

Bulimia Nervosa Local Music Artist plans concert

Linda Thurman
Staff Reporter

Bulimia Nervosa is a physiological eating disorder. A person with Bulimia has episodes of binge eating followed by purging, throwing up. People use this method of weight control. For a person with Bulimia they will constantly fast, use excessive amount of laxatives, or compulsive exercising.

When some people hear the word Bulimia, they think of a person who is trying to be skinnier, but Bulimia Nervosa is associated with depression and other psychiatric disorders. It has some of the same symptoms as Anorexia Nervosa.

Nobody knows what causes Bulimia; it is known that it could be from an influence of others. Whether a child grew up with a Bulimic parent or they have been teased about their weight so harshly that they take one or more actions

that become habit forming.

Symptoms of Bulimia are binge eating of fattening foods, eating for hours, exercising until it hurts, body weight that goes up and down, bad breath, sore throat or mouth sores, and depression. When a person realizes that they have Bulimia Nervosa, it is not like they can stop bingeing and purging. To stop the bingeing and purging a person needs psychiatric help; it is not a thing that they can choose to stop and go at any time.

People should not get to the point where they look in the mirror and see everything wrong with them. I understand everybody has their flaws, but that does not mean they should turn to Bulimia. This should not be a person's first option of losing weight; it is very unhealthy and will not keep you at a consistent weight.

Instead of a person becoming Bulimic they can choose other methods like a healthy diet or doing a safe amount of exercising.

Emma Collins
Staff Reporter

Chris Collins, father of two students at WHS, junior, Taylor Collins, and freshmen, Emma Collins, has offered to perform a concert on the WHS football field.

He has a country music band. Branded, totaling six members, lead guitarist, Tobey Dillion; base guitarist, Mike Johnson; drummer, Sten Hauge; acoustic guitar and background vocals, Eric Williams; sound check, Phil Hart, and Chris Collins, lead vocals.

Branded first started off practicing in Collins' garage. Collins has been singing for a long time. He knows all about the ins and outs of country music. Dillion and Collins worked together for two years

at a local business, and one day they were talking about their love for music. Dillion has been playing guitar since he was 12 years old but has always played more rock n roll music. Dillion and Collins met in Collins garage playing their instruments when they had the idea to start a band.

They had four friends who joined them forming the beginning of their band. But the life of a rock star started to get the best of them, and problems occurred in their life causing them to quit the band.

However, Collins and Dillion stayed around, and interviewed some guys finding local talent.

"We aren't trying to make it to the top or to be famous, we are just simply doing this because we love country

music and it's our hobby," said Collins. "I have learned a lot, and have heard from other local bands how hard it is and all the obstacles and struggles you go through while trying to make your music to even be heard."

They have been playing for two years mainly in smoky bars in the sacramento area.

Branded is planning to perform a concert at the WHS football field as a fundraiser for the freshman class, so come on and join the fun and support your freshman class!

They will be selling drinks, food....ext. They are not sure about the exact date yet. For more info ask any of the following class officers: Emma Collins, Alyssa Beaty, Kaylin Jones, Omar Flores, or Olivia Chavez.

The Costume Ball

Rebekah Allen
Staff Reporter

The WHS senior class sponsored the Costume Ball which was held on Sat. Oct. 30 in the WHS cafeteria from 8 p.m. to 11 p.m.

The cafeteria was filled with fun and excitement. The students that attended seemed to like the music and decorations. The room was decorated with streamers hanging from the ceiling, and gossamer cloth forcing students to duck under before reaching the dance floor. The girls bathroom was also decorated with fake "blood" smeared all over the mirrors and counter tops.

Many songs were suggested by students through a suggestion list placed in the schools office and downloaded onto an IPod. There was not

any DJ that was hired for the costume ball.

The seniors sold bottled waters for \$1. Students were able to get their pictures with their friends through Yearbook Photography, Jessica Adhin, who took the pictures in the faculty lunch room attached to the cafeteria.

A contest for the Scariest Costume, Best Couple, and Most Unique was held. The winners were for the Scariest Costume, Rebekah Allen, who dressed as a marionette and Nolan Barnes, who was dressed as a gorilla. The winners of the best couples were Sacha Amaro, who was dressed as a pig, and Sam Amaro, who dressed as a bunny. Anthony Prasad won the most Creative as a nuclear survivor. Jorge Mendoza won most unique as a Rabbi.

Linda Thurman
Staff Reporter

'Comparing a smaller school to a bigger school would be difficult unless you have been in both situations. I know how it was to be in a school where you do not know all the people in your class, let alone the whole school. Then compare it to the situation where you are going to a school and everybody knows everybody, also then learning that+ your parents went to school with your friend's parents, or your parents had some of the same teachers you have. This could be an unusual situation, but it is common in a small school.

Before I came to Willows last January, I lived in

Woodland. In Woodland there are six elementary schools, two junior highs, and two high schools. When I came to Willows, it was a big change with Willows only having one elementary school, one intermediate school, and one high school. Coming to Willows where all the students knew each other and their parents knew each other because they went to school together was a very big change. When I lived in Woodland, I did not know all of my graduating class. That shows how big the high school that I attended was.

There are the perks of a bigger school that a smaller school does not have such as; more people to know, better variety of classes, more opportunities, longer time periods in between classes,

more people involved in clubs or sports, and more clubs or after school activities.

