to 1969. But I do not kid myself into believing that my grandfather did himself or our country any grand service. My grandfather killed people in a far away place because someone with a higher rank told him to shoot and, worse, because the U.S. government and the Americans back home told him to shoot.

U.S. involvement in the Vietnam War was part of a containment policy with the stated aim of preventing a Communist takeover of South Vietnam. World conflict has often instigated war, and while we can contemplate the righteousness of different wars all day, we can more easily agree on a common goal: peace.

However, to attain peace, especially long-lasting and internationally recognized peace, we must first change the way we regard our military. We must stop glorifying and validating war, and we must start providing veterans with the health services they deserve rather than just smothering them with a blanket of regressive gratitude for their service.

After the Vietnam War, my grandfather returned home, got married, and started a family – but he refused to talk about the war. Although he attempted to live a normal life, he was both emotionally and physically damaged. Most war veterans do not want to talk about war, and we should recognize the reasons they feel this way. In most cases, it is easiest for them to suppress their memories of war, and reasonably so.

I will not thank U.S. war veterans for the same reason that I will not thank veterans of the opposing side for their service.

VENESSA LOPEZ

STORY

In order to promote a morally sound society, we must stop glorifying war and start providing veterans with the health services they really need.

After all, how does someone cope with murder? We prepare them the best we can for this sort of killing. We train them to take orders so that they do not feel entirely responsible for the damage done. You see, if in any way they are made to believe that they have a choice in pulling the trigger, they may sympathize with the life that they are taking. In our minds, the army that kills the most people wins, so we train our soldiers to take orders and they follow those orders – killing people to survive – and we win.

War veterans carry perhaps the heaviest burden of our country's history, and I cannot accuse them of murder without acknowledging the hand that gave them the order to shoot. In any given combat, those privileged enough to give orders are usually not the ones whose lives are at risk. There are a select number of individuals with this power, and their motives are often corrupted by a fear of those who are different from themselves (which is arguably the underlying cause of all wars).

Even still, the larger evil is the eagerly prideful community that veterans come home to. Evil resides in the common and ignorant phrases of gratitude war veterans receive, the overfunded military system, and the American public at large.

Frank Mullican served the U.S. Army as a Private First Class in the Vietnam war. Here Mullican poses with a mortar tube for a photo at base camp.



It is the glorification of war that is evil. At what point did we distort the reality of murder on the field of battle? Is it when we sent our sons and fathers off to fight that we became proud of war? When did we acquire the audacity to tell ourselves that any of this is righteous? As James Russell Lowell claimed in his book *The Biglow Papers*, "War and murder are one and the same."

Despite the validity of Lowell's claim, there is a stigma, a criminal penalty even, for those who refuse to fight in times of war, so men have learned to be proud of war. Men have even volunteered to fight in every American war, and by thanking war veterans for their service, we are only further spreading the toxic belief that war is something to be proud of.

I understand that many did not go voluntarily, and that each soldier had their own reason to volunteer. Maybe it felt unfair for their cousins and brothers to fight when they were home safe, or maybe they believed that they were doing something more than assisting in mass murder. Although I would like to believe that men do not fight to kill, they sure do kill often.

It is not uncommon to know a war veteran, maybe a neighbor or a family member, but it is extremely uncommon for veterans

to receive the services they need after the war. Many war veterans experience chronic pain or physical disability after returning home and cannot be fully compensated for the loss of their physical health.

Even if they are, in some ways, done right by for their physical pain, very rarely do they receive the mental health services that they really need, and very rarely are they properly integrated back into society. They end up suppressing the physical and emotional pain to survive, but some veterans do not make it through life after war. Post-traumatic stress and depression rates of veterans are extremely high and the likely cause for the high suicide rate of U.S. war veterans.

Even though many war veterans cannot speak about their wartime experiences, we still fuel our patriotism with the hateful agenda and past wrongdoings of our military. I am not so eagerly patriotic.

While I believe that it is best for our country to stand together, I will not stand for the glorification of war. I will not thank U.S. war veterans for their service for the same reason that I will not thank veterans of the opposing side for their service. They have done no service for me.

The previous actions of my country's military are not something I hope to be accountable for and certainly not something I am proud of. I might be proud if we spent half of our military defense budget on foreign relations, and in doing so, we might not need so many guns in the first place.



Evil resides in the common and ignorant phrases of gratitude war veterans receive, the over-funded military system, and the American public at large.

VENESSA LOPEZ



STOP SCREAMING

JULIAN FAHRION

Please stop screaming. If we can do that, this year will go much smoother than 2016 did. There are a lot of issues in the world that people have very strong opinions about, and that is fine, but please stop screaming.

It seems like everyone is shouting and wailing about Trump, Brexit, or the controversial decision of choice in their home country. People are screaming with their families in their homes, people are screaming in the streets, people are screaming in the White House and in the courts, and the media is screaming with them. Please stop. It is giving us a headache.

