



HOOK

**“
WHETHER IT IS
THE COACHES OR
TEAMMATES, THEY
ARE ALWAYS
LOOKING OUT FOR
ME.**

AVA MATZ 7



THIS IS PHS
VOLUME #5
ISSUE #1

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ENTER TAIN MENT

KAYLEY KUHNLE

BOOK REVIEW

THINKING OF
READING "IT ENDS
WITH US" BY
COLLEEN HOOVER?

THINK AGAIN.

The romance novel starts as a typical love story following Lily Bloom and Ryle Kincaid. The book is fairly cliché from the start, involving many romantic clichés, so not all audiences will love it.

One example of an overused romance trope included in the book is that Lily Bloom is the owner of a flower shop. At some points, especially when trying to get engrossed in the book, these clichés were hard to get behind.

Another aspect that was hard to enjoy were the personal letters written by Lily, addressed to the famous talk show host Ellen DeGeneres. Personally, I skipped over many of these letters as I read, which caused me to get lost in certain areas of the book.

The book covered very heavy topics as the story progressed, such as domestic abuse, which is not something everyone is aware of when planning to read the book. I believe that it added more to the plot and to the characters, but this could be too heavy for certain audiences.

Overall, despite the flaws of the book, the plot and character arcs elevate the story and make it a decent read.

MOVIE REVIEW

DIRECTED BY OLIVIA
WILDE, "DON'T
WORRY DARLING",
IS A PSYCHOLOGICAL
THRILLER THAT WILL
LEAVE YOU ON THE
EDGE OF YOUR SEAT.

The Warner Brothers Production had tons of drama surrounding this movie, but putting that all aside, it was an exceptional film.

To summarize the movie, the main characters, Jack and Alice Chambers, live in a 1950s idealized community called "Victory". The wives live traditional housewives lifestyles while the husbands are required to work on the top secret "Victory Project". However, the perfect lifestyle seems to have secrets behind it. Alice questions what "Victory" truly is and finds herself sorting out what is reality.

Florence Pugh gave a stellar performance in her lead role, Alice Chambers, and her co-star, Harry Styles, had the right look for the

character, Jack Chambers. Though the script lacked in some moments, Florence Pugh had several standout scenes throughout the film.

The cinematography was outstanding. Every shot had meaning behind it which enhanced the overall film greatly. The plot of the film was entertaining and metaphorical in many ways, causing the viewer to leave the film with many questions. This may have left audience members unsatisfied, but personally I really enjoyed the feeling of wanting more after the film's ending.

Though the film had some apparent flaws, "Don't Worry Darling" was an entertaining movie from start to finish.

Q&A

SOL EKLUND · FEATURE

WITH A UKRANIAN UNIVERSITY STUDENT

Q: WHAT IS UNIVERSITY LIKE IN UKRAINE?

A: I think my university is a little bit unorganized. It's not just war problem, like a lot in this times, it was always. And in previous year, students had, they faced a problem that their schedule was changed every two weeks or every month. So it was changing all the time. And I mean, it's, it's not like it should be. And so we have, like, we have a group of students, and we have is the one who is kinda in the one who cares about all of us in charge of, and this person talks with teachers. So like a communication leader, I don't know how to go within normal words. So these people do all the work in our university. So without them, I think all the system would die. And it's kind of bad. So I think maybe it is just my uni's problem. I hope in the near future, it will be more organized

from the staff side, not the student's. And maybe, to talk about some positive sides of education in Ukraine. I enjoy studying there. Maybe it's, again, my university thing, because it's one of the best universities in Ukraine. So I'm in journalism major. And our professors are really people who have success, who are really powerful people in Ukraine, they have a huge projects they do. For example, one of my favorite professors, she's a fact checker. Like nowadays, there are a lot of lies from Russia that spread in Ukraine and in other countries, and she checks all this information and finds the truth. She also teaches us to do it. I enjoy that in my university they teach me things that I really use in my life. I mean, it's useful. It's not just extra information for me to know. It's really what I want to learn, and what will be enhanced in my future job.

Q: WHAT HAS YOUR LIFE BEEN LIKE AS A STUDENT IN UKRAINE THIS YEAR?

A: This year, student life is completely different from the student life we used to have. Because we are on distance education, there are war, enacting active phase. So we have a lot of conditions like if you have a siren alert, we need to quit the meeting and go to the shelters. And there are a huge problem with electricity, so sometimes we are not able to join a lesson. So lectures, I can't attend a lot of them. So I think student life in Ukraine nowadays, it's more like self studying. Because you really have a lot of time, just you and yourself, nothing more. But it's still enjoyed. It's also experience. And I think, once the war ends, we'll enjoy our student life even more than we would have if every single day was okay from the very beginning.