There are also things that are better of a smaller school than a bigger school, such as knowing everybody, the homier environment, and knowing more of your classmates and staff members.

Everybody has their opinion on what type of school they like better; it also depends on their comfort zone. I know people who love going to a small school and some who dread it.

In my opinion going to a smaller school is better than a bigger school. With my experience of a bigger school there was more drama, and I felt weird walking around campus seeing people everyday that I have never seen before.

Snow sledding incident brings on health issues to WHS Freshmen

Jolene Pozzi
Staff Reporter

My last article ended with me being released from UC Davis Hospital January 19, 2010.

On June 28, I felt a stabbing pain in my chest and was constantly cold. My mom called my local doctor, Dr. Jenkins, and he ordered more blood tests and suggested that my parents call the UC Davis doctor, Dr. Anderson. Dr. Anderson told my mom that he wanted to have another CT scan to see what was happening inside my body, and why I had the pain in my

To recap of my first article, I had a falling out with a tree during a fun day in the snow snouboarding with my friend. A deeper injury existed that

chest.

On July 7, I had the CT scan that showed a hematoma, blood and bile, still present. The size of the hematoma surrounded a part of my liver stopping the livers natural filtering processes. Dr. Anderson and an interventional radiology doctor, Dr. Link, decided that I needed to have a procedure that placed a drain in my liver and would extend out

was unexpected and undetected by the examining doctor at Truckee Hospital. Two weeks later after throwing-up blood, I was admitted to UC

below my rib cage. This was to relieve the pressure and to allow the hematoma a path to drain out of my side.

On July 14 I was admitted into the hospital to have the drain inserted. The nurses in the pediatric ward remembered me when I told them that I was in a snow sledding accident. The drain stayed in for five weeks.

On Aug. 18 the drain was

Davis after being lifeflighted from Glenn Medical Center's emergency room. A tube was inserted to remove any blood from my stomach. After three

removed, and two weeks later an infection set in having me return to UC Davis for a check up. I was admitted into UC Davis Hospital on Mon. Aug. 30 for seven days hooked up to an IV with three different antibiotics. Another drain was reinserted where the old one was because the fluid in the hematoma held an infection. After returning home, I was placed on independent study

days of constant observation from the UC Davis staff, I was discharged and released on January 19, 2010 to attend school.

to continue my high school education. This second drain was removed On Oct. 14, where I have not had any health issues.

My fun in the snow has my medical claim at \$285,000. I will need to have my blood tested to check my liver enzyme level, and with the passing of time I hope that they too will soon be part of my past.

SWAT and FNL decorated WHS campus celebrating Red Ribbon Week

Jessi Adhin
Executive Director

Red Ribbon Week 2010 was celebrated during the week of Oct. 25-29. Clubs SWAT and FNL participated in keeping the drug awareness alive.

S W A T decorated the stage and poles around the campus with red ribbon provided by ASB. FNL handed out wristbands and gave a brief presentation to first period classes. They also sponsored a pledge wall where students were able to have their handprint showcased for pledging to be drug-free. Students were able to turn in their wristbands on Friday Oct. 29 to be entered in a prize

drawing.

Red Ribbon Week was not always how it is portrayed today. One man made a significant impact to the drug world and was an outstanding role model for drug free lives. Enrique Camarena joined the U.S. Drug Enforcement Administration and was sent to Mexico to investigate a major drug cartel believed to include high ranking officers in the Mexican government. On Feb. 7, 1985, 37-year-old Camarena was abducted by five men before meeting his wife for lunch. A month later, his body was found. He had been tortured to death.

The first Red Ribbon

celebrations came about in 1985, after the death of Enrique Camarena. This year marks the 25th anniversary since the first Red Ribbon Week. Weeks after Camarena's death, Duncan Hunter and Henry Lozano launched Camarena clubs in Imperial Valley, Calif., Camarena's home. Such coalitions began to wear red satin badges and red ribbons in his memory. Eventually, the Ribbon Week Campaign was created.

Today, Red Ribbon Week is a symbol of the DEA's supported efforts to decrease drug demand through education and prevention programs. By wearing a red ribbon Americans indicate their disapproval to drugs and pay homage to Enrique Camarena and other men and women who have made sacrifices in the fight against drug trafficking and abuse.

The Willows Library

Sydney Kline
Staff Reporter

The library is a wonderful place to be. There are so many things there like educational videos, magazines, hundreds of different types of books, and many different movies like comedy or action. There is a children's center that has many children's books and even little puppets. The Willows Library also has a children's summer reading program that WHS and WIS students can help volunteer with the program. The program starts after school ends in June and lasts until July. There is also a children's reading hour from two pm to three pm for children three to eight years old.

There are computers for the public to use and you can bring your own USB to use on the computers for research or homework. There are four computers for the adults

above eighteen years old and there are eight computers for kids and teenagers to use.

The Willows Library also takes in requests for books and movies if they do not have them. The public can go online or talk to a librarian to put in a request. The librarians take in anywhere from twenty five to forty requests a week.

People can apply for a part-time job, but must be eighteen years or older. People will have to talk to the director to volunteer.

The library hopes for more books, better materials, and up-to-date computers in the future. If the general public would like to help the library out, the library would appreciate book donations, money donations, or just volunteers. The library is always short on nonfiction, westerns, cookbooks, and reference books.

