

# THE PONDEROSA POST

*What's Doin' Bruin?*



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## Canned Food Drive

### **SPECIAL ANNOUNCEMENTS:**

Our yearbook staff has reached over fifty percent in their sales, so make sure you purchase your book today before they run out!

Have a good break, and beware of upcoming finals!

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By: Camille Hoover

The canned food drive is an important part of the school year when Ponderosa helps give back to our community. All of the food donated goes to the El Dorado County Food Bank and helps local people in need, especially during the holidays. This year, we brought in a total of 3,063 cans as a school, going way above our goal of just 2,000! The second period class that brought in the most cans is Ms. Walker's, with 382 cans in total. They earned a donut party during class for their win. The second-place class was Mr. Burkhardt's, and in third place was Mr. Thomas. Every class that brought in donations was a huge help, and each can makes a difference for someone in need. Overall, this year's canned food drive was a huge success; hopefully we can top it next year!

## Finals Schedule

**Monday** regular schedule

**Tuesday** regular schedule

**Wednesday** periods 1, 6, & 7

**Thursday** periods 4 & 5

**Friday** periods 2 & 3

\*If you do not have a first or seventh on Wednesday, you do not need to be on campus during those periods. If you are on campus, report to the cafeteria.

## Your Survival Guide to Finals Week

By Elizabeth Hendee

Finals are coming up and it can be one of the most stressful times of the year. Here are a few tips on how to get through those long, dreadful nights.

- Sleep, Sleep, Sleep! Your body needs rest from those math equations that are using up all of your brain power.
- Take Breaks. It is important to take time to step away from work to eat, take a nap, or go for a run.
- Keep Organized. Staying clean and neat can help prevent you from having a nervous breakdown.
- Prioritize. Decide yourself what subjects or concepts are more important. "Will studying for Government first be more effective than studying for Calculus?"

## Relaxation Hack #1

Lavender Bath Salts:

~2 cups Epsom salt

~1 cup baking soda

~4 drops lavender essential oils

Mix together and sprinkle in a warm bath.

Soak for at least 20 minutes to help relieve aches and pains.

## Relaxation Hack #2

Stress Relief Teas:

~Yogi® Calming tea

~Pukka™ Relax tea

~Traditional Medicinals® Organic

Stress Ease tea

~Celestial Seasonings® Peppermint tea





## **An Interview With Mrs Smelser**

By Addie O'Rourke

### **Why do you like Ponderosa High School?**

I have always loved Ponderosa High School, because of the sense of community and spirit.

### **What's your favorite subject to teach and why?**

My favorite subject to teach is literature, because I've always had a passion for literature so teaching English just made sense.

### **Do you have a favorite sport to watch here and why?**

I love to attend the sports that my [Ponderosa] kids are involved in so that I can cheer them on! It's great to see kids outside of the classroom doing what they love.

### **What is something you would like your students to know about you?**

Something to know about me is that I love to travel, but I hate to fly. I've had the opportunity to travel to Europe, Asia, and throughout the U.S.; I even lived in Paris for a semester abroad. I highly encourage all students to take every opportunity to travel. You soon learn how small the world really is.

## **College of the Month: Lewis and Clark**

By Isabella Stone

The Lewis and Clark College is located in Portland, Oregon and is about 134 acres. It is a private institution with a total undergraduate population is about 2,106. Tuition and fees cost about \$50,000 with room and board about \$12,500. For students who enjoy the outdoors, the college outdoors program offers access to Oregon's coasts, mountains, and deserts about 2 hours away from the school. Around 66% of the students going to Lewis and Clark live on campus in college-owned, operated or affiliated housing. The average SAT score is around a 1360 with the average GPA around a 3.6. 29 majors and 27 minors are offered by Lewis and Clark including Biochemistry, Molecular Biology, and International Affairs. This college also offers pre-professional preparation in engineering, pre-med, and pre-law.

Lewis & Clark  
College





## **Student of the Month: Makenna Swars**

By Addie O'Rourke

### **What is your favorite part about being a student here at Ponderosa?**

I love being apart of the student body here, everyone is so kind and I learn something new from them everyday. I also love the staff, each and every member has always been so helpful and I love that!

### **What is your favorite event at Ponderosa, and why?**

Personally I love the rallies, [as] they are such a great way to get hyped up for upcoming events. The games are also really entertaining and I love listening to band perform- and you get to skip class for a little so that's a plus!

### **You are in FFA, how is that going?**

FFA is so much fun, I have learned a lot about public speaking while being involved and that is something I consider to be really helpful. Also, floral this year has been great.

### **Did you participate in the canned food dive?**

Yes of course! Mr. Burghardt, my Human Physio teacher, said he would bring us all doughnuts and I'm happy to help a good cause.

## **Sports Update**

By Maia Salter

Once again, Ponderosa has proven itself to be home to some truly talented athletes. The girls varsity volleyball team are division champions, finishing 9th in state and 5th in NorCal. The cheer team won first place in the JAMS competition and received the title of grand champions.

As for winter sports, look out for the girls and boys basketball in addition to boys and girls soccer. Chillier weather also heralds in the beginning of skiing/snowboarding, as well as wrestling and winter cheer. Be sure to support your fellow Bruins as we approach the winter season!

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## **The Ponderosa Post**

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