The 2016 election was exceptionally divisive, culminating the day after Trump's inauguration in the Jan. 21 Women's March, the largest single-day protest in U.S. history. Ultimately, the march was a congregation of people screaming and complaining. It accomplished nothing except to show how many people are rabidly against Trump. There was very little calm discourse or reasoned debate, only a mass of people refusing to accept circumstances. Screaming that someone is a sexual predator will not change people's minds, even if you have three million people screaming with you.

The media, too, has sacrificed any pretense of neutrality and objectivity in order to join in the doomsaying and wailing of the people. Controversial events should be covered, yes, but they should not be the sole focus of the news. Even science- or entertainment-focused publications have spent an inordinate amount of time covering Trump and his effect on their field of choice. Trump (and any similar controversy) dominates the public consciousness because no one seems capable of talking about anything else.

There are acceptable forums for voicing political opinions, but there are also places where controversy should be left outside. Social media, for example, is infested with the idea that one's thoughts should be voiced loudly and at every opportunity. The people listening are, more often than not, those who agree with you. The only thing screaming accomplishes there is making allies sick of hearing about the world's problems. People who disagree with an opinion will rarely be convinced by a rambling tirade or a bombardment of accusations. The main casualties

STORY

More people are talking than ever, but not much is being said. The noise around current events has stopped anything constructive from happening.

will, as always, be the people in the middle who are just trying to get on with their lives. Encountering vitriol and hate online has never done anyone any good.

Even this opinion piece is adding more noise to the cacophony, but it is written in the hopes that at least a few more people will put thought into how they are approaching current events. Minds are not changed by marches and attacks. They are changed by empathy and reason. Too many times people have made statements like, "I can't understand why women voted for Trump," or "I don't get why people support the Dakota Access Pipeline." Why don't you ask and listen?

All that needs to happen is for people to put aside their assumptions and talk to each other. There are fanatics in the world, and screaming to change their minds is futile. Speak instead to the people, the voters, the base upon which movements are founded. In the end, they decide what happens – not the media, not the military, and not the politicians, but the hearts and minds of the people.

If you want to change the world, you can. All you need to do is have calm conversations, keep an open mind, and, please, for everyone's sake, stop screaming.



TRUMP'S WAR ON FACTS

ALYSSA GAO

Throughout the past few months, fake news has become increasingly, and worryingly, prevalent in social media. From Facebook posts linked to news claiming a connection between presidential candidates and ISIS to Twitter posts saying the U.S. Army is taking a stand against Obama, fake news websites have effectively flooded the internet. Especially after last year's election, many people questioned the impact that fake news had on the outcome.

Fake news comes in many forms, whether it is a social media post from an individual with little to no evidence, an article from a fake news site, or a satirical news piece that people share as something factual. According to Business Insider, in the three months leading up to the election, the number of engagements (likes, comments, etc.) on Facebook for the top 20 fake news stories was more than a million higher than that of the top 20 traditional news stories.

While Facebook CEO Mark Zuckerberg maintains that the amount of fake news on the site is too small to play a significant role in the results of an event like the presidential election, the fact remains that fake news stories did gain a notable following on the site.

As a common source of fake news has been social media, the number of voters who see social media as their primary source of news is an important concern. According to a study by The Pew Research Center, about 38 percent of Americans get their news online. This statistic itself is not concerning, but paired with the findings that 84 percent are confident in their ability to recognize fake news and about 23 percent reported sharing fake news, even if they were not aware of it at the time, the large number of people who view social media as a news source becomes more problematic.

If people are unknowingly sharing fake news, how do they manage the effects of their post? Well, the fact is that they cannot.

In one case of viral fake news, Eric Tucker, co-founder of a marketing company in Austin, Texas, saw some large buses downtown and tweeted "Anti-Trump protestors in Austin today are not as organic as they seem. Here are the busses they came in. #fakeprotests #trump2016 #austin" to his 40 followers.

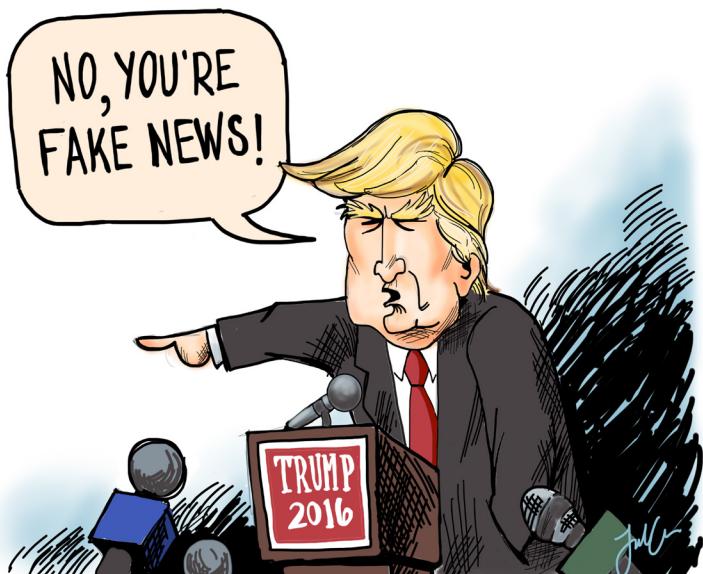
STORY

Fake news is all over social media, and its real-world consequences, like its possible impact on the 2016 presidential election, have grown recently.

