



## Student Work!

There is No Place Like Home  
by Mikayah Murphy

My home is the wrestling room! The wrestling room is more than just where we train, but it's the place where everything else in the world seems to pause. It is my safe place because it is where I am able to feel understood.

I am surrounded by people who are pushing towards the exact same thing that I am. I'm surrounded with people who know how it feels to win, how it feels to lose, and how it feels to improve with every day of work. We are more than just a team, but we are a family, a wrestling community that is capable of pushing through our hardest challenges in life and coming back stronger.

Every time I leave that door, I leave not only stronger but steadier, wiser, more powerful, and fully aware that I will always have somewhere to come back to. There is no place like home.



## Track & Field News

The time is here!  
January 12th will kick off the pre-season track and field training.

Monday - Thursday from  
4PM to 5:30PM  
Meeting in the weight room

## Immunizations

Immunization Exclusion Day is February 25, 2026.  
Please contact Tara Thornhill at 541-592-2116 or [tara.thornhill@threerivers.k12.or.us](mailto:tara.thornhill@threerivers.k12.or.us) for more information.

