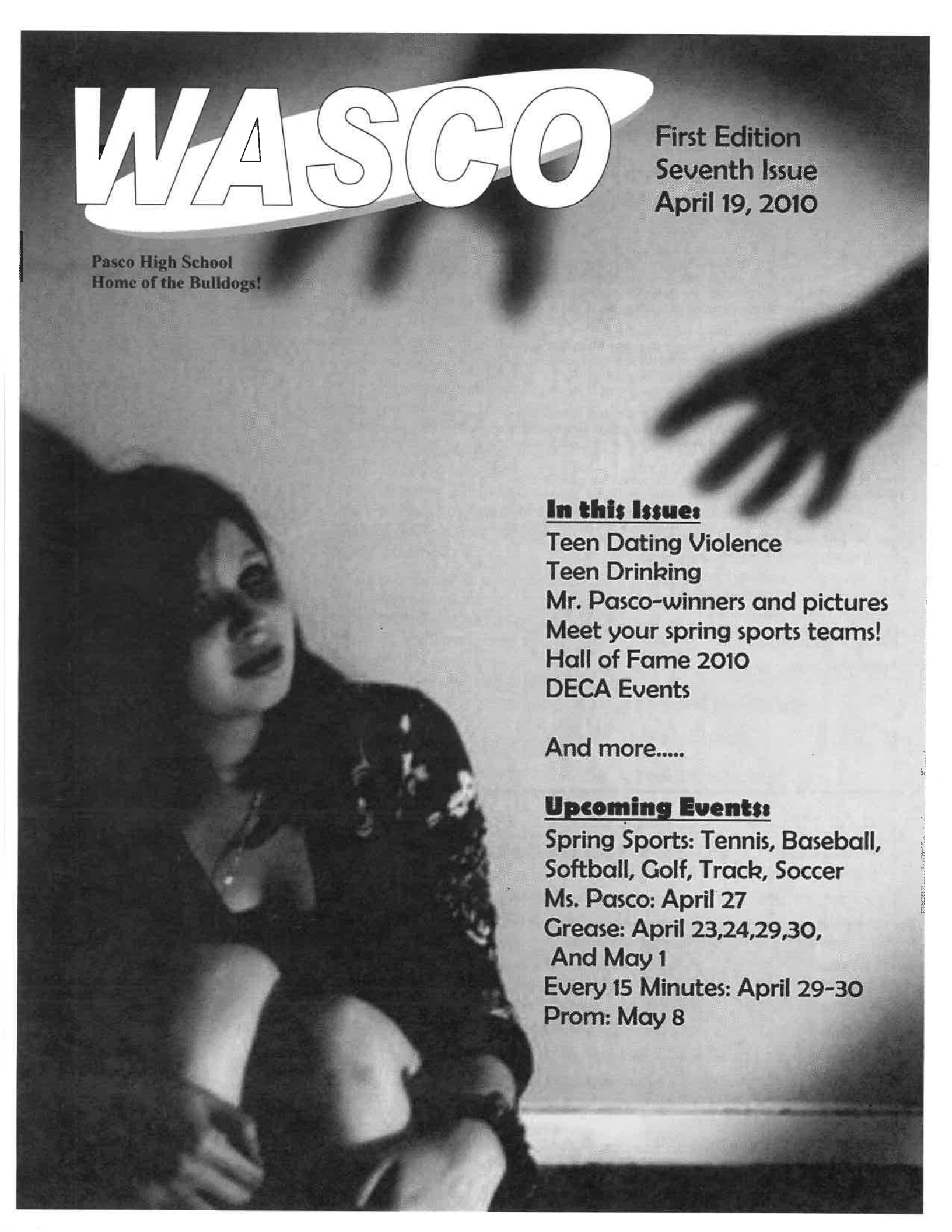


WASCO



First Edition
Seventh Issue
April 19, 2010

Pasco High School
Home of the Bulldogs!

In this Issue:

Teen Dating Violence
Teen Drinking
Mr. Pasco-winners and pictures
Meet your spring sports teams!
Hall of Fame 2010
DECA Events

And more.....