While this act might seem relatively harmless, the tweet ended up garnering tens of thousands of engagements on social media, including a tweet from Trump himself referencing the buses. Many right-wing news sources also chose to cover the story in online articles, reaching an even broader audience. In comparison, Tucker's tweet explaining that his story was fake got 142 engagements — only a fraction of the original scope, even without counting the reactions to references of the tweet by Trump and news media.

Again and again, examples have shown that the effects of fake news cannot be controlled once it has spread, even if the original source admits that it was false. From misinformed citizens to deliberately outrageous fake news websites, fake news is all over the internet. The repercussions of fake news have grown, but the majority of people still feel that they are able to differentiate between real and fabricated news.

If we really view fake news as a problem, social media users, even those who believe that they can detect fake news, need to analyze the stories that they are seeing more thoroughly. Stories that aim to make readers extremely angry, for example. In addition, people using social media as a source of news cannot just look for the stories they want to hear. Fake news stories will often be debunked, but only after some time has passed, so it is important to revisit a story again to ensure its accuracy.



WHERE WE GO FROM HERE

ALEX LEVE

The weeks since the Trump inauguration have been frightening and devastating for progressives, to say the very least. After executive orders were passed to revive the construction of the Dakota Access Pipeline, ban the entrance of refugees from Muslim-majority nations, and direct funds toward the construction of a wall on the U.S./Mexico border, prospects of future American inclusion of marginalized groups seem dubious. As many of us feel outraged by these policies based in fear and hatred, we are left with one question: Where do we go from here?

The initial response by those in opposition to the Trump presidency has proven powerful and inspiring. The Women's March on the day following the inauguration included an estimated 4.8 million impassioned people fighting for women's rights, immigration reform, affordable healthcare, protection of the earth's environment, LGBTQ rights, racial equality, freedom of religion, and workers' rights, among other critical causes. The march sought to signify unity and opposition to Trump's discriminatory and disastrous policy proposals.

Today, we are still in the midst of resistance and outcry against the actions of the new administration. While this movement has gained significant traction, it is most effective as a long-term pushback effort, rather than a short-lived period of anger. In the next four years, remind yourself every day that this is not normal: we must continue to fight.

Political indifference in our current situation is far more dangerous than hope – such indifference inspires inaction in the face of injustice, whereas hope elicits powerful political action. Those who remain complacent in times of adversity and exclusion are typically those unaffected by the resulting hardships, who often excuse their apathy in later decades with lines like "hindsight is 20/20."

We must adamantly reject this attitude; instead, we should rely on our foresight to know what to expect and be able to respond with vigorous action. Movements can only be powerful when ordinary citizens recognize the frightening dangers and abuses while they are happening, rather than after the fact. We must not normalize Trump's rhetoric or policies; we must instead ask ourselves every day what an equal and inclusive democracy would look like. At the same time, we must avoid hopelessly giving up and instead continue to fight for our values with passion and hope.

STORY

As Trump's actions as commander-in-chief have caused a wave of anger and resistance, we seek effective ways to further promote progressive goals.

It will certainly feel very easy in these next four years to fall into the trap of "slacktivism," limiting your political involvement to sharing NowThis videos on Facebook and signing online petitions. Unfortunately, the long term struggle for social justice will never be that easy. These actions are nice gestures but should never function as excuses to avoid more substantial activism.

Alternatively, one of the most effective ways to be heard is to call your senators and representatives, who get daily statistical reports of the most-called-about topics for that day. Republican callers typically outnumber Democrat callers 4 to 1, which has often pushed those in Congress toward the right, even in states as blue as Oregon.

Moreover, public demonstrations that urge political progress are the very cornerstone of our democracy. Even in our current authoritarian and borderline militaristic administration, public outcry from ordinary citizens has prompted change. For instance, in the wake of galvanized opposition to the immigration ban, courts ordered a partial stay of the ban for those with valid visas and ensured that green card holders could get back into the country, just before a district court froze Trump's order entirely.

After the pushback against lack of transparency in essential environmental issues, the administration reinstated climate data on the EPA website. The American Civil Liberties Union raised \$24 million over just one weekend, in comparison to their average \$3 million to \$4 million raised per year. The resistance to governmental abuse that we have already seen is compelling evidence that not all hope is lost.