Q: WHAT IS ONE THING THAT YOU WOULD WANT STUDENTS IN AMERICA TO KNOW?

A: I want to say that you need to enjoy your life, the way you have it, because you live in a safe place, you can attend school or university, you can see each other, so I hope you will enjoy it. And I mean, it's, it's really like a gift to be able to live a normal life without being scared to die any day. So I just to say, a simple thing. Just enjoy your life you have and don't be so concentrated on problems. So try to stay positive, because in Ukraine, we are all positive. We donate money to our army to help our volunteers and to help people who lost their homes and just stay positive. Even if life seems tough. It's the only way to be optimistic.

TRAFFIC STOPS FOR DUMMIES

HANNA CUTLER · FEATURE

Starting as early as sophomore year, PHS students begin receiving the long-awaited holy grail of socialization: car keys. Being behind the wheel opens up many opportunities for students to hang out with friends, travel to new places and be in control of their own schedule.

However, with this increased independence comes an increased responsibility, as driving not only affects the student behind the wheel but also everyone else on the road.

According to school resource officer Julie Buddenhagen, students are most commonly pulled over due to speeding, excessively loud music and citizen call-ins of reckless driving.

Kids being pulled over is nothing new. The Village of Pewaukee Police Department issued 65 traffic tickets to juveniles in 2021. This data doesn't include the number of warnings

also issued to students, as warnings aren't documented within the database. However, the reaction of teenagers to being pulled over has shifted dramatically over the years.

"So I first started [as a police officer] in 2004, and I would say that kids or teenagers were very respectful. And now it's kind of like, 'Why are you pulling me over? I didn't do anything wrong'" Buddenhagen said.

Being pulled over does not mean you are necessarily receiving a ticket. That said, having a disrespectful attitude and not taking the traffic stop seriously can only harm your chances of getting away with just a warning. Buddenhagen offers this piece of advice to students who find themselves being pulled over.

"Have your hands on the wheel and just be as respectful as possible. Again, I know with

a lot of stuff in the media, like, officers have a bad rap, and there are some, you know, ones that probably give us a bad reputation, but it's just nice when people are respectful to us" Buddenhagen said.

Senior Julia Baumann put it simpler: "Don't act stupid."

"I have had pretty bad luck with driving as many people know, and I would say my main takeaway is honesty. If it was your fault, it was your fault. It is called an accident for a reason and we are all human" Baumann said.

Moral of the story: drive safe. However, if you do face a traffic stop, keep your hands on the wheel and stay respectful. Insulting the police officer who pulled you over is the one sure way you'll find yourself driving home with a ticket instead of a warning.

PHOTO CREDIT: TVISHA RAO



PEWAUKEE TEEN ARTIST SOARS ON SOCIAL MEDIA

WILLIAM GERGEN • FEATURE

From art student to art prodigy.

"I have been drawing since I was little and throughout all of the art classes in Pewaukee," senior Tvisha Rao said.

Tvisha is a 2D artist on Instagram and has amassed 20.9 thousand followers over the course of 7 years.

Starting off in art classes experimenting with different mediums, Tvisha has found one that has resonated.

"During my sophomore year, since I was virtual, I was able to practice digital art from my computer and I had my own materials already, which allowed me to have assignments that were much like what I was already doing in my free time," Tvisha said.

Tvisha's mother was the one who encouraged her to make an Instagram account to sell art.

"I chose not to take it in that direction so soon," Tvisha said. "I chose to grow my platform a little later and I mainly just wanted

to seek out new communities and exposure in those art communities and grow a brand before selling my art."

But this is just the beginning, as Tvisha has been working on something much bigger.

"I am currently working on a webcomic and I do eventually want people to read it when it comes out," Tvisha said. "So having that platform is good, but I am still mainly posting for my own growth."

Tvisha, ever the adventurer, still wants to expand her horizons.

"I definitely want to get more into animation. I have been looking into programs to help

do that. I did a little bit of animating in my sophomore year as I took an animation class... I also really want to get into oil painting," Tvisha said.

For Tvisha this is just a hobby.

"I think that going into a professional art field takes something away from your art," Tvisha said. "You kind of have to divorce yourself from your art a little bit if you want to go into it professionally... I am not willing to do that, which is why I am keeping this as a hobby,"

What does the future hold for Tvisha?

"I am going to major in linguistics and I know I want to do that. I don't know where I am going to go beyond that but I know I might want to go into teaching, like a professor," Tvisha said.

Tvisha is currently applying for early acceptance into colleges and is proudly working on new art pieces to expand her horizons.