Upcoming Events:

Spring Sports: Tennis, Baseball,
Softball, Golf, Track, Soccer
Ms. Pasco: April 27
Grease: April 23,24,29,30,
And May 1
Every 15 Minutes: April 29-30
Prom: May 8

GARGLE THIS....

PERSONAL HYGIENE: IT'S IMPORTANT!!

Personal Hygiene: What does that mean? It means brush your teeth! Brush your hair!

Wash your face! It grosses me out when teenagers, even some adults, don't even bother to take two minutes out of their day to just clean up a little.

UGH! No one wants to smell what you had for dinner last night. Brush your teeth twice a day. People always forget to floss too, like it's not important but you definitely don't want all that disgusting plague in between your teeth.

Washing your face makes gets rid of that dirt and oil that collects all day long and causes you to eventually get acne! Acne can come from other ways but you won't have so much if you wash off all that make-up before you go to bed!

Your hair is also very important. Don't walk around with a rats nest on your head. Brush it! Although it does seem to be the style right now...sort of. And would it hurt to actually put some shampoo in while showering? Hair gets greasy people..it needs soap! Brushing your hair won't give you spilt ends and makes your hair healthier. Greasy hair is gross as plus, it just looks nicer to be tidy on top.

And lastly, shower!! Especially if you play sports. It's quick and painless, I promise.

Girl, don't be nasty! Grab your tooth brush, turn on the water, brush your teeth and WASH YOUR FACE!

Take pride in the way you look!

Don't be Pig-Pen!!



Tips for personal hygiene::

1. Brush your teeth a minimum of two times a day for dental health and for fresh breath.
2. For the ladies: Wash your face before you go to bed, and take off your make up.
3. For the guys: Shower daily, and shower after sport activities or when you sweat a lot.
4. For the ladies: Don't wear so much make-up if you don't want acne.
5. Wash your face twice a day! When you wake up, and before you go to bed.
6. WASH YOUR HANDS!!

PICK-UP LINES FOR EVERYONE BY MCKENZI CHRISTENSEN

For the Math Nerd... I wish I were sine squared and you were cosine squared, because together we could be one.

For the Hopeless Romantic... You must be a magician, because every time I look at you, everyone else disappears.

For the Creeper... You want me. I can smell it.

For the Sweetheart... Did the sun come up or did you just smile at me?

For the Cutie-Pie... Lets make like fabric softener and Snuggle!

For the Wardrobe Retarded... If you were a wedgie, I'd pick you!

For the Caffeine Junkie... You're like a cappuccino: hot, sweet, and you make me nervous.

For the Shakespearian.... Good evening. May a thorn sit down amongst the roses?

For the Pathological Liar... I have only three months to live.

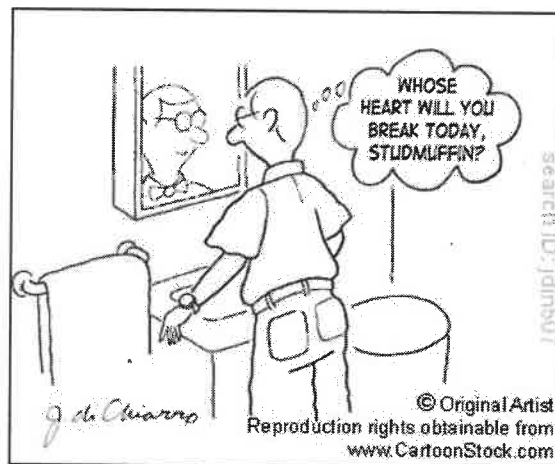
For the Athlete... I've gotta thirst, baby, and you smell like my Gatorade.

For the Jerk... You might not be the best looking girl here, but beauty is only a light switch away.

For the Chemist... You're hotter than a Bunsen burner set to full power!

For the Tri-Tech Fire Cadets... Stop, Drop, and Roll baby 'cause you're on fire!

