

## National Honor Society inductions



Courtney Warta

Features & Photography Editor

On Thursday April 22, a congregation composed of Camas High School staff, students, and family members joined to celebrate the 70th Induction Ceremony. This year's Induction ushered in 68 new members, all of which proved to be highly-qualified and assiduous candidates. Upon entering Camas' North Commons spectators were welcomed by beautiful music courtesy of Rachel Joe and Isabel Lee. Inductees sat in their assigned seats and waited for the ceremony to commence.

Officers Max Urbanek, Corinne Bintz and Andrew Henson presented speeches regarding the importance of NHS and the character it builds. This was followed up by advice from NHS advisor, Mrs. Dignan, Principal Mr. Marshal, as well as last year's NHS advisor, Mrs. Tweed. All of the speeches

were equally insightful and encouraging while still humorous and witty. After the speeches were done the new members rose to recite the National Honor Society pledge. Next was the candle lighting. Inductees were called up one by one to receive handshakes from the super attendant, principal, and both present and past NHS ad-

tion is built upon merits of scholarship, leadership, character and service. Present NHS advisor, Mrs. Dignan, commented "The best part [of the ceremony] is watching the sincerity of the new inductees as they complete the pledge to uphold the NHS pillars..." The future undoubtedly looks bright for these capable individuals. Comraderies be-



Photo credit: Rachel Wildeson

sors. Then they ignited the candle. Soon the room was illuminated by 68 glowing candles (maybe a few less because a few people had a difficult time keeping the candle lit). It was official the students were all new members of NHS. Finally proud family and friends snapped proudly snapped photos and socialize with other members. National Honor Society's founda-

tween all of the students will make the club even stronger, one of the benefits of keeping NHS to a small and select group of individuals. Together they will collaborate with aims to improve the club. However, National Honor Society not only aims to make contributions and improvements to the club and the school but on a broader scale of the community as well. The club strives for success in not just one area but in multiple which is what makes it so prestigious and impactful to those who join.

## ASB ELECTIONS



Tiara Naidu

Staff Writer

The sweet scent of democracy is in the air. This year's Camas High School leadership elections are back. Those who are running have to have many good qualities. As said by Camas Leadership, these qualities include being dynamic, cool, hardworking, accomplished, and talented and also believing in service to the community.

The nominees for 12th grade include Kris Ahn and Satya Hariharan, for vice president is Katelyn Maier. The secretary will be Maddie Hutton. And lastly, for Sgt. at Arms is Ben Teames. Those who are elected help run the school, and make Camas High School the

fun, creative, and impressive school that it is. Furthermore, the nominees for 11th grade president are Emma Jones, and JT Tumanuvao. The person running for vice president is Nkem Aduka, the eleventh grade secretary will be Christine Lee, and the 11th grade treasurer will be Brienne Pfeifer. The 10th grade president will be Perri Belzer, the vice president will be JD Fuller, and the nominees for secretary are Brooke Roy and Brian Wang. The Sgt. at Arms nominees include Lily Haddan and Grant Jones, lastly, the nominees for treasurer are Jenna Welinski and Connor Shira. The many different positions that are filled all have something else they help with at the school. What these candidates all have in common is their dedication to Camas High School and

their love for the community. Camas High School will not have the amazing proms, homecomings, assemblies, and activities that take place at CHS. Without the upcoming elections, there would not be the spirit days that take place in. Those who are elected this year are dedicated to keep Camas High School the best and most fun place it can be. Not only is it in the nominees duties to bring joy to the CHS student body, but they participate in fundraisers to either help the school, or fundraisers that support others in the community. The nominees for next year's ASB are dynamic, cool, hardworking, accomplished, talented and also believing in service to the community, and because of this the 2015-2016 school year for CHS will be one to remember.



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# The unspoken thoughts in music



**Michaela Lenard**  
Staff Writer

Every day insults are being made on the generation's preferred style of music. Many people are saying that it takes no talent to make and should be known as an embarrassment instead of something that is praised so much, even though music is an easy and healthy way for kids to express how they truly feel. Music is an outlet that is many times overlooked. Music is constantly being used to help depression and other disorders.

People say music is just a disruption and causes people to lose focus, which has actually been proven false, a study from Stanford University School of Medicine explained how music with a steady beat created changes in the brain that help with the attention span and storing events into memory. Another study shows that music helps in making people happier in their everyday lives. Music causes a release of dopa-

mine, a chemical in the brain that helps people feel happier. Just because everyone has different music tastes does not mean it should be taken away or even criticized because it does not appeal to everyone. Music creates a sense of feeling alive and having emotions one does not normally feel. Emotions and memories are strongly tied to certain sounds such as music. Why take away someone's sense of happiness.

Every song has some sort of meaning, to the person who created it and to the many people who listen to it. People tend to relate to songs where they have experienced similar emotions or experiences within the song. This creates role models in the world, and many of the world's biggest role models are singers, rappers, and other music makers. People should not be penalized for what they like due to the songs not appealing to others. As an unknown source once said, "Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from the skies to the soul."

# WHAT IS PI? $\pi$



**Joseph Marugg**  
Staff Writer

Over the years many people have wondered what Pi is. Contrary to popular belief, it is not that lovely baked dish that usually contains lots of sugar and fruit and is baked in an oven. Pi is a mathematical number that was created long ago. Some say that William Jones was the first to establish the value of Pi in 1706 while others argue that it was Archimedes of Syracuse in the third century BC. While the first use of Pi may not be known, it is now a very commonly used value.

