Field Trips
By: Audrey Wilcox

Field trips broaden our horizons. They give students the opportunity to see things they normally wouldn’t. Our school has been given many wonderful opportunities to attend field trips all across the state. Some of our previous field trips have included going to OMSI, Ashland, college fairs, and library visits.

Mrs. Hans, our principle, said, “I love field trips! They open up new learning opportunities for our students.” Everybody learns in different ways, some people learn by hearing things over and over, while others simply need to look at something.

Field trips change up the day to day life of a student. Students spend so many hours in the same environment every single day, so throwing in a field trip every now and then is a wonderful way to switch it up.

We have been able to travel to many places thanks to the creative minds that come up with the field trips, and the support and funds that hold it together. “They’re pretty awesome, and very interesting.” Haley, the beautiful 10th grader, explained. The staff works hard to choose field trips that are entertaining, and still hold educational value. Teachers and staff are constantly coming up with new places to take us, because every student will have the opportunity to attend a field trip at least once per trimester. Thank you RPA staff for giving us these field trips!

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Pros & Cons of Homework
By: Amelia Stoner

Homework. I don’t think anyone enjoys it, but we all have it. Why is homework so important? The teachers say, “Homework is important because it teaches persistence, independence, and allows for precious class time to be used to its fullest potential” stated Ms. Landrum. But what do students think? “I think that homework is to help students to remember what they learned that day but it is not necessary to have on a daily basis.” Audrey said. On livescience.com they say “Too much homework is bad for kids. Piling on the homework doesn't help kids do better in school.” Homework can be bad because it is time consuming and leaves us hardly anytime to just live. Healthline.com stated that, “In 2013, research conducted at Stanford University found that students in high-achieving communities who spend too much time on homework experience more stress, physical health problems, a lack of balance in their lives, and alienation from society.” But according to ThoughtCo.com homework can also be good “homework is good because it can boost your grades, help you learn the material, and prepare you for tests.” Do your homework, just please don’t lose sleep over it.
**Winter Sports**

By: Julia Sessoyeff

Okay sport lovers! Winter sports are coming up. On November 18, Swimming, girls and boys basketball, and wrestling are starting at the Molalla High school. To participate in these sports you need to turn in your physical form, school representative education certificate, your grades, and $195 fee. Since everyone knows about these sports, this article will be about a forgotten sport, Skijoring.

Skijoring, derived by a Norwegian word that means Ski Driving, is much like skiing, however you are being pulled by a horse or even a team of dogs. It is a mix between skiing, sled dog racing, and horse races; weird right? This sport showed up in the Norwegian Olympics in 1901. Places you can try this sport out are the Triple Creek Ranch in Montana, St. Regis Aspen, or even Inari Ireland. Why do people skijor? Charleten Heston said “Skijoring is just something that people want to see, it’s like Ben Hur on snow, the modern way. I love the speed, the adrenaline rush is something special. It's just unique.” So, if you relish adrenaline and want to try something unique, try skijoring.

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**Portland Opera**

By: Emma Bergmann

On Wednesday, October 6th, the Portland Opera came to RPA! They performed an opera titled *LaBoheme* for the whole RPA community. It is an opera based on love and death with one of the main characters, Mimi, dying at the end. The actors and actresses said the performance was based off of the play “Rent,” which is a musical and a movie. At the end of the opera, a lady dies from tuberculosis from being out in the freezing cold all winter. The opera also has some dark humor played into it. In the opera, the two main characters have jobs as an artist and journalist/author.

All of the students really enjoyed the play and it definitely made us want to invite them back next year for another great performance. When asked the question, “What do you like most about your job?” they replied with “Sharing what we are passionate about with people, like you, who are young and have so much room to grow and it’s good to expose you to these art forms because there’s so many of them. It's a good chance to broaden your horizons.”
Ask Mrs. Anderson:
By: Haley Hewlett

What is your favorite color?
“My favorite color is midnight blue and sunset orange.”

If you could buy any vehicle what would it be?
“If I could buy any vehicle it would have to be a truck. A Dodge Ram 3400 5 speed truck. If I got a Mustang I would probably end up speeding.”

If you could be any movie character who would it be?
“If I could be any character I would be Claire Mcleod from the movie Mcleod's Daughters.”

What would you do with a million dollars?
“If I had a million dollars I would probably work for a few days after. Then I would pay all my bills. I would pay off my dad’s house. Then I would buy a cabin in the woods to go and live in.”