For the Hunter.... Your daddy must be a hunter because he sure caught a fox.



Mr. Pasco

By Kiersten Merrill



Mr. Pasco Saul Martinez



Junior Mr. Pasco Mark Thaokhamlue



Winners of Mr. Pasco

- Mr. Pasco— Saul Martinez
- Junior Mr. Pasco— Mark Thaokhamlue
- Most Talented— Manuel Ochoa

For all you who missed Mr. Pasco this year, you may have missed the best one yet.

On February 18, 2010, nine true Pasco Bulldogs came out to win the coveted crown of Mr. Pasco. The night started off with a bang as the senior leadership girls danced to a medley of top hits, with songs like "You're a Jerk," "If I Were a Boy," and "Soldier Boy," getting the crowd ready to be more fully entertained by the boys.

The contestants came out on stage and were introduced one by one, then dismissed to get ready for the hot and steamy swimsuit portion of the competition. The men strutted their stuff, flexed their muscles, and shook their booties at the judges.

Next, each young man took the stage to perform their talent. Noelle Gutierrez was one talent that stood out, performing his own rendition of Lady Gaga's hit music video, "Bad Romance." Dressed in a black leotard with blond wig and true Lady Gaga style sun glasses, he worked the crowd with his imitation of Lady Gaga.

The Mr. Pasco winner Saul Martinez sang a song he wrote about a prayer to help him win Mr. Pasco, and his burritos. Most talented winner Manuel Ochoa danced the salsa with a blow up doll, then ended his act with the infamous Napoleon Dynamite dance, securing him as the definite most talented. A surprise contestant was



Noel Gutierrez imitating Lady Gaga

our very own foreign exchange student from Thailand, Mark Thaokhamlue. He performed "So Close," with his very own rap in the middle of the song, firing up the crowd with his amazing vocal talent.

While the boys were changing into their sexy tuxes provided by Mr. Tux, the winning band from Battle of the Bands, **Running Nowhere to Mount Bush**, performed two songs. Next, each individual Mr. Pasco hopeful modeled their tuxes and answered a question, testing their ability to think on the spot.

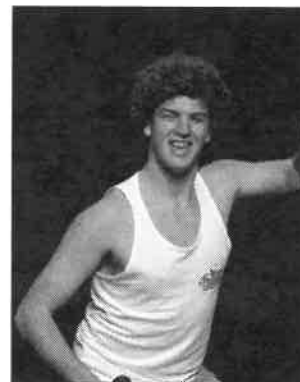
Finally, the judges announced the winners:

Mr. Pasco: Saul Martinez.

Junior Mr. Pasco:

Mark Thaokhamlue,

Most Talented :Manuel Ochoa



Brian Nolan working out

Most Talented Manuel Ochoa

Mr. Pasco



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Sports

Softball

"First year we've done okay even though we've had different coaches. Overall our team is having fun and we're getting along. A player that really sticks out as a team leader and is also our captain is Kayleigh Winston."

-Jamaika Walker 11th



Fast Track Invite

Pasco girls vs. Kamiakin



Davis Invitational



Track

"The Men's track squad is 5-1, with strong showings by Marques Avery in the 100M and 200M sprints as the league leader. Marrisa Vandermaile continues to break records at the meets where she competes in the 2 mile, recently the Davis Invite 2 Mile meet record. She is the state leader and has broken the Pasco High School 2 Mile record with a time of 11:00.28. We are now getting ready for the Pasco Invite where we will surely have some great races and a chance to improve on the season times."

-Mr. Hoover

Photos by Paul T. Erickson and Kai-Huei Yau of the Tri-City Herald

Congratulations to the **HALL OF FAME** 2010 Inductees!

Zona Smith Lenhart-Class of 1971

Jean (Bishop) Ryckman-Class of 1987

Albert Torres-Class of 1987

Robyn Fisher-Class of 1986

William "Ike" Eickmeyer-Class of 1957

Gary D. Robbins-Class of 1967



Lenhart



Ryckman



Torres



Fisher



Eickmeyer



Robbins

Noel Gutierrez

How does Pasco High choose the people that are inducted into the Hall of fame?