The hard thing to understand about Pi is that it is irrational. If you were to put Pi in decimal form the numbers on the right hand side of the decimal point would continue on indefinitely. In other words, it cannot be written as a fraction without some degree of rounding. However, even though Pi cannot be written as a fraction, it still represents an exact value. We use the all

familiar Pi symbol to express this value.

Most people are well acquainted with the idea that Pi is roughly equivalent to three point one four and is used in some circle calculations, such as area and circumference formulas. However, the majority of individuals today do not know where Pi comes from. The value of Pi is the number of times that the diameter of a circle will fit into the circumference of that same circle.

As mentioned earlier, some mathematician figured this out a long time ago. They also discovered that this ratio of diameter to circumference is the same in every single circle, no matter the size. Somewhere along the line of history, somebody realized that Pi could be used to calculate the area and the circumference of circles.

Thus the never ending number of Pi was brought into existence. Some people have built computers to calculate Pi all the way out, and those computers are still working on it. In reality, they will never stop working because Pi never ends. Pi will likely be used in mathematics for many years to come.

# The history behind DOC HARRIS STADIUM



**Rachel Wildeson**  
News & Sports Editor

Although Doc Harris Stadium is such a central part of the sports aspect at Camas High School, many Camasonians do not realize the history of the great stadium. The original Doc Harris Stadium was built in 1970 and held many screaming fans until the new Doc Harris was built in 2011, which now holds 3,850 cheering fans. Papermakers gather to watch sports and other events from the football games in the early fall to graduation in mid-June.

Of the thousands who walk into the stadium each year, many notice the big statue staring at the fans entering the complex. This statue is not just any old statue; this represents the man that had an incredible impact on Camas and the surrounding community.

This statue is of Dr. Arthur K. Harris, who was a great part of Camas for over 50 years. This man gave free physicals

to Camas High School athletes, was the football trainer for the team, and was the official team doctor for these several years, resulting in the stadium being named after him in 1970. People knew Dr. Harris as "the serious man in a hat and raincoat standing along the side lines of every home game," according to the Legendary Locals of Camas and Washougal by Rene Johnston Carroll. Harris began to support

*"Dr. Harris was a legend, and will always continue to be a legend to Camas High school and the community."*

the Camas community during the time of the Great Depression. He supported the Camas community by raising funds for Camas' football gear with other local business people, where the Community Chest was put together. Not only was he a large part of the Camas High School community, but of the Camas community as a whole. He was also a part of coordinating several blood drives over the course of 30 years for these many athletes that he helped over the course of his time. Dr. Harris was a legend and will always continue to be a legend to Camas High School and the community.

# The new meaning of healthy



**Claire Martin-Tellis**  
Staff Writer

Staying healthy, staying fit, and staying skinny. The idea of being healthy nowadays has taken on a different meaning from the traditional. Schools, society, and social media all add more pressure to teens to eat "healthy," and if one does not look skinny, small and fit then people assume they are not healthy. But body shape does not determine good health. Just because someone is small in size does not mean they eat nutritiously. In the same way, simply because the next girl does not look like a model in a magazine does not mean she does not work out. Every day, students pressure each other, and social media in turn pressures students, but now schools are beginning to add to the problem.

Schools like Camas are only trying to help when they change the meal plans, the portion sizes, and the ingredients,

but students are not happy. Changing the portion sizes will not stop kids from eating more food, it simply costs more now. Changing the ingredients does not make up for all the candy a kid can eat outside of school it just makes them not want to eat the school food. Camas needs to go back to tasty pizza, regular Rice Krispy Treats, two Pop-Tarts, and chicken and jojos.

Besides school, society over the years has distorted the image of being healthy. The world treats people like animals if they are not the perfect size or a "healthy" weight. Why do people think gyms are intimidating? Why do they not want to

*"Anyone who wants to lose weight should do it for themselves and not for the sake of anyone else's judgmental mind."*

go? People are judgmental, that is why. Even when someone is actively trying to fix the problem, someone somewhere still manages to cause trouble.

Schools should stop trying to shove the "healthy" motto down students' throats, society should not judge people based on their looks, and anyone who wants to lose weight should do it for themselves and not for the sake of anyone else's judgmental mind.

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Joseph Marugg  
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Deja Nissing  
Natalie Shergill

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# Nintendo vs. Nintendon't



Zachary Marquis

CHS Life Editor

Welcome to Nintendo. It may come as a surprise, but Nintendo is actually very popular in the gaming world. Everyone has experienced Nintendo in one way or another, whether that be playing Pokémon or Mario, or simply having a friend who enjoyed it. Nintendo has really set its mark as a forward thinking, innovative company that is still making games off of the same set of characters it had in 1980, but that just adds to its class. It really does take an extremely creative mind to juice a franchise of money for over thirty years until it is as dry as the surface of Mars. Look out, Mars. Nintendo is coming for you next. One can only imagine how tired Mario is after appearing in over a hundred and fifteen different games since 1981. He is probably glad to do it, though. Keep up the good work, little buddy. Be that as it may, it is probably a good idea to be concerned about Mario's mental state. One can only be told that their princess is in another castle so many times before they snap.

Nintendo also has one of the world's most innovative and intelligent marketing teams. Who else could think of such brilliant ideas such as making an entire gaming console based solely off of a passing fad, creating dozens upon dozens of games that are built around that same gimmick that is only shared by every other current-gen console, making a second gaming console based off of that same fad that stopped being interesting two years ago, desperately trying to modify said console with additional gimmicks that do nothing to improve its actual performance, and much more! Not to mention that the brilliant move that Nintendo makes of never giving the fans anything they want gives the entire community a sense of anticipation that just hypes up the next game that maybe will not probably happen. Hang on, fans, it is

almost certain that a console Pokémon game will come out eventually. Maybe.