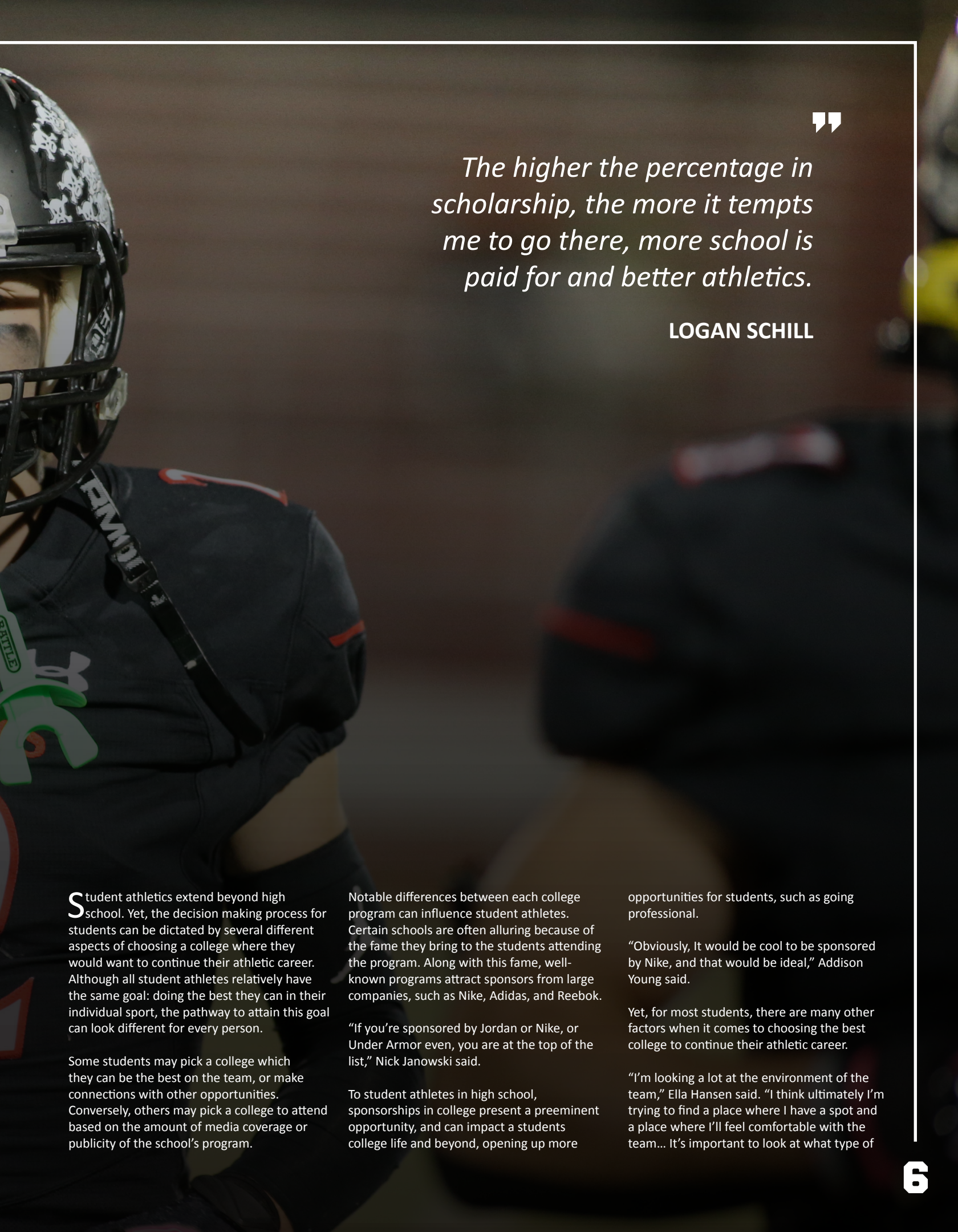
Follow @ishpeacha for more art

SPORTS

STUDENT ATHLETICS: THE COLLEGE DECISION

GRACE RONCKE





The higher the percentage in scholarship, the more it tempts me to go there, more school is paid for and better athletics.

LOGAN SCHILL

Student athletics extend beyond high school. Yet, the decision making process for students can be dictated by several different aspects of choosing a college where they would want to continue their athletic career. Although all student athletes relatively have the same goal: doing the best they can in their individual sport, the pathway to attain this goal can look different for every person.

Some students may pick a college which they can be the best on the team, or make connections with other opportunities. Conversely, others may pick a college to attend based on the amount of media coverage or publicity of the school's program.