"We choose the people to attend the Hall of Fame night by looking over their applications and reading about how they really give back to their community and how special they were to their community."

What is your general comment about the event?

"Personally I think it went rather well. We had people talk about their experiences, and they had messages to put out there for people to relate on. Over all the night was a night to remember."



Pictures from Tri-City Herald



2171 Van Giesen St. Richland, WA 99341-6058

Who is Mr. Clemmens?

Most of you recognize this man from English, but what do you really know about him?

Kiersten and McKenzi decided to dig into this question a little further...



1. **What is your favorite song and why?**

Classical Gas. It's the only song I can play on the guitar.

2. **What was your nickname as a child? Was there any significance to it?**

White Flight. I could jump pretty well for a white kid.

3. **What did you want to be while growing up?**

A scientist, but that's because I thought science was throwing bugs in a spider's web and watching them get eaten.

4. **What would your dream date be?**

Any woman who can kill and skin her own deer. If she eats the heart raw...that's just a bonus.

5. **Who is your celebrity crush?**

Angelina Jolie (pre-child)



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THE FEW. THE PROUD.

Temple Alexander B.
Sergeant
U.S. Marine Corps
Career Counselor

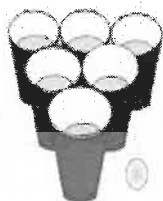
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Teen drinking

By Wasco Reporter Emma Cortez



Facts:

- The average youth first try alcohol at the age 11 for boys & 13 for girls .
- By age 14, 41% of teen have had at least one drink
- Teens who drink at the age of 15 are 5 times likely to develop alcohol dependence than those who begin at 21
- About 60% of high school seniors drink on a weekly basis
- Teens that abuse alcohol are more likely to commit suicide



There is nothing worse than drinking at a young age. Many teens start drinking at a young age but some don't know the consequences or dangers of alcohol. Many parents have no clue why their teens start drinking in the first place .

Alcohol causes depression , alters a person's perception , emotions , movement , vision and hearing. Alcohol slowly makes a person feel relaxed or less anxious , but more amounts of alcohol causes damage to the brain resulting in high intoxication. This can lead to alcohol poisoning . Alcohol poisoning is when the body has consumed large amounts of alcohol. Signs of alcohol poisoning are:

- Confusion, stupor
- Vomiting
- Seizures
- Slow breathing (less than eight breaths a minute)
- Irregular breathing
- Blue-tinged skin or pale skin

- Low body temperature (hypothermia)

- Unconsciousness ("passing out")

We all wonder why teens start drinking but sometimes we never bother to ask , or when we do ask, teens don't trust us enough to say why they do it. Experts say teens drink because of curiosity , to feel good, reduce stress or relax and to feel older .

In my opinion, I don't agree with most of those reasons. I agree with the reason of teens drinking to relive stress or to relax because as a teen we have no clue what to do when there's too much on your shoulders. However, I don't think it's the right way to go. There are other ways you can relieve stress such as going to counseling , talking to some one you trust, or by other methods.

In simpler words, drinking isn't the way to go because you're smarter and healthier without it.

Information found at :
www.kidshealth.org

If you are a minor under the age of 21, the DUI Laws and DUI Penalties are even stricter for you. This is due in part to being under the age limit for publicly possessing or buying alcohol set by the National Minimum Drinking Age Act of 1984.

This is also because of "Zero Tolerance" laws in many states across America. "Zero Tolerance" laws are laws enacted to ensure that any driver under the age of 21 with a BAC (blood alcohol concentration) level over 0.00 will be found guilty of impaired driving and face serious dui penalties. This is what is meant by "zero tolerance." No level of alcohol in the blood will be tolerated in minors under age 21. These laws are designed to inflict more severe DUI penalties and consequences on minors with any alcohol in their systems.