It will certainly feel very easy in these next four years to fall into the trap of "slacktivism," limiting your political involvement to sharing NowThis videos.

ALEX LEVE

Remember that together we are a majority: Just 26% of the American electorate voted for Trump, and Trump's disapproval ratings exceeded fifty percent after a whopping eight days in office. If we further unify, we know the monumental difference that we can make.

Yet, in a sense, there is a certain amount of privilege associated with feeling hopeful. The past few weeks have ostracized certain communities that have been historically oppressed and powerless such as Native Americans, Muslims, and those suffering from chronic poverty.

These communities are certainly not hopeful; instead, they are living in fear and hopelessness as those in power continue to deny them of their basic human rights. Hope is not entirely realistic. If you feel demoralized by the chaos already induced by Trump's presidency, know that you are experiencing a natural human response.

The most effective empowerment, instead, comes from the perspective that is somewhere in between unrealistically optimistic and fruitlessly defeatist. Hope and empathy are not two mutually exclusive concepts, but having one without the other is dangerous. In the next few years, the hope and empathy of seemingly ordinary people can and will make a change.

At times, fighting for your values may feel impossibly difficult. Remember that continuing the fight makes a difference on both a micro and macrocosmic level. Kindness and political advocacy can inspire those around you as well as support a larger-scale political movement that pushes for global progress.



Protesters in New York City speak out against Trump's controversial travel ban that barred people with visas and green cards from seven predominantly Muslim countries.

Yet, in a sense, there is a certain amount of privilege associated with feeling hopeful.

ALEX LEVE

By contributing to non-governmental organizations that fight for human rights (e.g., Mexican American Legal Defense Fund, International Refugee Assistance Project) if you have the resources, continuing to engage in educational discourse surrounding political action, or participating in public demonstrations against xenophobia and ignorance, you are a member of the movement.

If we give up, there is an indisputably guaranteed chance that our democracy will be in ruins and that nationalistic and militaristic rhetoric will prevail, allowing for discrimination of all kinds along with further commodification of the earth's environment. However, if we continue to fight and unify against hatred, then we allow ourselves the momentous opportunity to progress together, laying the groundwork for a brighter future.



CLUB PROFILE: YOGA CLUB

JAELEN HODGES

High school is supposed to be a carefree time of growing into adulthood and maturing, but it often snowballs into a void of stress and doom. Teenagers have a lot of confusion and angst because of classes, societal pressures, and sometimes just good old-fashioned teenage drama. Clubs such as Yoga Club are extremely important in helping students formulate a healthy mental and physical state during the rollercoaster of never-ending change that is high school.

“Students, especially at South, have so many pressures coming from parents and teachers, and I know so many students feel confused and worried,” said sophomore Connor Gabor, Yoga Club organizer. “I wanted to create an environment where people could come and relax and spend time to look inside themselves to find answers instead of looking to others.”

Students join and participate in Yoga Club for a number of reasons, including the improvement of mental health, physical strength, and relaxation.

“I joined Yoga Club because I needed to get into a calmer state of mind,” said sophomore Cela Whitman. “I’m a very energetic person and sometimes that can be really overwhelming. Yoga Club really helps me release a lot of that energy in a very positive way.”

“What’s really important to me is being in touch with my body, and I believe that in order to be centered in your mind you have to have a strong body that yoga helps build. I also felt like I was doing too much physical work and not enough relaxation, and yoga helps me channel that relaxation,” said senior Elliot Blackwell on why he joined.

A survey from the American Psychological Association showed that 37 percent of high schoolers feel stressed and 31 percent have no good tools to deal with it. Everyone gets stressed sometimes, but the kind of chronic anxiety many teenagers experience during high school takes a tremendous toll on the body, draining energy, creating tension in the muscles, constricting breathing, and leaving the mind with no rest from the whirling thoughts and feelings that feed the anxiety. This cycle can quickly lead to deeper anxiety if nothing is done, and yoga is an easy way to quiet your mind and become more in touch with yourself and your needs.

STORY

Yoga club meets every Wednesday to practice breathing, meditation, and specific body postures to promote mental connectedness and relaxation.

“The best thing about yoga for high schoolers is that it creates balance and it also allows them to really focus on themselves and understand their body’s and mind’s limitations better so that in the future they know when to push themselves and when they need to hold back,” Yoga Club instructor Nate Guadagni said.

The South Eugene Yoga Club is led through various postures and meditations every Wednesday after school by former South Eugene student Guadagni. He started learning yoga from a book in his senior year of high school during an exchange program to New Zealand. There, he started to realize how important yoga was.

“I started to feel a personal shift, and I noticed one day I just started to feel more confident, more energized, more clear-minded,” Guadagni said. “And I just knew that there was something magical about yoga.”