At the head of the American branch of this gaming empire is one by the name of Reggie Fils-Aime, who, when approached with questions by fans like "Why won't you release the normal-sized New 3DS in America?" always jumps to respond with a charming answer along the lines of, "Because literally nobody in America wants it." What a guy! The entire staff at Nintendo works tirelessly day and night to make any and all sorts of improvements to their franchises and business as long as those improvements do not involve listening to fan input. But cut them some slack; that is a lot of work! It is a fact that all Nintendo fans harbor no regret over buying a console that pretty much only plays Nintendo exclusives, while the rest of the gaming world evolves around them. Who needs a next-gen action open-world RPG with a 10/10 rating when Nintendo has its refurbished 1980's Mario games that cost the same price?

Nintendo employees are the masters of rebranding. Whenever they need an idea for a new game, the logical choice is just to take an old game and repackage it for a new console. This goes the same for their devices as well. Nothing beats the feeling of going to pick up the newest version of the Nintendo DS that came out four months after the previous one. Each model is unique and enhanced, adding features like a thumb stick instead of a d-pad even though they pretty much accomplish the same thing, a different volume placement, incompatibility with other models, 3D even though 3D stopped being cool in 2004, slightly better 3D, and an extra centimeter in size. Gotta catch them all!

So welcome to Nintendo! Welcome to the fabulous world of tomorrow that never left the twentieth century and enjoy all it has to offer, and then enjoy it some more because the next game is probably a year or two away. Get hype, and, well, it is probably a better idea to just download an emulator.



Jackson Merle

Editorials Editor

As a kid, everyone had that one friend. Always showing off his new stuff, getting everyone's attention and making them want that stuff too. However, over time, everyone stopped paying attention to that kid. He kept on buying his Pokémon trading cards and trying to convince everyone else that they were still interesting, but it was futile; they had all grown up, while that friend stayed firmly rooted in the childish past. Nintendo is that friend. They try and try to get people interested in their games, but no one can even bother to care anymore.

In the modern gaming landscape, Nintendo simply cannot keep up. Microtransactions, incredibly life-like graphics, and massive day-one downloadable content updates are the traits present in most of today's most popular games, and are also the traits most prized by today's gamers. Let us first take a look at microtransactions. Microtransactions are fairly self-explanatory. That is, they are small transactions of real money that can be spent to acquire in-game bonuses. In games such as Dead Space 3, microtransactions can be used to replenish ammo, and in racing games such as Forza and Gran Turismo, microtransactions can be used to purchase in-game currency. Nintendo games are utterly devoid of ways to artificially speed up the game experience through microtransactions. If one needs a 1-up in the latest Mario game, they need to put in the effort to locate one in a level. Most people do not have that kind of time, so an option to merely purchase the extra lives instead would be a welcome addition to the game.

Nintendo games are colorful, cartoony experiences that are as far removed from realism as possible. The unrealistic variety of landscapes and bright characters of Nintendo games are a far cry from the realistic browns

and grays of popular games such as Assassin's Creed and Battlefield. When people play video games, they want realism. When they play Call of Duty: Advanced Warfare, they want to feel what it is like to actually pilot an exo-suit in a totally realistic near-future scenario that could definitely happen in real life. The "fun" that Nintendo games offer is simply not enough. Without realistic graphics and gameplay, it is impossible for gamers to connect to the characters they control on the screen.

When gamers purchase new games, they want the complete experience as soon as possible. That is why most games of today launch with massive day-one updates and collectors editions that are packed with extra content. Evolve, a \$60 PS4 and Xbox One game, launched on February 10 with over \$85 of downloadable content (DLC) available. Nintendo's most popular Wii U title, Super Smash Bros. for Wii U, launched on November 21 of last year and only received its first DLC on April 15. Nintendo took far too long to capitalize on the interest of gamers, opting instead to release DLC far into the game's lifespan. In a world where gamers simply cannot wait to access as much content as they can get their hands on, this is a bad move. Furthermore, Nintendo games do not typically utilize downloadable patches. Assassin's Creed: Unity, the most recent game in its series, has received five separate patches so far, with patch four weighing in at 6.7 gigabytes of mandatory, downloadable fixes. How does Nintendo expect to fix their games if they do not offer frequent patches?

Nintendo's outdated practices are only making it harder for them to connect with true gamers. In a world where abundant microtransactions, incredibly life-like graphics, and tons of day-one DLC are held in highest regard, Nintendo simply does not belong. Unless they change their practices as soon as possible, Nintendo is better off selling their characters to Sony and Microsoft and getting out of the game altogether.

## More sarcasm, please



Courtney Warta

Features &amp; Photography Editor

Potentially offensive statements such as "sarcasm is the body's natural defense against stupidity," and other sayings of the sort are plastered across the internet. Due to the cultural popularity of these sayings and the growing rate of disrespect across the country, sarcasm is typically given a negative connotation. The word sarcasm derives from the Greek work "sarkazein" meaning to "speak bitterly, sneer" and also in more graphic terms to "tear or strip the flesh off." The sarcasm's root enforces the idea that words hurt and sarcasm is negative. However, re-

cent scientific research proves quite the opposite, it is essential for medical purposes and increases knowledge.