Here are some truly frightening statistics. One out of every 10 children between the ages 12 and 13 drinks alcohol at least once a month. 522 children under the age of 14 were arrested for Driving While Intoxicated in a single year. 113 of these children were under 10 years old.

Motor vehicle crashes remain the number one cause of death among youth ages 15-20. There were 7,460 youth motor vehicle deaths in 2005. (This includes both drivers and passengers.)National Highway Traffic Safety Administration

During the last 30 days, 28.5% of high school students nationwide had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol.
2005 CDC Youth Risk Behavior Surveillance

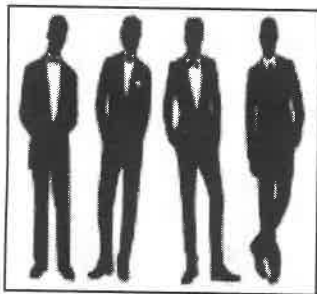
Beer is the most common type of alcoholic beverage involved in both DUI arrests and fatal crashes, according to the National Highway Traffic Safety Administration (NHTSA). It is also the drink of choice in most cases of binge drinking and underage drinking.

Pretty for Prom...

Chelsey Loera

Tips For Girls

- Remember if you want your eyes to stand out, go light on the lips or vice versa.
- Confirm hair, nail and dress appointments 2 weeks before just to make sure things are going as planned.
- Don't go all out. Simple can be beautiful. Too much is too ugly.
- Being healthy also helps. Get your beauty sleep and eat a nice meal. Even though you'll be eating later, something in your system always helps the energy you need for later.



PROM TIPS FOR GUYS

Okay first off, I know most guys aren't as excited for prom as girls, but you are nervous. Especially if it's a girl you really like and you want to go with. Don't be afraid to ask. If you don't, you might regret it.

You guys have to save up

money. Tux rentals, transportation, dinner, prom tickets, flowers, and other necessities can add up pretty quickly.

Another thing you need to remember is to make the night memorable, compliment her, girls love it even if

STUNTIN' AIN'T EASY

PROM! It's suppose to be one of the most memorable moments of a teens life. Girls freaking out looking for the perfect dress, fighting over dresses, putting on too much make-up.

Mainly, we need to remember that the more relaxed we are the smoother things will go. If something doesn't go as planned, don't get too freaked out, compromise.

One of the things we girls worry about is getting our dress to fit just right and not to have the same dress as another. In a small city, it's always a possibility and nerve wracking to know that some girl at school could have the exact dress as you, but if you accessorize perfectly, the dress may just stand out with you in it, setting it apart from the other.

Lets talk hair and make up. The dress and its style are very important. If it's a short dress, it's best to go with your hair down. Having it up will show a lot of skin and well it's prom, you want to look beautiful, not easy.

Also, you want to remember it's the opposite with a long dress. If the dress is long the hair is up. You don't want to cover yourself completely up. Beauty isn't from only the face.

Showing your neck is elegant, especially if you have a great necklace as an accessory. Keep that in mind.

Make up! Please don't put so much on. You don't want to scare your date off. Smokey eyes are the usual style for a special event but not too heavy.

Last but not least. Get your beauty sleep, and eat a small meal during the day of prom. Your going to need all the energy for the big night. Remember that you are beautiful and just enjoy yourself. Prom is suppose to be fun and memorable and a not competition.



Kiersten and McKenzi are dolled up with "nighttime" prom make-up by Kutoure Salon and Spa and dresses from David's Bridal.

Our Experience with Kutoure Salon and Spa

McKenzi: "I had a blast getting made over at Kutoure Salon! Everybody there was fantastic and extremely nice."

Kiersten: "The salon is one of the hippest places I've ever been. I got tons of feedback on my new look, and I had tons of fun!"

they won't admit it. Just keep her smiling throughout the night and safely get her home.



A "very serious" interview with senior Donald Davidson....

BY JESSICA LEPE

Why does a round pizza come in a square box?

I'm pretty sure most pizza boxes are square... next question please.

Would you rather Chug 5 gallons of ketchup, or make out with a monkey for 5 minutes straight?