Notable differences between each college program can influence student athletes. Certain schools are often alluring because of the fame they bring to the students attending the program. Along with this fame, well-known programs attract sponsors from large companies, such as Nike, Adidas, and Reebok.

"If you're sponsored by Jordan or Nike, or Under Armor even, you are at the top of the list," Nick Janowski said.

To student athletes in high school, sponsorships in college present a preeminent opportunity, and can impact a students college life and beyond, opening up more

opportunities for students, such as going professional.

"Obviously, It would be cool to be sponsored by Nike, and that would be ideal," Addison Young said.

Yet, for most students, there are many other factors when it comes to choosing the best college to continue their athletic career.

"I'm looking a lot at the environment of the team," Ella Hansen said. "I think ultimately I'm trying to find a place where I have a spot and a place where I'll feel comfortable with the team... It's important to look at what type of

THE COLLEGE DECISION: CONTINUED

team I'll have when I go to whatever school, whether it would be a rebuilding year or a stronger team."

Most students prefer a glimpse into not just the school and student life of the college, but also the dynamic of the team they could be potentially competing with.

"I look for how nice the facilities are and everything, and the team chemistry, and being able to talk with the team and talk with the coaches to see what the culture is like over at the school," Logan Schill said.

One of the main factors that was heavily prevalent for student athletes when selecting a college was the initial introduction of the coaches and team.

"The coaching staff was one of the main reasons I chose Iowa State. I really liked all the people and I knew they could get me where I want in the future. Another reason I picked Iowa State is because of the opportunity to

play right away. I saw how the roster was made up and I can see that I can come in right away and make an impact from day one," Milan Momcilovic said.

Student athletes also understand college can become a turning point in their athletic career. In college, there are more broadcasts and live television showings of your sport, which can open up many opportunities to continue their athletic career.

"Most games aren't on TV in highschool, so to be able to play on a bigger stage, in front of a bigger crowd, and a bigger school, would be an amazing experience," Schill said.

Scholarships greatly impact the decision making process for highschool students when choosing between colleges, especially with the rising cost of post secondary education.

In college, students can also attain an NIL, which stands for names, images, likenesses. "With NIL, name, image, likeness, you can

definitely make money off of that in college," Janowski said. NIL can help student athletes make money during college by being well-known and liked by the students and fans of the school.

"There are NIL deals and you can do that now with the rules, so maybe if it became more popular and we're in a new conference, I would look into that," Hevey said.

Every student athlete has an individual image and goals for their college years. There are many factors that can impact each student's decision, such as their personal preference and goals in life during and beyond college. With more and more opportunities opening up for promising collegiate athletes, college sports are bound to continue growing.

High school football is not gender specific, yet historically, the sport is predominantly male. Pewaukee High School has defied the odds with senior Ava Matz, #14, who has been playing football all four years of high school.

The free safety and quarterback has been playing the game with nothing but determination. Matz is a two year varsity player as well as a state champion. In 2021, the Pirates won a state championship for the first time in school history, making Matz the only female football player to win a state title in Wisconsin.

Matz expresses a lot of gratitude towards the football team, program, and the community.

"Whether it is the coaches or teammates, they are always looking out for me," Matz said. "If some boys are trying to headhunt me on the field they've got my back and will tell them to knock it off."

"I did face backlash a little bit during freshman year because the boys were still adjusting to me being there," Matz said. "But I overcame them and it made me stronger and now I am a state champion so I guess it worked out pretty well."

Matz has created an inspirational reputation that her coaches can all agree on.

"It goes without saying that playing football as a female presents many challenges that are unique," Justin Friske, head football coach said, "Add that to the fact that she is constantly doing the same work as all of her teammates, never asking for a lesser workload, never requesting different treatment, and being here every day, she is an example of what a Pewaukee football player should strive to become."

Matz's story has grown quite popular in the past few months as she featured on WISN 12 and ABC World News.