Children are one of the main beneficiaries of sarcasm. For instance, studies have shown that kids with exposure to this humor generally have more complex thinking while using creative problem solving skills. By a certain age children should be able to look past the literal meanings of the words and understand the message based off of context, body language and tone. Doctors currently discover that if a child is unable to comprehend sarcasm it can be an early warning sign of a brain disease or illness. Scientific based companies and organizations, such as The Smithsonian, and multitudes of various doctors and specialists ensure that this fair-

ly new discovery will save and improve many lives in the future. Most kids are blunt, when they use sarcasm they are telling their honest views on an object or an idea. This encourages ideals of honesty. Sarcasm also enforces manners for example, to speak without being offensive. Sarcasm promotes growth in empathy because it provides capability to comprehend the comments.

People who frequently use sarcasm are generally found to be smarter. In a sense it "exercises" the mind because it activates more sections of the brain than other types of humor. Sarcasm also allows a person to express concerns without getting angry or violent, reducing the amount of hot-headed decisions they make. Some individual's brains are wired to have a more sarcastic and pessimistic outlook. Studies conducted show that telling people with this mindset to inter-

pret things in a positive way or think positively causes a rise in depression and negative thoughts. They get frustrated that they are unable to see the "glass half full" and need a little sarcasm to cope with stress and negativity.

Almost everyone uses sarcasm whether they realize it or not. Even a snarky "yeah, right" is sarcasm which has been proven to be used in approximately a fourth of all telephone calls. About 80 percent of phone calls or messages left include some form of sarcasm. It is so popular that linguist educators are now studying it as its own individual language and keep marks on its evolution. Of course, there is a definite line between being sarcastic and being rude and offensive, and this is a line that is not acceptable to cross. Sarcasm is not targeting a person with an insult it is a witty remark normally composed of an honest statement to better the mind.

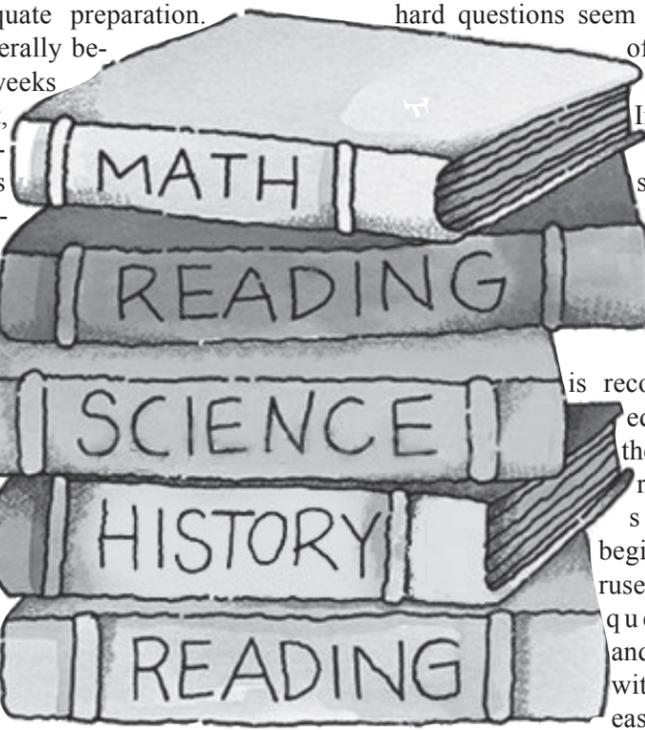
# How to survive AP tests

**JACKSON MERLE**  
*Editorials Editor*

Advanced Placement test season is nearly here. Freshmen, Sophomores, Juniors, and Seniors alike face this season with cautious optimism, hopeful that the knowledge they have gleaned over the year will stay with them. No matter the grade level, no matter how experienced one may be in taking AP tests, everyone goes into their respective AP test or tests with the same tentative feeling of anticipation. For the uninitiated, or as a brief reminder for the hardened warriors who have braved this storm before, here are some helpful strategies for how best to prepare for and tackle the dreaded exams.

The first key step in surviving AP tests is adequate preparation.

Studying generally begins a few weeks before the test, and therefore comes first and foremost in the preparation process. Everyone has their own method of studying, but commonly utilized methods include going over notes, watching on-line review videos,



hardly comparable. However, in actuality, the tests are similar enough in structure that one can follow a similar strategy for tackling each exam they are taking. During the test, the most important thing to remember is to manage one's time effectively. An easy way to do this during the multiple choice section is to handle the test in multiple passes. On the first pass, answer all of the easy questions. Skip anything that cannot be answered. There will be time to answer those questions later. On the second pass through, take another look at the harder questions. Sometimes, the answers to those questions are referenced in other questions, and even if they are not, answering the easy questions gets one's mind deeply into the topic of the test, making those

hard questions seem like less of a challenge. In the free response section, a similar methodology is recommended. When the free response section begins, peruse the questions and start with the easiest one.

This will allow one to dedicate more time to solving the harder questions. When answering a question that one does not know the answer to, write down what is known, and do not leave anything blank. Even just starting to answer the question can earn partial points. In some cases, test graders read until they find a correct answer, so if the first answer that was written is incorrect, but a later one is correct, points can still be earned.

AP exam season is one of the most stressful periods of the school year. Students all across the school will be in a state of mild panic until the ordeal is over. The process can be made a little less painful if one follows these tips. Proper preparation and test-taking strategies can make an arduous test much less of a problem. Ultimately, though, the most important piece of advice is to stay confident in one's own abilities. The test may seem like an insurmountable hurdle, but with belief in oneself, it can and will be passed.