Definitely the monkey! I love monkeys they are all fuzzy and stuff.

Have you ever had an imaginary friend?

Um, not to my recollection.

If you were a worm, how long would you be?

Five foot eight and a half inches, duh.

What would you want to be written on your tombstone?

I AM A B.A.M.F. :)

When you looked in the mirror first thing this morning, what was the first thing you thought?

Dude what did my cat do with my hair??? (He sleeps on my pillow)

What do you label yourself as?

Haha no comment for the school news paper...

If you had to choose between a million dollars and being able to fly, which would you choose?

Definitely fly... that would be awesome to be leavin you buddies and just pchewww!

What's the longest you've gone without taking a bath?

Probably like a month or so. I love playing in the dirt.

If anyone in the room could be your slave for a day, who would it be and what would they have to do?

Jordan LeMieux AND Troy Williams and I would have them duke it out for the right and or privilege to lick my toes.



March for Respect

By: Guest Reporter s Yessica & Marisol Diaz

On Saturday, March 27 in Richland at the John Dam Plaza the "March for Respect" took place.. The "March for Respect" was an event we attended where a large amount of schools and others within the community walked to promote respect for individuals with disabilities. Our reason for being involved was we wanted to support our sister with a disability. We feel strongly about the way people with disabilities are treated in our community. There should be equal treatment for people with disabilities who do not have a voice of their own and are in need of constant care in order to live out their lives. There needs to be support and understanding for all members of our community.



Have you bought your yearbook yet?? Only \$65!!!

Citizenship Awards

I went to the Citizenship awards ceremony last night. Though I did not nominate a student, it was truly an inspiring event to take part in the celebration of undying resolve to succeed. I was reminded of the real reason I chose to be a teacher. It was a visual, graphic reminder that the students who really get us up in the morning are not necessarily the "A" students. In fact, most often they are the students we celebrated last night. These are the kids that are succeeding in spite of overwhelming odds, distractions, outside negative influences and, while they may not have top grades, they put forth effort that is far beyond anything they, their families or their teachers have any reason to expect. If that is not inspiring, then nothing is.

As I sat and watched the students, their nominators and their families stand and be recognized, I was once again reminded of the definition of Bulldog Spirit, Pasco Pride and what Dwight D. Eisenhower meant when he said, "What counts is not necessarily the size of the (bull)dog in a fight-it's the size of fight in the (bull)dog."

I am proud to be a purple-blooded Bulldog from Pasco High.

Thank you, especially you students who were honored last night, You earned that.

Sammi Muecke

To all PHS staff:

I rarely if ever send all staff emails. However, I attended a ceremony last night that inspired me to write this email. Last night the ATP team put on a Citizenship Awards ceremony recognizing the achievements of 50 incredible students. If you were there you heard amazing student stories that should be retold many times to the entire student body. If you were unable to attend, I strongly suggest trying to be there for next year's ceremony. One way to improve next year's ceremony is for all teachers to make a concerted effort to nominate at least 1 student for an award. We all know of that student who is doing great things, making smart decisions, and making a difference in their lives as well as others. Next year, when you are asked to nominate a student for the Citizenship Awards, don't let the chance to nominate a student pass you by. I send out congratulations to every student that was nominated and a big thank to all persons involved in letting me see, hear, and be reminded how great Pasco High School is. We are all proud to be Bulldogs.

Andrew Callaway

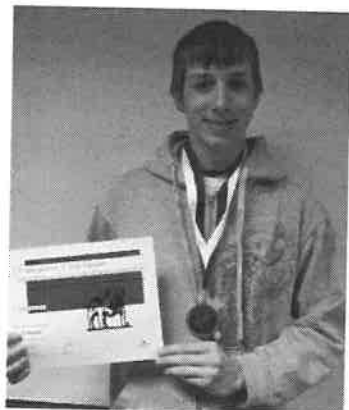
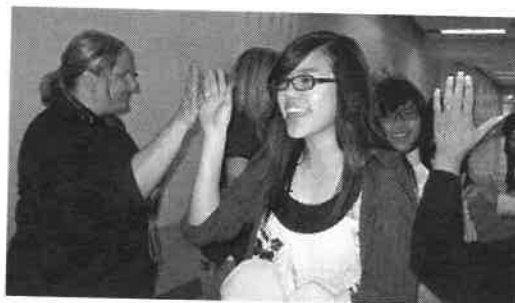