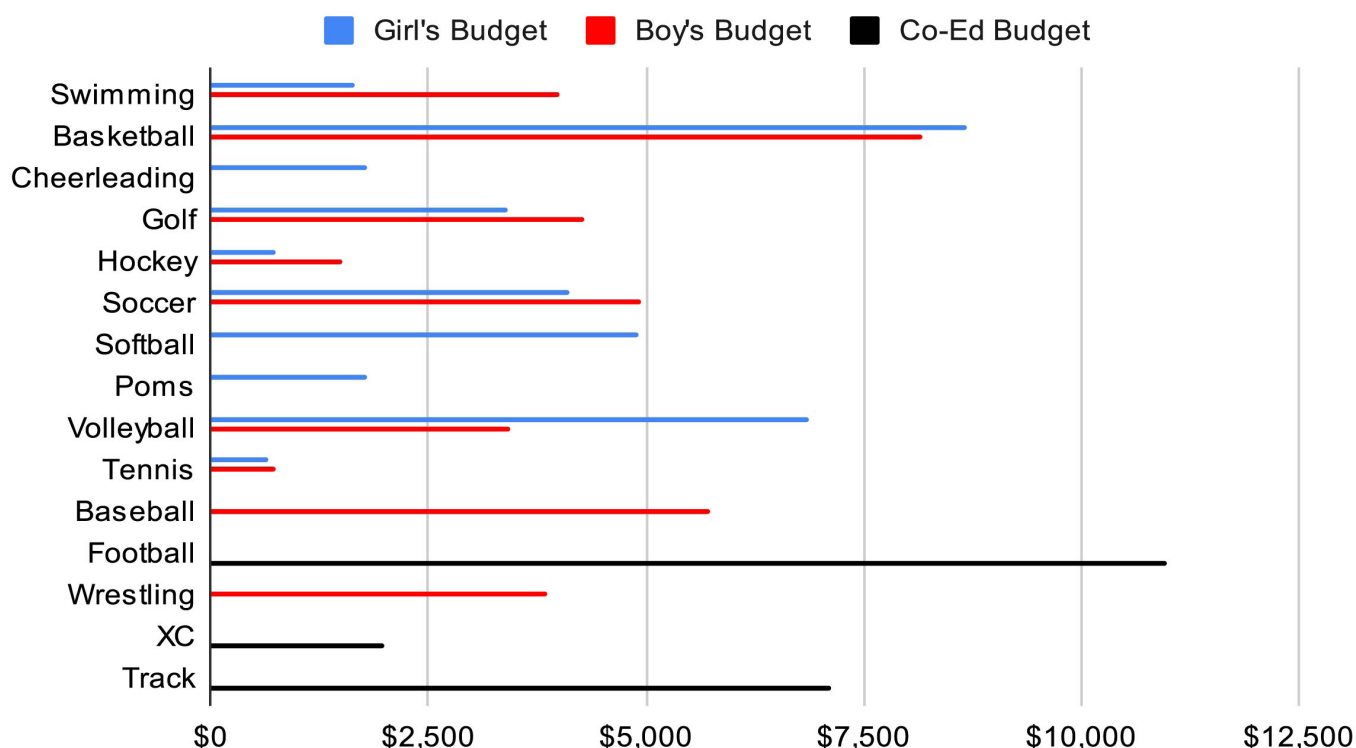
ERIN BERG · SPORTS FOOTBALL'S FUTURE IS FEMALE



Matz Senior Photo 2022

PHOTO CREDIT: ABC WORLD NEWS

2022 Athletic Budget



Data from Pewaukee Athletic Department.

THE EFFECTS OF STUDENT DEBT FORGIVENESS

EMERY BIGLER • HARD NEWS

The rising cost of attending college was brought to the forefront of the public consciousness when the Biden administration announced on August 24, 2022 it would be implementing a “forgiveness policy” targeted at people crippled with student loan debt. The goal of the relief plan is to provide some aid to working-class families struggling under the weight of these debts.

According to the White House fact sheet, “The Department of Education will provide up to \$20,000 in debt cancellation to Pell Grant recipients with loans held by the Department of Education, and up to \$10,000 in debt cancellation to non-Pell Grant recipients. Borrowers are eligible for this relief if their individual income is less than \$125,000 (\$250,000 for married couples).”

So why now? Many pre-existing student loan debts were exacerbated by the COVID-19 pandemic, prompting the Biden administration to take action. But the fact that college is becoming less and less accessible was a topic of conversation even before the pandemic.

The Department of Education estimates that the cost of attending both a private and public four-year university has nearly tripled since 1980. Pell grants, subsidies provided to students who need financial aid to earn their first bachelor’s degree, aren’t helping students as much as they used to either.

Some are saying that a one-time student loan forgiveness policy is not enough. There has been an official campaign for more affordable college since 2014, headed by

former member of the Clinton Administration Morley Winograd, and the concept has been a talking point in every major election since. Candidates like Bernie Sanders and Elizabeth Warren have supported the idea of making college completely free, covering the expense with a hefty tax on Wall Street.

This raises the question, is this policy the most effective solution? Those in opposition to the relief plan argue that this is not a good way to allocate an estimated \$500 billion or that this move will only add to rising inflation rates. In order for inflation to begin reducing, people need to start spending less money. This relief plan keeps more money in the pockets of potential spenders, therefore making inflation more likely to continue or even worsen.

REPORT
DROPPED. I DIDN'T
HAD TO RUN.

