



Junior point guard Tara Child helping to lead Lady Lions return to the top of Sky-Em League.

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The Return of the Roar

The Lion's Roar newspaper returns after seven year hiatus

By **Lucas Davey**
The Lion's Roar

75 years ago, in 1943, Cottage Grove High School students began publishing their very own school newspaper: The Lion's Roar. The paper was run by Cottage Grove High School's yearbook class and was centered around the current events and everyday lives of the town's youth. In 2004, the Cottage Grove Sentinel decided to give The Lion's Roar a space in their newspaper, sparking interest and popularity for both publications. Unfortunately, in January of 2011, this small yet powerful insight abruptly vanished from our community.

As you have no doubt already noticed, effective

immediately, that student newspaper is back every month for the foreseeable future, giving the town a keyhole to look through into the lives of our students. The Lion's Roar is now run by Garrett Bridgens' Electronic Media classes at Cottage Grove High and will run through the school year. Rhonda Turnquist, the former editor of The Lion's Roar (from 1988 until 2010), spoke on the subject and says the overall impact of this student newspaper was overwhelmingly positive and well-received. So much so that on some weeks, when they would skip or miss a publication, members of the local community would call in, asking the Sentinel where The Lion's Roar section was. "And some people said 'That's the only thing we read.'" No

matter if you are a school-employed parent such as a teacher, principal, janitor, or not, you cannot know everything about your child's time spent in school. Turnquist thought it was a fantastic way to let the readers see the good things through the students' perspectives and to focus on the, "kids who don't excel at sports... we were just able to cover normal kids who do good things." The Lion's Roar gave the youth something to do other than drama, or sports, or music. "It was an outlet for those kids who wanted to write that way." During the years Turnquist was in charge, the students were so engrossed in this outlet that teachers began asking The Lion's Roar staff not to deliver the papers to the classrooms as it

was too much of a distraction. To keep everyone happy, the editions were not to be delivered to teachers during class and were thus put in a display case for all to see. Students would stand around this revered display case just to read and admire the dedication and work of their peers. The Lion's Roar was clearly healthy for both the student audience and those devoted to the responsibility of pleasing them. The students tasked with informing the public hold the true image of society in the utmost regard. Positive news like the inspiring, popular people and events are covered by the Cottage Grove Sentinel, as well as the bad news like crimes and social dilemmas. The Lion's Roar

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Live from Cottage Grove High School



Isabelle Hirst/The Lion's Roar

As a way for the community to support Cottage Grove basketball from home, Young Dreams Media has begun broadcasting all of the Lion's home games on Youtube. Upcoming stream dates are January 30th vs. Elmira and February 13th vs. Sweet Home. To watch your Cottage Grove Lions from home, search "Young Dreams Media" on Youtube.

Creating a safe place for students

South Lane Mental Health continues working with district students to address mental health issues

By **Chelsea Davis**
The Lion's Roar

South Lane Mental Health works with every school in the district and has been working within Cottage Grove High School for five years now, offering a safe place to communicate and seek help to anyone in need. According to the 2017 Oregon Healthy Teens Survey, nearly nine percent of eighth graders and seven percent of 11th graders have attempted suicide within the last twelve months of taking the survey. Virtually all the teens who took the survey were from 13 to 17-years-old. Mental illness and associated disorders are seen in high school and, even more specifically, our high school. South Lane Mental Health served 68 students in 2017. Anxiety disorders are the most common mental illness in the U.S., followed by depression. Approximately one in five young adults, ages 13-18, experience severe mental disorder at some point.

With all the social pressures of high school and life in general, this is not surprising. Social media has caused new pressures of acceptance, disconnect from family and anxiety from constant bombardment of negative media and content, whether it be negative comments from peers or societal pressures being pushed on adolescents. Bullying, a major topic on teen crisis hotlines, has been on the rise in U.S. according to the U.S. Department of Health and Human Services' Office of Adolescent Health. One in five students report having been cyberbullied. About the same amount of students report being a cyberbully. Jessica Williams from South Lane Mental Health said that bullying was a clear issue in many high schools and has evidently added to the detriment

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A student led clothing closet is set up to help CGHS students

By **Kathleen Noll**
The Lion's Roar

A new initiative is breaking barriers at Cottage Grove High School (CGHS), and it starts in one 26' x 10ft' room.

The Clothing Closet is filled to the brim with supplies for high schoolers like donated articles of clothing, like pants, shirts jackets and shoes. There are also school supplies like backpacks and personal hygiene products like shampoo and deodorant. If students are in need of a warm jacket for the cold winter, or shorts for the hot summer, and can't afford it for themselves, the clothing closet is the place to go.

In December of last year, this approach was launched by Mrs. Adler, her leadership class, and student council. Leadership is a class made up of roughly 40 students who have

an objective of making CGHS a better place for everyone, they are the leaders of the student body. The Clothing Closet was started as a clothing drive. The student body and members of the community were asked to donate clothes that they don't wear or need anymore. Big boxes for each grade were put in the common area in the high school, and a competition for which class could get the most donations in their box was put in place. This caused the donations to grow rapidly in size. Mrs. Adler explained, "We thought the clothing drive would be a really easy way to stock the clothing closet, and the results have been overwhelming."

When the drive was over and the supplies was all donated, preparation started. Leadership and student council took time out of their finals schedule, weekends and evenings to sort through all of the donations and decide what stayed and what went.

A senior representative, Faryn Dahlen, was one of the members of student council who helped to categorize the donations, she admitted that she herself would wear some of the clothes that they found. Compared to what many may

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Cottage Grove High School student Halle Peterson sorts through clothing donations in the schools new clothing closet.

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Student Drama Production Opens This Weekend



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CGHS Grad Returns to Teach at Alma Mater