"The Citizenship Award Ceremony was a memorable and moving event. Teachers, administrators, and parents joined together to recognize and honor students who consistently try to do the right thing. The pride on the faces of the parents and students reminded me why I love my job. It made me proud to be a member of the Bulldog community."

Kathleen Barton

I agree. It was awesome to see so many parents so excited for their kiddos. The enthusiasm even spilled out into the parking lot. As I was leaving, I heard and saw tons of parents still talking together about how great the event was. Great job to all those who put this thing together!

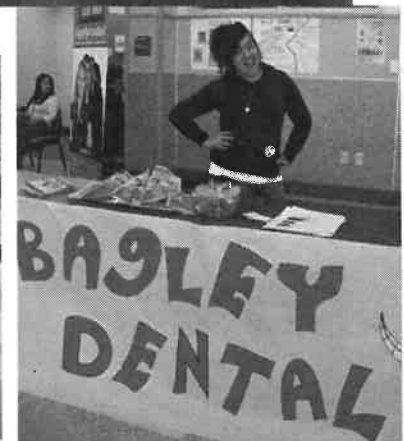
Shannon Stover



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DECA State Competition

This March, Pasco High School's DECA Chapter sent over 20 of their members to Bellevue, Washington for the State Career Development Conference. There, members got the opportunity to compete against the best of Washington DECA. Pasco High seniors Erika Martinez, Anita Rodriguez, and Courtney Dodge took second place in the Chapter Awards Program. These members along with Ruby Soto, and Samantha Vergara who qualified by winning gold for the School Based Enterprise, will be traveling to Kentucky to compete at the International Career Development Conference this coming April. Also joining the trip is Miguel Rodriguez who was selected to attend the Chapter Management Academy.

DECA members receive \$1,650 from State Farm Insurance

Students from Pasco and Chiawana DECA Chapters will be teaming up to teach their peers about the dangers of texting while driving. Our school is among 20 schools earning "Shift Into Safety" grants from State Farm®. The students created the "Don't Drive InTEXTicated" campaign will educate teens about the risks of using a cell phone and texting while driving. DECA members received a check for \$1,650 from State Farm to implement their campaign ideas. Starting in April, several activities will be planned including guest speaker, Reggie Shaw, who shared his own personal tragedy that happened while texting and driving. Stay tuned for more information.





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Speaker
Reggie
Shaw



Our CAP winners!! Courtney, Anita, and Erika



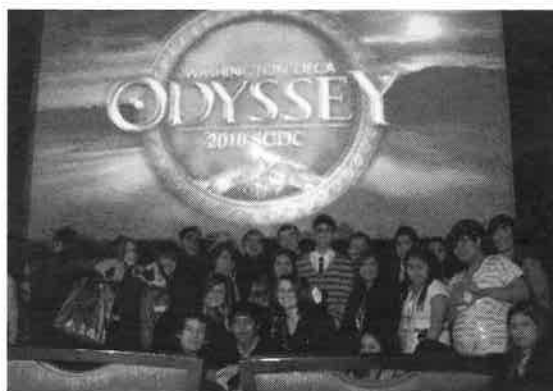
Students pose on deck of the cruise ship Friday night



Up on stage getting 2nd place



Waiting and waiting for the very late bus.....



DECA is recycling!!

DECA is participating in an Earth Month contest hosted by Basin Recycling.

Help us win by bringing in your empty and clean aluminum cans!

Drop them off with Mrs. Jones, Mrs. Schneider, or Mr. Callaway!

Contest ends April 23!

DECA gets \$.10 OVER the going rate for each pound collected!