O
**UNDER
STUDEN
AB**



OVERCOMING ANXIETY: UNDERSTANDING STUDENTS' STRESS ABOUT SCHOOL SAFETY

HARD NEWS

JOSEY WIGGINS

When Junior Lilo Goodmanson enters a classroom for the first time and chooses a seat, her first thoughts are not about sitting by her friends or having a good view of the whiteboard. Instead, she hopes to find a seat facing the doorway and almost subconsciously plans out her escape in case of the unthinkable.

School safety is a topic that seems ever present in society. From the acts of violence in schools broadcasted globally to the threats made in Pewaukee as recently as December 2022, it's a fear that remains at the forefront of many students' minds.

The fear of anything happening definitely makes me nervous and brings me a big deal of anxiety," Goodmanson said. "Even going to the bathroom during the school day, even leaving a classroom."

She is far from the only student in America who feels this way. According to Pew Research Center, 57% of American students ages 13-18 have some level of worry about school shootings happening at their school.

This worry easily translates into stress and anxiety about attending school or performing day-to-day activities for many students, especially after news of violence in schools, such as the tragic shooting in Uvalde, Texas in May of 2022.

"[Students] have an increased sense of anxiety, kind of surrounding school violence and wondering, 'Is this something that could happen in my community?'" Ally Molini, school psychologist said. "They're kind of on high alert."

Working through this anxiety is an integral part of students' success and happiness in everyday life, and efforts can start in the classroom.

"I think one piece is just making sure that students have access to adults that they can process through those concerns with," Molini said. "Adults that can kind of clue them into some of the safety measures or procedures that we have here in the district to prevent violence."

In addition to these strategies, transparency of school events, such as soft lockdowns, can assist in decreasing anxiety of students.

"Even recently, they said we're going on a soft lockdown because of medical reasons," Goodmanson said. "That's so much more reassuring than just saying we're going on a soft lockdown."

While students may not always be able to control how the adults around them react or behave, they can also take some measures to help themselves and others when experiencing anxiety and stress about school safety.

“One other piece is challenging your thoughts when you’re feeling anxious about something, especially something like school violence,” Molini said. “What is the probability that that’s going to happen here, or that that’s going to happen to me? It’s important to draw that line in our brains so that we don’t kind of catastrophize the situation as though it is happening here to us.” Students can also support their peers in this manner.

While it may seem as if these practices undermine valid worries, the National Association of School Psychologists clarifies that these strategies should be used to help

students create a clear distinction between the possibility of an event happening and the probability (which is, statistically, very low). Reminding oneself of that fact when anxiety is high can establish habits that help to calm, rather than endlessly worrying.

However, student anxiety surrounding violence is still very real, and speaking with parents, teachers, or mental health professionals can help validate feelings, as well, decreasing the stress a student may feel when they do not have an outlet to voice their fears.

“I know this worry is going to continue throughout my whole life,” Goodmanson said. “People that young shouldn’t have to be worried.”

As time goes on, the support systems that students at PHS receive from the school and create for themselves will become even more valuable. Hopefully, with enough time, students will once again have the peace of mind to choose where they want to sit, not just a desk with a clear view of the door.

CLEAR BACKPACKS

KILEY CLARQUIST • OPINION

School supply shopping, a kid’s dream and a parent’s worst nightmare. According to the North State Journal, in 2022 the inflation rate of school supplies was at 9.1%. Pens, pencils, markers and notably backpacks all saw a huge price increase. If students are spending so much money on backpacks, why aren’t we allowed to carry them with us throughout the school day?

After interviewing Shelly Dohlby, the dean of students, she explained, “The reason for not allowing backpacks is really a safety issue... the immediate threat of not knowing what would be contained in the bag... Any rules or policies... are not solely based on the dean of students.”

As mentioned by Dohlby, the decision was also in collaboration with Officer Julie Buddenhagen, the PHS resource officer.

She stated, “It’s a consensus...it’s not all my decision, it’s with myself, the administration team, the safety committee, we just find that there is more that can fit into a backpack than on their person... we just want to keep all students safe.”

A suggestion was presented to both parties: what if we tried clear backpacks?

“My thoughts of a clear backpack, I am certainly open to consider it... I would certainly want to get students’ opinions on it... it’s in the balance of student safety and voice and choice of students... I like that (clear backpacks) are being brought up as an option,” Dohlby said.

Similarly, Buddenhagen said, “I think if the team were to agree to it, clear backpacks would be a great start... It would definitely be an option.”