South Eugene Yoga Club instructor Nate Guadagni (left) believes that yoga relaxes both the body and the mind, especially helpful for tense high schoolers. Below, students in Yoga Club demonstrate the warrior two pose.



Yoga Club organizer and sophomore Connor Gabor (right) demonstrates a pose in the science hall. Yoga has been known to stimulate brain function and growth in the prefrontal cortex.



Many people who do yoga believe it has almost mystical effects on the body's performance and health, especially for dedicated athletes who push their body and mind regularly.

Jay Martin, a former high school track coach and owner of the Lifeforce Fitness Project yoga studio in downtown Eugene, has been doing yoga for 12 years. Martin also believes that yoga is imperative to the well-being of teenagers and teenage athletes.

"As a former athlete and track coach, I had never really put together how your breath leads to your athletic success until doing yoga," Martin said. "I think it's extremely important for high schoolers and young athletes to be able to find that state of awareness that yoga facilitates, instead of this anxiety or anxiousness that surrounds teenagers these days."

The word yoga comes from Sanskrit, the primary language spoken in India thousands of years ago when the practice originated. In Sanskrit, yoga means union because yoga is meant to unite your mind, body, and breath.

"I think there are four primary components to health," Martin said. "The first is taking care of our body, the second is taking care of our mind, the third is taking care of our emotional selves,

and the fourth is taking care of our energetic self which is what surrounds our interior being but is still us. Those four pieces are all addressed in yoga, and yoga helps us identify how we can put all those pieces in alignment so we can move forward and be really healthy and whole."

Yoga is also extremely helpful during the teenage years as the brain is still developing, and it has been proven that the high stress levels during schooling can hurt development of the pre-frontal cortex, which helps with critical thinking and concentration. Practicing yoga regularly can stimulate brain function and growth to combat this issue. Studies have also shown that high school students who took psychological tests before and after taking a 12-week yoga course showed drastic improvement in mood problems, anxiety, mindfulness, resilience, and anger expression. And yoga is not just for 45-year-old women and pervy men anymore; there are 36.7 million people in the U.S. who do yoga at least once a week, and 13.6 million of those people are under the age of 18.

If high school has you pulling out your hair in stress or carrying all your textbooks is starting to permanently damage your back, come down to the Science Hall on Wednesdays after school to meet other high schoolers and improve your overall health.

Students, especially at South, have so many pressures coming from parents and teachers.

CONNOR GABOR

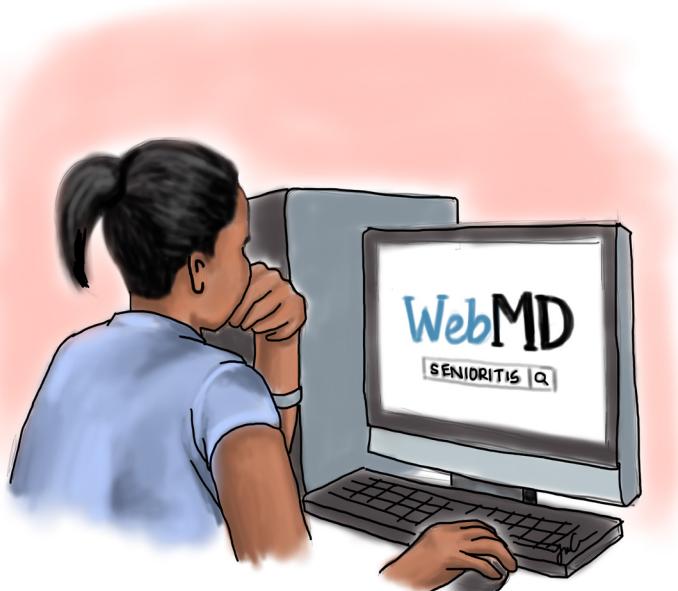
SENIORITY SYMPTOMS

TONY UNGER

Fatigue. Aimlessness. Loss of motivation. A general sense of malaise. WebMD would probably diagnose this as Walking Corpse Syndrome (look it up), but unfortunately, it is a much more insidious, though related, condition, that is, Senioritis. 90 percent of teens will contract this condition, some unfortunately as early as freshman year, and the epidemic shows no signs of abating.

ORGINS

The first confirmed case of Senioritis was recorded in ancient Babylon, where a youth named Belteshezzer was put on trial for failing to take his father's water buffalo to drink at a stream when asked to do so. He was fined 50 golden minah and was compelled to wear the dessicated water buffalo instead of his ritual garb at public gatherings. After this, historical references abound. A young Alexander the Great famously delayed his invasion of Persia because he "just didn't feel up to it that day." Mozart, that famous teen overachiever, composed the overture to his masterpiece *Don Giovanni* on the night before it was due.