# Senior Spotlight: Nitin Beri



**Danielle Behnke**  
*Editor-in-Chief*

Senior Nitin Beri has always loved the concept of design and the idea of making the world a better place, so for his senior project he decided to think outside of the box and create a clothing brand titled Live Love Northwest. Beri got a team of people together in order to design the apparel and really help to expand off from his original idea. With help, he was able to create a website where people can view and purchase LLN apparel online. All of the proceeds will go towards the New Avenues for Youth organization. This organization goes towards people in need in the Pacific Northwest area. Whether that be if they need food, are homeless, or are just simply in need

of some supplies and assistance, this affiliation does as much as it can to help and to provide for those people.

When asked what gave him the inspiration for his project and what he enjoys the most about it, Beri stated "I not only like the aspect of designing clothes and having people wear them. The best part about it is knowing that I am benefiting people who are not as fortunate as I am." Beri has always liked helping others, and by creating a brand where all the profits go towards benefiting the less-fortunate, he truly created the perfect project for himself. It is remarkable how much progress the brand has had overtime, and although the prices for some of the apparel are a bit expensive, it is made up of great quality that will last forever and not to mention the money is going towards a great cause. The world needs more people like Beri in it, and it will be exciting to see what Live Love Northwest has planned for the future.



# Girls Learn International

**COURTNEY WARTA**  
*Features Editor*

Last year, present juniors at CHS, Kris Ahn and Corinne Bintz were inspired to begin a Girls Learn International Club. Ahn commented "Corinne and I wanted to start the club because we noticed there wasn't a place at the high school where we could talk about women's rights and discuss problems, especially concerning the education of girls in developing countries." With a great deal of determination, in addition to devoting a large sum of time, the two girls were earned the school's approval and built the foundation of Camas' club at the conclusion of this first semester.

Women's rights is a contemporary and significant concern. Unequal treatment towards women within the United States seems to currently be less noticeable than past eras. However, in an overwhelming amount of countries it is habitual to deprive women and girls of their essential rights. As light is being shed on these concerns, more and more students are taking action by starting GLI chapters in their

school's community. Girls Learn has a partner school program where chapters in the United States are paired with schools in emerging countries. Next year the club looks forward to participating in this program by raising funds and communicating with their partner school through the duration of the year.

Girls Learn International raises awareness of inequalities by deliberating topics such as poverty, stereotypes, and human trafficking. The club is an open place where anyone can advocate and discuss women's education and gender equality. On June 6 in the Camas High School Theater there will be a screening of the movie *A Girl Rising*. The goal is to convince people to be more conscious of the world surrounding them and present valuable information on popular subtopics of women's rights. Currently there are approximately 15 members but the club is eager to expand its size. If interested in joining, simply attend a meeting which is held each second and fourth Thursday of each month. Meetings are held in Ms. Widdop's class, room 115.

# NATIONAL HONOR SOCIETY INDUCTION



Photo Credits: Rachel Wilderson & Courtney Warta

## Future Business Leaders of America

**CASSIDY ANDREWS**  
Advertising Manager

FBLA is a club that will put a person's foot in the door for college and for a future job opportunity. They get trained in networking and financing to prepare for work with actual business leaders. Future Business Leader of America engages in the structure of leadership, competitiveness and the learning of business. FBLA is run weekly by students in the Career Center for an hour after school, mainly lead by the appointed president. The president of FBLA has many responsibilities like any other president, he has to assign roles and make sure the club is running smoothly with everyone doing their part. FBLA participates in a fall and winter competition each year against other school business clubs. They also help put the community with various fundraisers and events.

Club advisor Steven Short says "One thing I would say to an interested student is that FBLA is a very educational and fun club that reflects well on a resumé and would be a valuable tool to make connections."

Club member Jordan Karlous ex-

plains FBLA to be "competitive business events that allow kids to get a base understanding of the business world." Karlous being the President of FBLA says that he has to be a role model to all the other students in FBLA and most teach them all the ins and outs to business. This year Karlous had the amazing opportunity to go to state and qualify in three events; entrepreneurship, marketing and business and financing. Karlous explained state to be a "very fun experience with having 3,000 kids all staying in one hotel that liked interacting and networking." Karlous has been experienced in FBLA for two years now but says that he had always had an

interest for business and when he saw the club FBLA, it caught his eye. He was most intrigued to learn in FBLA "that if you give everybody responsibility that it's easy to see them follow through with it." he also learned that "not just one person can do everything themselves, but needs to be able to rely on the help from others." When asked what he would say to a new member or person interested in FBLA is that "FBLA is an outstanding opportunity to get that one foot in the door in networking, financing, marketing and getting to work with actual business leaders.



## Prom in review

**MICHAELA LENARD**  
Staff Writer

The night that every girl looks forward to, and the night that every guy stresses over... prom night! From how to ask the girl in the most impressive way possible to picking out the perfect dress and accessories, there are many factors that go into trying to make prom the perfect night. Others oftentimes stress over where to eat, where to take pictures, if everything is going to workout, transportation, and honestly the list really never ends. The great thing about prom is that once the day finally arrives, all the stress is forgotten.

This year, Camas High School took prom across the river to Abigail Gardens. Prom was held here a second time, due to last year's success. Many seniors commented that the chocolate fountain was a highlight. When asked what advice one would give to underclassmen, Senior Davina Ceped said "Make sure to wear loose or stretchy material for the girls if you

are going to dance." She also said that the music was upbeat and fun to dance to and was probably a 7 out of 10. One of the best things about prom is that people do not have to attend with a date, and even just going with your best friends can lead to memories that will last forever. Sometimes people get hung up on the fact that the day goes perfectly or stress over even being asked to prom, but sometimes just going with your friends is enough.