Clear backpacks would be a great solution to an issue that has been highlighted the past few years nationwide- it still allows for safety, while giving students the convenience and reassurance of having all their belongings with them. Additionally, the average price of a clear backpack on Amazon is \$22- making it more affordable than a traditional backpack.

As our society and economy grows, we must be able to adapt to it. Safety will always be a major concern of schools, and expenses will always be a concern for families. Creating a solution to a problem that most students experience helps to maintain a positive learning environment.



A student, on the way to put their backpack in their locker.

PHOTO CREDIT: KILEY CLARQUIST

CENSORSHIP IN SCHOOL

SARAH JACOBS · OPINION

In recent years, the increasingly polarized social and political climate of our nation has led to debates on what materials are appropriate for student learning across the nation. Although curriculum transparency is necessary to bridge the gap between the classroom and its surrounding community, school districts must implement it without censoring “controversial” or “political” topics.

Making classroom materials more accessible for families has several benefits. It not only gives those at home knowledge of what their student is studying in school, but also allows them the opportunity to further their child’s learning outside of the classroom.

“As a parent you want to know what your kids are experiencing,” David Zindler said. “A big focus that we have is trying to emphasize choice...we want to promote transparency.”

However, some districts in primarily conservative communities, are using “curriculum transparency” as a guise to censor materials covering subjects such as diversity, equity, race, ethnicity, gender, sexuality, and discrimination. While some families may not want their child exposed to such topics, this is not a decision that should be made for all children.

The recent national examination of public schools and their curriculum has naturally piqued the curiosity of community members here in Pewaukee as well. According to Chief Academic Officer Danielle Bosanec, our education system is inherently nuanced, further complicating the transparency debate.

“It is complex, curriculum is complex, teaching and learning is complex, and so you can’t just easily find what it should look like,” Bosanec said. “And because public education tries to reflect the values of their community as well, it looks different from one school site to another.”

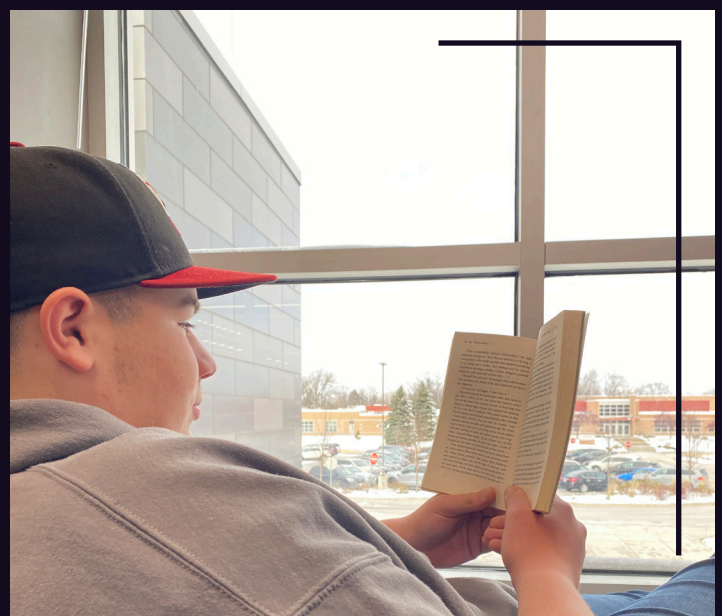
That being said, as David Zindler, a PSD learning coach and former English teacher, explains, Pewaukee is successfully doing the necessary work of not only remaining straightforward with the public, but also keeping students’ inherent individuality at the center of their learning experience.

“As society evolves, school systems need to evolve as well,” Zindler said.

“Public schools demand more choice, and we want to make sure we provide that choice... the last thing we’re trying to do is hide anything from anybody.”

Ultimately, although information can be found on the PSD’s website, the district encourages parents to simply take the time to talk with their child about what they are learning in the classroom--an aspect that makes this initiative so effective.

“It’s really about communication, it’s about transparency, and...honoring the rights of everybody,” Zindler said.



Ty Dorton reads “Brave New World,” a common banned text in schools.

PHOTO CREDIT: KILEY CLARQUIST

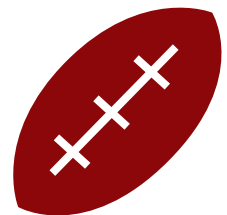


OPINION

*Pirates make a winning play in the 2022 season.
Photo Credit: Theresa Opie*

EATING DISORDERS IN ATHLETICS

NATALIE
THOUSAND



Healthy exercise is crucial for athletes, especially when performing at a high school level. However, if student athletes overwork themselves, there can be extensive risks to their bodies.

While the majority of high school sports require dedication and practice time, football and wrestling are among the most excruciating sports for those involved.