STORY

Senioritis had plagued generations of teenagers — even the most respected prodigies in modern history. Is there a cure for this sudden onset of aimlessness?

Practically every major figure in history suffered from Senioritis at some point including Cleopatra, Michelangelo, Percy Bysshe Shelley, and Adam Sandler, the latter having never recovered from an early bout with this disease.

The origins of this malady are shrouded in mystery. According to a study conducted by Beavis, Butthead et al, there are two varieties of Senioritis, both of which manifest in the same way: Burnoutitis and regular-variety Senioritis. Burnoutitis can affect anyone, provided that they *feel* like they have worked too hard lately, regardless of their actual work habits. Regular Senioritis is a much more elusive beast. It can strike anybody at any time, although it mostly affects fourth year high school students. Those poor souls who venture into a fifth year have an especially high chance of developing the disease. The most terrifying part is that there is no way to predict your susceptibility to late-high school onset Senioritis.

SYMPTOMS & DIAGNOSIS

Diagnosis, however, is a little more straightforward. Does your alarm rouse you from your slumber or does it take a procession of parents, pets, and projectiles to wake you up? Have you procrastinated an assignment for weeks or even months? Does the sight of a freshman diligently at work fill you with a kind of wistful nostalgia? Have you ever done all your required reading the weekend before it is due? If you answered yes to any of these questions, you have Senioritis.

Senioritis progresses quickly — a failed test here, or a in-class power nap there, rapidly turns into skipped classes or worse still, an unexcused absence.

TONY UNGER

Often the initial symptoms of Senioritis are quite subtle. The condition starts as a missed assignment here or there. Maybe you “forget” to study for a chemistry test and you get a D. “No big deal,” you say to yourself, “I’ll just study harder for the next one.” In the words of our president: WRONG. Once you have shown these initial signs, your fate is sealed. Senioritis progresses quickly – a failed test here, or a in-class power nap there, but rapidly turns into skipped classes or worse still, an *unexcused absence*, the worst possible penalty a human being can incur.

CURE

There is no cure for Senioritis. You can only learn to live with it until you leave high school. Or die. Whichever comes first. Although there are no known preventions, you can take measures to help you cope. Maybe you ask for all of your homework in advance, so you have extra time to put it off. Or maybe, like most South kids, you go in like a haggler at an Addis Ababa marketplace and plead with your teachers to give you an A because, even though you were on your phone every day *you really liked the class and are passionate about the topic*.

If there is any sliver of a silver lining for those afflicted by Senioritis, it is that the 4J School System, in its unimpeachable institutional wisdom, has decided to end school two weeks early for seniors. That’s right: South’s merciful and all-knowing ad-

ministrators have given us long-suffering Seniors a *coup de grâce*, that is, 14 extra days to enjoy our non-Senioritic state.

In the end, like pushy Soundcloud rappers, zero period classes, and mandatory assemblies, Senioritis is unfortunately here to stay. Seniors and underclassmen alike need to educate themselves about Senioritis. To this end, I propose a week-long vacation in the middle of April to raise awareness of Senioritis. Not heeding this advice would be a reckless move by the school district, and clearly against the public good.

If, after reading this article, you still have questions, you can stop by my office in the Journalism room. I am a highly educated professional, after all, so my going rate is \$100 per hour, one

***There is no cure for Senioritis.
You can only learn to live with it
until you leave high school.
Or die. Whichever comes first.***

TONY UNGER



Jah G

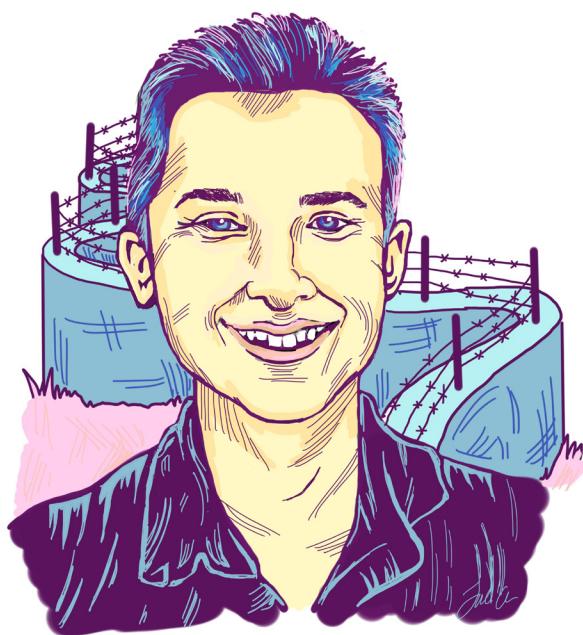
ALTERNATIVE FACTS

JAKE SABITT & TONY UNGER

It came to our attention, while we were playing with our Hot Wheels and giving each other cootie shots, that some guy named Ronald Crump got elected prime minister. We normally wouldn't care, but we've since been informed that Mr. Trimp has been credited with the ideas of "Fake News" and "Alternative Facts." This is a piece of gross misinformation (and believe us, we know misinformation). For years, we've had the fakest news, the most alternative facts, and the wrongest statements. Indeed, we Axeholes have prided ourselves on our lack of journalistic integrity, our willingness to make a sensationalist story at any cost, and most of all, our wholesale manufacturing of information. To show Mr. Drimp that he can't run with the big dogs as far as lies are concerned, we've made a list of our all-time best, most alternative headlines:

