

Who Needs Sleep?

Sleep, the elusive activity that seems unattainable to the high school student. According to Mayo Clinic, the average teen gets only 7 hours of sleep, roughly 3 hours less than the recommended amount. Experts believe that this lack of sleep is due to excessive technological use, social attitudes and activities, and a hectic high school schedule. Although some of these problems seem unsolvable, there is one solution that can help change the amount of sleep a teenager gets drastically.

The idea that school should start later in the day provides a solution for many problems within teenagers' lives. The Centers for Disease Control and Prevention (CDC) states that if schools were to push back their start time, there would be almost immediate improvement not only in how much sleep teenagers get, but also their academic performance and quality of life. A whopping 93% of high schools, including Pella High, start school before the American Academy of Pediatrics recommended

start time of 8:35. However, it is visible that schools in states such as California are making the effort to heed the advice of experts and start school around the time of 8:35 or later.

Using the evidence provided it would be a very well informed decision to push back the start time of all schools in America to 8:35 or later. If this were to happen, not only would the sleep schedule of teenagers improve, but their social lives and academic success would benefit as well.

• Connor Gauley
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An Ode to Ugly Christmas Sweaters

Go ahead and forget Thanksgiving, because Christmas is right around the corner. This means it's time to heat the stove and oven in preparation for hot chocolate and Christmas cookies. But most importantly, it's time for ugly Christmas sweaters. No need to beg your worst dressed Grandma for her sweaters, resident ugly Christmas sweater connoisseur senior Travis Mitchell is here to help.

Mitchell and his vast collection of over 25 Christmas sweaters are a part of a group that calls themselves, "Sweaterbeasts."

Mitchell recalls why his obsession with these sweaters began,

"I wanted to have a comfortable and unique look. That means I always go for what fits and looks the most hideous."

The sweater expert offers advice to novices looking to start their own ugly Christmas sweater collections.

"People looking to get into the Sweater Beast hobby should carry some cash on them because you never know when you will find the perfect sweater."

If anyone is interested in either getting the perfect sweater or becoming a fellow Sweaterbeast, Travis Mitchell is here to help!

Staff Ed: The End of an Era

As the decade comes to a close, we're thinking over the past ten years that have shaped who we are, filled us with defining memories, given us our values and passions, and have taught us invaluable lessons. For most high schoolers, this decade is really all we remember. As humans, we tend to fixate on the negative times of our lives, whether that be the loss of a loved one, a move to a new school, or a falling out with a friend that we no longer speak to.

As we begin a new decade, the one where many of us will start jobs and begin families, the Pelladium is issuing a challenge to all students: to remember the good times and cherish those around us. We have to learn from our past and

all the negative memories that come with it so that in the future; we can become stronger, kinder members of society. It may not seem like it, but high school is a time of immense personal growth. The lessons our teachers and coaches teach us aren't just about the material in the class, but more importantly, they're teaching us how to be responsible for our actions and our words. The Pelladium challenges all of you to reach out to that friend that you're not all that close with, give your parents an extra hug this week, and tell your teachers you appreciate them. At the Pelladium, we firmly believe that anything you do in life is what you make of it, so let's all try to make this next decade a good one.



•The Pelladium Staff unanimously voted in favor of this editorial.

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Student Opinion

Favorite Part/ Trend of the Decade?

"The 2012 and 2016 elections"
-Sophomore Ian Smith

"Donald Trump being president"
- Junior Caleb VanSant

"Dragonball came back in 2014."
-Junior Faith Diers

"Birkenstocks"
-Freshman
Anneka Stoltzfus

"Hillary not being president"
- Sophomore Cole Hillman

"Pride Month"
- Sophomore
Parker Elder

"Bruce becoming Kaitlyn Jenner"
- Junior Ashley Hardman

"LGBTQ Marriage becoming
legal"
- Senior Annaleigh Babcock

"Trump becoming president"
- Junior Katelyn Dereus

"Memes!"
- Senior Warren Page

"Avengers"
- Senior Nick Grandia

"Hydro Flasks"
-Freshman
Addison Hartwick

"The MCU happened with the
exception of the first
Iron Man movie"
- Sophomore Riley Zylstra

"TikTok"
-Sophomore
McCaffrey Brandt

"Vintage items coming back,
like vintage jeans"
- Senior Allison Paulius