Athletes in both sports need to constantly consume food in order to maintain a healthy body weight and muscle mass. Coaches and teammates often advise against intaking large quantities of food to keep players performing at the same levels. This unhealthy relationship with food intake can lead to eating disorders.

Anorexia athletica is a common eating disorder where individuals, especially student athletes, over exercise themselves, resulting in malnourishment, intense injuries, or possibly

death. Those who suffer from anorexia athletica may feel as if they have little control over their lives, but what they can control is exercising and dieting.

Eating disorders can take a toll on athletes' performances. Wrestlers, for example, are involved in a sport where calorie restriction and vigorous workouts are a normal, day-to-day activity. Thus, it is very common for athletes to adapt their eating habits to meet the needs of the guidelines set in place for their sport.

Bulimia is another eating disorder commonly found amongst athletes. Those suffering from bulimia often vomit after consuming food to avoid weight gain. In addition to cutting or bulking, wrestlers may find themselves feeling pressured to self-induce vomiting.

Rhianna Roskopf, a licensed Pewaukee Athletic Trainer states, "Since we tend to see more

unsafe weight loss and nutritional habits in wrestling, the WIAA implemented the "Wrestling Minimum Weight Program". This program requires all wrestling athletes to be tested for proper hydration and have skinfold & weight measurements taken at the start of the season. The data collected is imputed into a scientific equation which then determines their individual percent body fat and the minimum weight class they are allowed to compete in." Thus, there is a way to overcome eating challenges, despite the immense dieting the sport takes.

Though sports are great for physical health, it's clear that there needs to be regulations put in place to help athletes avoid unhealthy eating and exercise habits. It is vital for athletes to find a healthy balance and for outside pressure from coaches and teammates to be taken off of them.

MAKENNA CHAPMAN

PSA: ROOFIES

1 IN 13 college students have been involved in a drug incident

WHAT IS GHB?

- Central nervous system depressant
- Clear and odorless liquid
- Other names include liquid ecstasy, G, or soap
- Victim may feel intoxicated, energetic, happy, talkative, affectionate/playful, worsened judgement, more sexual feelings
- Side effects include headache, drowsiness, dizziness, and vomiting, difficulty breathing, memory loss, inability to move, and loss of consciousness (when combined with alcohol or other drugs)
- GHB has been involved in overdoses, date rapes, and death.
- Doesn't stay in a victim's system for long
- Not easily found with drug test

FLUNITRAZEPAM (ROHYPNOL)

- Central nervous system depressant
- Similar to diazepam (Valium) - seizure medication - 10 times stronger
- Commonly called a roofie
- Tasteless, odorless tablet crushed and dissolved into liquid
- Used in date rapes
- Can be in the victim's drink without being noticed
- Effects can continue for 8-12 hours
- When mixed with alcohol, victim could be unconscious
- Memory loss (amnesia) - victim won't remember anything while under influence of drug
- May lead to death if mixed with alcohol or other depressant drugs

MYTH: you have to be drinking alcohol to be at risk

FACT: any beverage or open container puts you at risk



*It's okay to go out and have fun but you always have to be careful. Not just for yourself, but **you need to look out for other people.** In a world where you can't trust everybody, **be someone other people can trust.***

- Addyson Chapman

SAFETY TIPS

- Keep drink close and watch it
- If you really need to leave, ask someone trustworthy to cover your drink
- Don't share drinks
- Don't take drinks from others
- Get your drink yourself
- Stop drinking it if it tastes weird
- Even people you know could do it
- Watch your friends' drinks
- Get to a safe place
- Talk to someone trustworthy
- If you feel unwell or have been assaulted go to police or hospital
- Ask for drug test
- Report to police

LETTER FROM THE EDITOR

EMERY BIGLER



Now, more than ever, it is essential to be informed. Our job as student journalists is to present our peers with the stories that both matter to them and represent them and I believe we have done just that. This year, I am proud to announce that through a process of rebranding and reenvisioning, PHS Productions is back better than ever. The Hook publication is completely written, edited, and designed by student journalists. Our work highlights student achievement as well as broader issues that matter beyond the walls of the school. The Anchor is

our newly updated podcast, featuring a new set and new hosts. Our online publication aims to allow our work to reach wider audiences as well as give budding student journalists a platform and exposure. We have also undertaken the creation of the yearbook this year, working on a different form of journalism. With all of these projects, our mission is to get students interested in the world around them and to give them a forum to spread awareness and enact change. Thank you for your continued support, we hope you enjoy our output and appreciate the work that has gone into it.

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Follow @PHSPRODUCTIONS on Instagram for all Hook, Pirateer and Anchor updates.

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