Senor Davis's Classroom a Storage Facility for the Cafeteria's Meats

This makes sense when you think about it. How do you explain the near subzero temperatures in that room? How is it possible that oftentimes the room is a great deal colder than the outside temperature. Simple: it doubles as a storage fridge for the meat



STORY

On the brink of adulthood and with a history of gender-defined behavior behind us, our generation must question the necessity of gender roles.

for our school's meat. Davis doesn't mind because it was nice change from the balmy Mississippian and Mexican heat he has lived in previously.

South Assembly Sees Record Turnout

Some people may say nobody goes to South assemblies and that students have no school spirit. These are blatant lies. We have the best assemblies and the best school spirit. Everybody loves our school; it is the best school, and these rumors are just liberal slander. As a matter of fact, our assemblies are 250% bigger than Sheldon's and everybody loves them. It only seems like they are small because of how terrifically huge our gym is, but trust us, they are yuuuuuge. Okay, listen folks, we got 100,000 people to come to our assembly. It was phenomenal. When Sheldon sends people to assemblies, they're not sending their best. We send our best people to assemblies. Believe me.

South Yearbooks to Arrive on Time

For years, students have yearned to be able to write "HAGS," "Never Change," or "You're my BFF," in other's yearbooks at the school year's end. Finally, after centuries of late yearbooks, this year's Eugenean is set to arrive on time — if not even a bit early. When asked about this change, the distribution manager responded, "Well, hell's frozen over, and I'm 99% sure I saw a pig flying the other day, so it seemed like time."

Mrs. Babbs Becomes Men's Rights Activist

Last week in the middle of her AP Literature class, Ms. Babbs threw a copy of Their Eyes Were Watching God to the ground in a fit of pique, exclaiming that it was simply "feminist propaganda" meant to keep down good, hard working men. She then directed students to her newly created Reddit account for more information.

South Schedule Changes

After a full four years of the 3x5 schedule, 4J has decided to make a change. No, not to the 4x4 as some have suggested, but to the 6ox1. In this new system, students will [take at a time over the course of 60 sexagesters.] Each sexagester will be around three days long, a time period science has shown to be optimal for learning. However, some are not so happy about this schedule. Reports have shown that a mob of teachers carrying pitchforks and torches have been seen marching towards the district office, headed by Mr. Stewart on the back of a blindingly white horse. The counseling department was not available for comment, as, in light of these developments, they were too busy uncontrollably crying.

THE AXE STAFF

PLAYLIST: BREAKUP SONGS

Celebrated your Valentine's Day without a significant other? Don't worry, The Axe staff has your back. With moods ranging from heartbroken to happy, we hope this collection of songs will help you feel empowered and just fine doing your own thing.



Just Sayin/I Tried
THE INTERNET



So What
PINK



Them Changes
THUNDERCAT



Irreplaceable
BEYONCE



Nothing Lasts Forever
J. COLE



Trouble
TAYLOR SWIFT



Gives You Hell
ALL-AMERICAN REJECTS



Loner
KALI UCHIS



Saved
KHALID



Manhattan
SARA BAREILLES

JAKE SABITT

BLACK HISTORY MONTH

Though February and Black History Month are coming to a close, South students continue to talk about the challenges that African Americans and all people of color have and continue to face in this countrythis country.

"I think Black History Month is incredibly important because it is one of the only times during the year in which black history is celebrated," Miles Pendleton the leader of the Eugene youth NAACP chapter said.

In 1926, the second week of February was designated as Black History Week. Since then, it has grown in size and importance.

"The best way to celebrate black history is to acknowledge and respect the fact it exists. People don't realize it, but at leastfor me and the other black students I've



talked to, it's really hard walking down the hall and seeing no one who looks like you," Pendleton said.

Pendleton encouraged students to take the time to learn about the culture and history of minorities in this country because there is much to learn and it is often glossed over in our curriculum. Pendleton also said to look for events both the NAACP and SEHS student unions are putting on later this month.