DECA STATE

Invisible Attacks

TEEN DATING VIOLENCE
BY: JESSICA LEPE

Dating violence isn't an argument that happens every once in a while or a bad mood after a terrible day. Teen dating violence is an abusive and violent behavior. An abusive relationship can cause injuries and even death but it isn't always physical. Abuse can also be verbal or emotional.

Teens in all ethnic groups, socioeconomic groups, and geographic regions experience dating violence. You may think that only female teens are the victims but both male and female teens experience dating violence- but the guys inflict more serious physical injuries.

Young women, ages 15 to 24 years, experience the highest rate of relationship violence.

The people that are most at risk are the girls because they are more likely to be punched and sexually violated. Guys are more likely to get pinched, slapped, or kicked by their dating partner.

Many victims are threatened, criticized, and humiliated by their dating partner which make the victim feel stupid, incapable or lazy. This is how the abuser gains control over their victim. They bash the victims self esteem to

low levels so that they can gain control over their partner.

General victims respond to dating violence in the same way. Girls are more likely to be upset, to cry, and to fight back. Boys tend to laugh at the dating violence, and they take it less seriously than girls so most of the time they ignore it.

According to counselor Andre Wren, about 10% of the teens here at Pasco High are in a violent relationship. Some of the victims except it. Some think it's their fault, and some think it will be the last time. He also states that teens keep dating violence a secret because there are threats from the abuser.

Teens stay in a violent relationships because, they think that they are truly in love with their abuser and that the abuser loves them back and "did not mean it". The victim may think they deserve it, that it is suppose to happen to them because they have seen some of their family members being abused, or they have low self-esteem and do not have

the courage so simply leave.

- 1 in 5 high school girls is physically or sexually hurt by a dating partner.
- 1 in 3 teens experience some kind of abuse in their romantic relationships.
- Only 33% of teens who have been in or known about an abusive dating relationship report having told anyone about it.
- Teen girls face relationship violence 3 times more than adult women.
- 25% of victims say they have been isolated from family and friends.
- Cell phones calls and texting mean constant control: 1 in 3 teens say they are text messaged 10,20,30 times an hour by a partner keeping tabs on them.

(labmf.org/facts/statistics)

If you are in a abusive relationship or know some that is and need help, contact your counselor, teacher, parent, even the police. There is help available.

www.dvservices.org



Signals of abusive dating behavior

- ☞ Acts jealous when you talk to others, even friends
- ☞ Criticizes what you do, what you wear, and your friends
- ☞ Pressures you to drink more alcohol than you want
- ☞ Does not listen to what you want to do
- ☞ Controls your body in small ways
- ☞ Threatens to physically hurt you or someone you care about
- ☞ Hurts you and feels sorry afterwards
- ☞ Always needs to know who you will be with and where you are
- ☞ Becomes violent or angry easily
- ☞ Calls you names such as fat, ugly, stupid
- ☞ Degrades your gender with jokes
- ☞ Shows interest in others to upset you



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Spring

By: Emma Cortez

Tennis

"GREAT! Tennis is going very well. We had a victory over Chiawana two weeks ago. Our team is really coming together"

A student that really stands out is Steven Ponce. He's really good even though it's his first year playing. He's greatly improved."

-Mr. Johnson



Baseball

"Our team is doing pretty good but we can improve and do better. A teammate that sticks out to me is Seth Lockridge, he's a team leader and always performs at his best.

He's amazingly good!"

-Luis Murrillo 9th



Pasco vs. Chiawana

Golf

"The season started out rough but it improved greatly. We started out not competing during the season but now we are competing. 11/12 of my players never golfed before. A couple students that stood out are Mahaley Sapp 12th grader, Courtney Dodge 12th grader, Rachel Dodge 10th, Sierra Linky 9th grader, they all have never played but all show desire and improvement. It's a very awesome experience this year with the new team and I'm very proud. Every year it's a challenge to recruit golfers, girls especially. So next year be sure to come out and try something new."

-Mr. Martinez