Prom is one of the main things that people will remember about high school. From getting ready with friends, preparing makeup and hair, or even just trying a tie, the prom tradition continues to stay the same throughout the years. The beautiful weather held through in Oregon to create one of the best prom settings and pictures to be taken. This prom will definitely go down in the charts as one of the best, and each dance will continue to get even more impressive and aim even higher to create a memorable prom. Everybody looked absolutely stunning and had a wonderful time!



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# CAMAS OREGON RELAY RESULTS

Boys	Girls
<b>Distance Medley Relay</b> - 10:30 Said Guermali, Taryk Boyd, Dustin Zimmerly, Adam Ryan	<b>Distance Medley Relay</b> - 12:17 Maddie Woodson, Emily Wilson, Emma Jenkins, Alissa Pudlitzke
<b>4x800 Relay</b> - 8:00 Adam Ryan, Cade Greseth, Said Guermali, Dustin Zimmerly	<b>Sprint Medley Relay</b> - 4:25 Tamaki Murata, Cambryn Gulzow, Rachel Gray, Emily Wilson
<b>4x400 Relay</b> - 3:28 Adam Ryan, Ryan Gunther, Said Guermali, Dustin Zimmerly	<b>4x800 Relay</b> - 9:51 Alissa Pudlitzke, Emma Jenkins, Gabrielle Postma, Maddie Woodson
<b>3000m</b> - Yacine Guermali - 8:46	<b>4x400 Relay</b> - 4:13 Rachel Gray, Miranda Zea, Emma Jenkins, Jordan Davis
<b>1500m</b> - Said Guermali - 4:07	<b>4x200 Relay</b> - 1:49 Tamaki Murata, Rachel Gray, Cambryn Gulzow, Jordan Davis
<b>Hammer</b> - Mason Ellis - 126'10	<b>3000m</b> - Emma Jenkins - 10:11 Kaylee Merritt - 11:02 Brooke Roy - 10:52
<b>110m Hurdles</b> - William Ephraim - Ryan Gunther - 14.67	<b>1500m</b> - Alissa Pudlitzke - 4:41 <b>Hammer</b> - Sophie Eagle - 84'10 Morgan Kielty - 86'3 Haleigh Sudbeck - 144'5
<b>100m</b> - Cole Zarcone - 11.14	<b>Shot Put</b> - Nicole Corbett - 37'9 Maggie Wells - 30'7
<b>300m Hurdles</b> - Ryan Gunther - 40.13	<b>Discus</b> - Nicole Corbett - 124'3
<b>Congratulations to Camas Track and Field for winning the 2015 Oregon Relays April 16-18!</b>	<b>Javelin</b> - Jenna-Rae Wilson - 102'9
	<b>100m Hurdles</b> - Jordan Davis - 14.94 Tamaki Murata - 15.62
	<b>Shot Put</b> - Nkem Aduka - 32'11 Nicole Corbett - 37'9
	<b>300m Hurdles</b> - Jordan Davis - 44.65
	<b>Pole Vault</b> - Caleigh Lofstead - 12'9

# Papermakers putt

**JOSEPH MARUGG**  
Staff Writer

The culture of Camas High School is one of discipline, hard work, and integrity. These values are very well represented by the girls golf team at CHS.

Coach Bob Foster emphasizes both the physical and mental aspect of golf. Preparation begins at the start of the year with the identification of strengths and weaknesses that sets a healthy foundation for the rest of the season. Foster and the other coaches focus on both the mental and the physical aspect of golf. "Golf is the only sport where the player is also the referee," says Foster, "Penalties are the players responsibility to call on themselves." Integrity and sportsmanship are key values of the golf team.

"The coaches really care about the athletes," junior Connie Wang said. The team has grown considerably in

the past couple of years. The team placed seventh at state last year and is looking to win it this year. So far they are well on their way having set a school record in a match against Hockinson. "The CHS Girls Golf Team is made up of a group of highly motivated players who want to improve on last year's success, win League, win Districts and win at State," says Foster.

Golf is a sport that relies heavily on patients and techniques. It is a challenging sport that like most sports takes time and dedication to master. Coach Foster says, "Golf is not an easy game but if you are disciplined and practice in a focused manner you will see a lot of improvement in yourself by the end of the season." Seniors Rio Smith and Erin Marrinan play a big part of the team in addition to other returning players including Maddi Miller, Skyla Stifter, Connie Wang, and Elise Filuk. As for the attitude of the team Foster says, "The team is very welcoming and fun to be around."

# Mean machine goes running along

**TIARA NAIDU**  
Staff Writer

As the weather has warmed up, track has made its way back to CHS. The track team competes in a variety of field events and running events. Some of which include relays, long distance events, hurdles, pole vault, discus, and shot put. The team has been on a hot winning streak, winning 3 meets, as well as the Oregon Relays in Eugene,

Oregon. Freshman Paige Neff, who runs the 1600, when asked about the track team replied saying, "My season has been good so far. I expect my team to work hard and do their best every day. On meet day I am nervous about how I will do during my race and if I can stay strong throughout the whole race." This year's track team is improving more and more every day. With practices every day after school, the team is running their way to victory!



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MEGHAL SHETH MCKINLEY LEFORE



Natalie Shergill  
Staff Writer

Ever since fifth grade, tennis has played a huge role in senior Meghal Sheth's life. Sheth started at the Vancouver Tennis Club after trying many sports. She tried basketball, volleyball, and a few other sports until tennis came along. Sheth lived in California and when she moved here to Vancouver her mother made her go to tennis camps just to make friends and see how she likes the sport. Ever since then tennis has made a huge impact on her life for seven years. Her family supports her tennis passion and is always there for matches. "They are my biggest fans."