MIYAKO IWATA

BEAUTY CORNER: MARIO BADESCU SKINCARE

Skincare can be a real struggle — especially during the cold months when your complexion loses its tan summer glow and you face starts to feel dull and dry. Whatever your personal skin concern may be, whether it's hyperpigmentation or acne, Mario Badescu has the skincare products you need to weather this winter. Here are some of the brand's bestselling products:



MARIO BADESCU: DRYING LOTION

If you're dealing with stress breakouts like the rest of us, the Drying Lotion is the treatment for you. A step up from drugstore products and on par with brand-name items, this lotion will dry most of your pimples overnight so you can wake up with a fresh face in the morning.



MARIO BADESCU: ROSE WATER SPRAY

This multitasking product can be used for pretty much any purpose you need. Spritz it on your clean face and neck to quench dehydrated skin, or use it as a setting spray over your makeup for a dewy finish. You can even use it in your hair!



MIYAKO IWATA

Miyako is a senior at South who has been researching college admissions prep since her middle school years. If you have any questions you would like her to answer in our next issue, feel free to email her at miwata24@4j.lane.edu.

How do I know if AP/IB classes for me?

The heart of this question lies in the age-old debate around whether it is better to get an A in a standard-level course or a B in an advanced class. It can be risky to one's GPA to take an AP class if you know you will get a grade of C or lower. A "passing" grade will likely negate any boost you could get from having an AP course on your record.

If you feel like you can get by in a tough class with at least a B, however, things get a little fuzzy. The first step is to look at the situation holistically. Are you taking lots of AP classes? More importantly, are you confident that you will pass most of these classes with A-'s or higher? If so, packing your schedule with rigorous courses is probably a feasible and beneficial option for you, so long as you are not making huge sacrifices with your mental health.

Those who wish to enroll in AP classes but feel that they will consistently get C's or lower should be aware that the rigor of the class on a transcript is not always enough to outweigh a flagging grade. If you are up for an academic challenge but are not concerned with the

potential toll on your GPA, signing up for some advanced classes that appeal to you can really enrich the high school experience. However, if you still want to maintain a solid GPA that could safely get you into good state schools, consider opting out of a difficult class, especially if it is in a subject area you tend to struggle with. Know that making this call does not make you an "underachiever" by any means. If the decision is improving your college admissions chances, it is the right choice to make.

What is QuestBridge, and how does it work?

QuestBridge is by far the best resource out there in terms of college admissions help for high-achieving, low-income students — yet most high schoolers never hear about it.

So what exactly is QuestBridge? It is a non-profit program that links kids who have demonstrated strong academic success despite financial challenges to some of the best colleges in the nation. To qualify, students must have earned mostly grades of A's or higher in the toughest AP/IB classes, be on track to graduate within the top 5-10 percent of their class, have a minimum SAT score of 1240 or ACT score of 28, as well as strong writing skills and "intellectual spark," as described on the organization's official website. Most importantly, applicants must meet a financial qualification, showing that their household earns less than approximately \$65,000 for a family of four (income adjusted to corresponding family size). Though this is not a strict cutoff, most students fall within the given income range.

Aside from "hard numbers," the QuestBridge program also considers the applicant's personal circumstances. If a high schooler was working long hours to help make ends meet for their family, reviewers will take into account that the student likely did not have as much time to take up extracurricular activities as their wealthier classmates. In this case, the applicant would not be penalized for having a smaller "activities list."

Let's move on to the actual steps involved in the QuestBridge application process. Once a student knows they are eligible, they must apply for the National College Match, which is the system that connects qualified students with QuestBridge "College Partners." This group includes highly competitive schools that underprivileged students may otherwise be unable to access, like Stanford and Yale. After submitting their test scores, transcripts, Secondary School Reports, letters of recommendation, financial background information, and National College Match applications by the September deadline, students have the option of "ranking" the colleges they are interested in attending. The ranking system can be a bit confusing, but remains one of the major hallmarks of the QuestBridge program. To put it simply, an applicant can pick up to 12 schools out of the "College Partners" list to apply to. The due date for selecting these institutions falls in mid-October.

Here's the catch: QuestBridge candidates are allowed to apply to all 12 of these schools Early Decision (ED) if they wish. Typically, a student can only apply restrictive ED to one school, along with a few more state schools through their respective non-binding Early Action admission programs. Furthermore, QuestBridge gives kids who are selected as Finalists in late October a chance to be "matched" to a college of their choice. If the finalist then wins the College Match Scholarship, they receive a full ride for all four years of attendance. Once they are matched to a college partner, the student must withdraw their applications from all other institutions and commit to attending their match school.

If you are interested in applying for the National College Match in the upcoming college admissions cycle, it is recommended that you start putting together the materials you need to apply right now. Consider gathering financial documents (such as your parents' tax returns), and signing up to take the SAT and ACT in the near future so you have plenty of time to retake if necessary.

ART

APPETIZER

South senior Dani White painted this still life piece with acrylic paint on canvas. White is also a talented pianist and an academically successful student, taking classes at the UO in addition to her demanding schedule at South.