What sport fits you the most?
By: Haley Hewlett

1. Do you prefer winter or summer?
   A) Summer
   B) Winter

2. Do you prefer
   A) Swimming
   B) Running
   C) Playing with a ball

3. If you like summer sports then you should look at these sports!
   A) Rugby
   B) Field Hockey
   C) Tennis
   D) Outdoor Swim
   E) Soccer
   F) Crosscountry
   G) Golf

4. If you like winter sports you should look at these sports!
   A) Snowboarding/skiing
   B) Ice hockey
   C) Bobsleigh
   D) Wrestling
   E) Basketball
   F) Swim

Ask Us!
By: Kiah Restvedt
Dear Us,
I feel overwhelmed and stressed about homework. What can I do?

-Overwhelmed and Stressed

Dear Overwhelmed and Stressed,
I personally am trying to balance a lot on my plate as well. Here are some techniques I use to help me:
1. While doing your homework, keep ALL distractions to a minimum. For example: put your phone away, do not play video games or watch movies/TV and stay in a secluded space so no one bothers you.
2. Know what your teachers expect from you. For example: Use a homework app or your planner to keep track of your homework assignments and when they are due.
3. Find a place or situation that works best for you. Music, no music, etc...
4. Do the hardest work first to get it over with.
5. Set a timer for an assignment and then reward yourself.
6. Stay on task!

Good Luck!
- Ask Us

Pillar Corner
By: Kiah Restvedt

October: Honesty
Honesty is when someone or something is freed of deception and perjury. Be truthful with your words and actions. If you make a promise, keep it. So, congratulations to the students who won the Honesty award: Cade for HS, Adrian for MS, and Jack for ES.

November: Responsibility
By: Kiah Restvedt and Tim Samarin
Responsibility is taking action for something that needs to be done or has been done. It is a key aspect for the leaders of our world. RPA says, “I accept obligations related to my own good and the good of others and I act on those obligations in a manner suitable to their timely satisfactory fulfillment. I am willingly accountable for what I do and say, and I seek to learn from my mistakes.” One might say that if you do this you will succeed in life.

Popular Hobbies
By Timothy Samarin

According to a poll taken from RPA students these are the top three hobbies to do in your free time.
Number three in the list is fishing. This is personally one of my favorites. Fishing is an all-the-time sport. Although there are times in the year that are better to fish than others, and better spots to fish than others. There is salmon fishing, steelhead, trout, ocean, lake, and pond. If you were to fish in a river there are different seasons that the fish travel through the river. Fishing is usually taught through friends and family and is hard to fully understand by just googling it. This is because everyone has their own perfected version of their own fishing routines.
Number two is emotional eating. If you’ve been having a bad day, well it’s time to get
lazy and bust out that tub of ice cream, chocolate, chips, carbs in general. Remember to get the coziest blanket in the house, a place to lay down preferably a couch, and your favorite TV show. Now your ready to get (continued on next page)
go on those pounds of food you have next to you. You want to make sure that you have enough food next to you so that you don’t have to get up for the next three hours. This is a good purging of your cabinet of all the junk food you have stored in there that's supposed to last through the winter.

Number one is basketball. Basketball is a good way to work off those carbs you ate yesterday because there is a lot of running, jumping, and throwing inside of basketball. The game basketball actually takes a lot of skill and fitness to play and it's very rare to be a natural. This means lots of practice, if you enjoy it. According to Wikipedia, it is the second most popular sport in the United States.

Upcoming Events
By: Emma Bergmann

- Key Club every Wednesday
- Mon. Oct. 29th Portland College Fair
- Tue. Oct. 29th House Meeting
- Thur. Oct. 31st Pillar Assembly Award & Costume Contest
- Wed. Nov. 6th Portland Opera
- Thur. Nov. 7th Register for SAT
- Fri. Nov. 8th Register for ACT
- Mon. Nov. 11th Veteran's day
- Wed. Nov. 13th Late bus for students that may need extra help
- Thur. Nov. 14th School lunch
- Thur. Nov. 14th MRSD Board meeting at 7pm
- Fri. Nov. 15th 6th grade play Ajax
- Fri. Nov. 15th Friday School
- Fri. Nov. 15th House meeting
- Sat. Nov. 16th Latin Forum at Reed College
- Tue. Nov 19th Latin Club
- Mon.-Tue. Nov. 25th-26th Finals for MS & HS
- Wed.-Thurs. Nov. 27th-30th No School
- Mon. Dec. 2nd Trimester 2 starts
- Thur. Dec. 5th NHS meeting
- Sat. Dec. 7th SAT test date
- Mon. Dec. 9th Assembly at 7:45
- Thur. Dec. 12th School lunch
- Sat. Dec. 14th ACT test date

Early Bus Schedule
The early bus leaves RPA every day at 2:05 pm. One Wednesday a month there is a late bus so that students can stay and receive help from teachers.