

**NEXT GENERATION | SCHOOL NEWS**



Photo, left: Erin Moline runs the 800 meters in record time. Right: Mother and daughter, Emily and Erin Moline, are both track record-setters at Applegate School.

## Family legacy at Applegate School

BY RENEE GOURLEY

Track-and-field day has been a long-standing tradition at Applegate School that dates back generations. While some of the events have changed over the years, it continues to include the long jump, high jump, softball throw, and a variety of running events of various lengths.

In the school cafeteria a board lists the events participated in over the years and the names of the record holders for those events—some dating back to the early 1970s. A few of the record holders have continued their legacy at the school as parents of students.

One record holder, Karen (Hamner) Hirschmugl, returned as a teacher at the school. Karen holds two records: running high hurdles with a time of 8.3 seconds and running the shuttle relay in 21.4 seconds.

With many families passing through the school and all the records set, this year one special record was broken and a new one set that shows a deep family legacy rooted in Applegate School. As a middle-school student, Emily (Steinert) Moline set the record in the 400-meter run, with a time of 1:09. Emily's family has strong ties to the school and the Applegate Valley, as her mom was a speech therapist at the school and her sister a teacher. Emily's parents encouraged her to run and stay active.

Emily's own children are avid runners, and her two oldest have a strong interest in cross-country running. This spring Emily's daughter, Erin Moline, earned her own place on the record board by running the 800-meter with a time of 2:43. Erin, an honor student and leader at the school, has been a dedicated runner over the past several years and was determined to get her name on the board. Little did she know that she would share the board right next to her own mother.

In response to Erin's name making it onto the record board, Emily says, "It is cool to see how family traditions go on." Erin plans to continue her running as she moves into high school and has already started to train. Over the summer she beat her personal record in the 800-meter. Emily holds records at Hidden Valley High School in two events, and now Erin has set a goal to earn her place on those same record boards. Erin's dedication and drive will take her far.

While Applegate School holds many long-standing traditions since its beginning, the track-and-field day is one that will continue for many generations. Perhaps more generational legacies will find their names on the board over the years. This is just one thing that makes Applegate School so special—family legacy.

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**Happy Thanksgiving!**

## New Student Leadership Program at Pacifica

BY CLAIR HIGHFIELD

Did you know that Pacifica has a Student Leadership Program for high school students? Yes, we do!

We launched our new Student Leadership Program in spring 2024. The program gets high school students outside and, at Outdoor School, mentors fifth and sixth graders. We designed the program to cultivate leadership skills, ecological knowledge, and social intelligence. Through learning to lead nature explorations, hikes, and games, students develop skills in communication, time management, problem-solving, and teamwork, and enhance self-awareness and social skills. Pacifica is especially excited about the impact this program has on high school students' confidence, sense of purpose, and connection to community.

During our first season of the Student Leadership Program, 36 students, from four schools and two school districts, attended two days of training. After training, 16 student leaders served as mentors to fifth and sixth graders at Outdoor School, providing three days and two nights of lessons, adventures, and fun. Student leaders appreciated interacting with younger students and recommended becoming a student leader! It was a successful first season.

In the spirit of Outdoor School, our pilot season was a fun learning opportunity. In fall 2024, Three Rivers School District students can receive elective credit for their participation. We will expand to offer students in other school districts the opportunity to receive credits for their participation. All students will receive a certificate of participation to use for resumes, scholarships, and college or university applications. We are looking forward to having more high schoolers join us for our training and outdoor school season this fall.

### Sign up for PALS

Now is the time to sign up for PALS (Pacifica's Adventures in Learning). PALS is for homeschool families who want in-person learning for kids aged 5-13. Each Monday students will go on a new adventure with their pals exploring,



Hula hoop challenge at the Student Leadership Training in April 2024.

learning, and connecting. Half of the day will be dedicated to outdoor educational learning and fun! We'll go hiking and learn about and catalog plants, birds, and many living beings along the way. We will explore place-based history and culture and enjoy working together through play, team-building activities, and sharing circles. The other half of the day will be project-based learning and creating with local craftspeople and artists.

### Forest Fridays

Pacifica has another new and exciting program: Forest Fridays! Forest Fridays, an Outdoor Enrichment Program, is focused on mindfulness and nature awareness for students aged 7-14. With the beautiful land of Pacifica holding us, we will explore its many habitats, building relationships with the incredibly diverse plant, animal, and fungal populations. Basking in the serenity of nature and using the tools of mindfulness, we will access deeper awareness of ourselves, our emotions, thoughts, feelings, and bodily senses. As a community, we will develop and practice compassionate communication and cooperative problem-solving skills through fun games and team-building challenges. The friendships formed and adventures shared will make memories that will last a lifetime!

Pacifica is a 420-acre art, nature, and education center open to the public from dawn until dusk on most days. Visit our website at [pacificagarden.org](http://pacificagarden.org) to review our calendar and register for classes and workshops.

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## Ridiculous Rose by Salila Oldham



Salila Oldham, age 14, attends Hidden Valley High School and enjoys swimming in the Applegate River, rock-climbing, soccer, and skiing. Salila wants to write, illustrate, and publish a children's book in a couple of years.