Sheth is currently on girls varsity tennis team here at Camas High School. She has played on varsity all four years. "I played with Camas all throughout my high school career. I love the competitive aspect of the game," Sheth says. The last two years she was gone for bi-districts both years and her team was not able to qualify for state. Her ultimate goal this year is to qualify for state, since she is a senior and it is her last year.

But of course with competitive sports come challenges. A challenge Sheth has faced during matches is, "staying calm. It's easy to get frustrated and lose hope if things aren't going the way you planned." Sheth learned to just

clear her mind and stay focused. Anything can happen as long as one does not give up. A position that was another challenge for Sheth was playing doubles. Playing doubles is when one has a partner to play with. Sheth said, "Tennis is a very individual sport and playing doubles can be challenging because we cannot control how your partner is playing." Trust plays a huge role in playing doubles. Trusting partners is the first step to success. Although there may be challenges, Sheth grasps these



challenges with a smile. Doubles can be a challenge, but Sheth enjoys the company. Wise words of advice that have always stuck with Sheth are, "do your best and if it is meant to be, it will be."

There is amazing potential out there on the tennis courts, and Meghal Sheth is a shining star. Come support her and many others by coming out and watching them play their best. Good luck to Tennis!



Deja Nissing  
Staff Writer

Senior McKinley Lefore has been a star baseball player here at Camas High School for four years now. Determined through each game, Lefore pushed himself with each point. Inspired by his parents, Lefore was encouraged to take part

great friends made are just a few of Lefore's favorite parts of baseball. Baseball is a commonly played competitive sport, taking the time and effort out of many young men, teaching the simple hit from a bat to a ball can go a long way in many lives. The trips to Tri-Cities with the Camas High School team each year always got Lefore to smile as he remembers not focusing on the score but on the excitement of the game with the foolish team bonding on and off the field.

Personally, Lefore got incredible inspiration from baseball player Manny Ramirez who played in Major League Baseball for 19 seasons. Manny Ramirez played baseball with a comfortable style and never seemed to find a dull moment in the sport. Lefore strived from the inspiration every day to become a stronger and more enhanced player. Practicing three hours a day with the Camas team, stretching and running before games, along with this preparation, Lefore and his teammates take the time to visualize them succeeding in the following game, to gain a greater mindset prior to games.

As Lefore leaves Camas High he carries many moments of exhilarating victories and rough losses. Lefore holds successful plans on pursuing baseball at the University of Oregon. With upcoming games Lefore will continue to carry his mom's encouraging words "with a positive mental attitude, you'll never fail."

and try all sports. It was during this time that Lefore eventually stumbled upon baseball; a sport that he has now come to know and love.

Around the age of five Lefore had started T-ball, a simple approach for young people learning a new sport that has lead into his now ideal and outstanding career in baseball. The thrill of competing and being dedicated to growing stronger as a teammate and player, along with the

Created by: Rachel Wildeson

Meghal's Favorites

- Athlete: Rafael Nadal
- Food: Nachos
- Movie: 21 Jump Street
- Teacher: Mrs. Newman

McKinley's Favorites

- Athlete: Manny Ramirez
- Food: Spaghetti
- Movie: Inception
- Teacher: Mr. Morgan

WORKOUT PLAYLIST

Madeon - You're On (feat. Kyan)

Ta-ku - Higher (Flume Remix)

Mike Del Rio - Feel Good

Mord Fustang - Taíto



Galantis - Runaway (U & I)

Meek Mill - I'm a Boss (Remix)

The Magician (feat. Years and Years) - Sunlight (Elephante Remix)

# TREND WATCH: APPLE WATCH



Zachary Marquis

CHS Life Editor

It is funny to look back and see how people of the past viewed upcoming technology. Things like mobile phones, electric cars, and tablets were never thought to take off the way that they did. Even Einstein believed that televisions were a passing fad and that they would never have any ground in the real world. Guess you cannot be right about everything. Today new technology is being created with every blink of the eye and it is hard to determine what will stay, and what will be thrown out and dismissed as a passing sensation. One thing that for certain is a part of everyday technology is the smart phone. Since Apple brought the iPhone into the mainstream, it has been a race to improve and create new smartphones. Now they are a little less than small computers that can fit in someone's pocket and millions of people have them. Now, Apple has come out with a new product that they think will

share the success of the iPhone and become as big a part of technological life. That invention is the Apple Watch.

It is simply put a small touch screen that can be strapped to the wrist and

models. Or if the "Standard" versions just are not enough, there is also the Apple Watch "Edition", which ranges in price from \$10,000 to \$17,000 depending on the band style, color, and

they can be customized with hundreds of thousands of different cases and accessories to really personalize its style. There are simple bumper cases, to fancy creative works of art, to indestructible tank cases that can be dropped from a roof and not take a scratch.

It is almost a certainty that there will be the same level of style and personalization for the Apple Watch. Everyone enjoys showing their style and the Apple Watch will just be another way to do that, not to mention how useful having a device like that conveniently attached to a wrist will be.

Unlikely things tend to take off in today's world, and it will be interesting to see how the Apple Watch will affect

the technology market. It may not be immediate; the iPhone took several generations to really take off, mainly because the previous generations became progressively cheaper. With such a high asking price, it is probable that the Apple Watch will follow the same trend. With its capability to connect with a user's iPhone, it will not be long before everyone is carrying around their new wrist buddy.



function aesthetically like a watch. The only difference is that it has the capabilities of the iPhone. It can show time, browse the web, set alarms, display photos, connect with your phone or computer wirelessly, use apps, play games, function as a fitness device, and probably fire a laser as well. Anything is possible. The watch released on April 24 with a starting price of \$350 going up to \$1100 for the standard

what type of gold it is made out of.

Prices aside, the only thing that remains to be seen is if the Apple Watch will take off in the same way as the iPhone, or whether it is just going to be another trinket. It is entirely possible that the Apple Watch will be the next big "thing" and that people will be wearing it not only as a convenience but also as a fashion statement. One of the many features of iPhones is that

## Recipe: Chocolate Oreo Truffles



Courtney Clemmer

Staff Writer

### Ingredients:

- 1 package (18 oz.) Oreo cookies (or Nutter Butters), crushed into fine pieces
- 1 8-oz. package cream cheese, softened
- Milk Chocolate for dipping

### Materials:

- Food processor
- Baking sheet
- Fork
- Microwave or double boiler



### STEP 1:

Blend the Oreos in the food processor until they resemble small crumbs. Slowly add the cream cheese into the food processor until the Oreos and the cream cheese are well blended.

### STEP 2:

Take about one tablespoon of the mixture and roll it into a ball. Place the balls onto a cookie sheet and put into the freezer for 30 to 50 minutes, or until firm. While the truffles are in the freezer, melt the milk chocolate either using a double boiler or microwave. After this, take out the truffles and coat them in chocolate. Place the truffles back in freezer to harden chocolate coating.

### STEP 3:

Serve the truffles chilled. This recipe makes about 30 truffles. These can be stored in the freezer for up to two weeks. If these are intended to be a gift, create the truffles and before sticking them in the fridge to harden up so that you can dip them, dip the end of a lollipop stick in the melted chocolate and then into the formed ball. After the truffles have hardened up you can use the stick to dip the Oreo balls in melted chocolate. Dry them in a foam or styrofoam block.



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# DO IT YOURSELF: LEMON SALT SCRUB

By Courtney Clemmer

**Ingredients:**

- Epsom Salt
- Zest of 1 Lime
- Lemon Scented Essential Oil

**Materials:**

- Mixing Bowl
- Spoon

**STEP 1:**

Mix ½ cup of Epsom Salt along with about 10 drops of essential oil. Stir in the zest of the lime a little at a time, this will prevent the lime from clumping together. This will

make about four ounces of bath salt.

**STEP 2:**

Spoon all of the salt into a jar.

**STEP 3:**

Use the product just like other bath salts.

**TIPS AND TRICKS:**

\*If the jar that the salts are going into has a narrow neck or opening, consider using a funnel to spoon the salts into the jar.  
\*If the salts are intended to be a gift, add a ribbon bow or personalized tag.

\* Adding one tablespoon of extra-virgin olive oil will provide keys nutrients and has many benefits, leaving one's skin to feel silky smooth.



\* The scent of lemon can be very strong for someone who wants to use the salt right before bed, consider swapping the lemon scent for a more calming scent like lavender. Feel free to choose any scent that works for your mood or preference.

## Unconventional holidays of May



Claire Martin-Tellis  
Staff Writer

May 1st: Loyalty Day

May 2nd: Scurvy Awareness Day

May 3rd: **HUG YOUR CAT DAY**

May 4th: **Star Wars Day**

May 5th: Cinco de Mayo

May 6th: National Teacher Day

May 7th: **NATIONAL TOURISM DAY**

May 8th: No Socks Day

May 9th: National Lost Sock Memorial Day

May 10th: **Clean Up Your Room Day**

May 11th: National Twilight Zone Day

May 12th: International Nurses Day

May 13th: Frog Jumping Day

May 14th: National Dance Like a Chicken Day

May 15th: National Chocolate Chip Day

May 16th: LOVE A TREE DAY

May 17th: National Pack Rat Day

May 18th: No Dirty Dishes Day

May 19th: National Museum Day

May 20th: Pick Strawberries Day

May 21st: National Waiters and Waitresses Day

May 22nd: **BUY A MUSICAL INSTRUMENT DAY**

May 23rd: Lucky Penny Day

May 24th: NATIONAL ESCAR GOT DAY

May 25th: **Memorial Day**

May 26th: **SALLY RIDE DAY**  
(Dr. Sally Ride studied at Stanford University before beating out 1,000 other applicants for a spot in NASA astronaut program)

May 27th: Sun Screen Day

May 28th: Sierra Club Day (nature club)

May 29th: Put a Pillow on Your Fridge Day

May 30th: Water a Flower Day

May 31st: National Macaron Day

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# Camas High's Shooting Stars



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# Question of the Month

Created by: Joseph Marugg

## FRESHMAN



"I couldn't do anything because Congress would move too slowly."  
-Zachary Lyman



"I would buy Hawaii for myself so I could be tan, wear cute swimsuits, and meet hot Hawaiian guys."  
-Ashley Kempth

# If you were president for a day, what would you do?

## SOPHOMORE

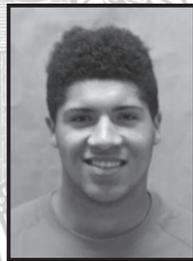


"Go outside to a professional basketball game and then go into the game and show everyone up."  
-Karson Jones



"I would make peace with enemies of the U.S. because I feel like I could communicate better than a man."  
-Brooke Moltrum

## JUNIOR



"I would throw a rave at the Whitehouse."  
-Caleb Lightbourn



"Take a limo out on the White House lawn."  
-Alicia Pacheco

## SENIOR



"I would make CHS an open campus."  
-Jon Bartlett



"Learn about all of the conspiracy theories."  
-Rachel Blackman

