

The Bagpiper

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Reporting Freeman's news since 2009

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ANXIETY

DEPRESSION



BRAIN FOOD

STUDY TIPS



FEATURING..



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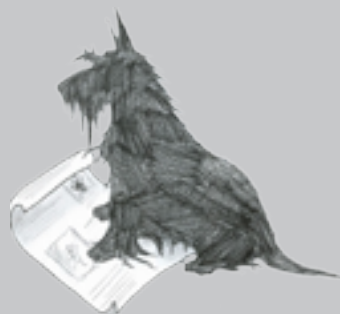
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- Before you start, uninstall previous versions of Microsoft® Office.
- Go to <http://portal.office.com>
- To Login:
 - K-8 Students: username = 4 digit lunch code@goscotties.com. (Ex. 0000@goscotties.com)
 - 9-12 Students username = firstname.lastname@goscotties.com. (Ex. john.doe@goscotties.com)
 - Password = your FSD Network Password
- The page will default to the **Office** options. Click **Install Now**.
- Choose **Run** or **Save**.
- The streaming installation will begin.
- A video will display to explain the new features of Microsoft® Office 365 ProPlus. While the video plays, the installation will continue in the background. Do not go offline or restart your computer until the installation is complete.

Suicide is a permanent solution to a temporary problem

By Ruby Falciani
Editor

The holidays are stressful and this year its seeming like there's barely two weeks between each one. The stress just seems to be piling on. From having to save money for presents, deal with the inescapable family drama that happens every year, and still seem like you are holding yourself together, it gets exhausting. Students feel this creeping up just as the cold weather and dark days are, and it's about time to address the terrifying and important discussion of depression and suicide.

According to spokanecares.com, major depression is the leading cause of disability in the United States. This illness resonates throughout the entire family, and it can increase the risk for depression in other family members. However, when a depressed mother receives appropriate treatment, depression in their children lessens. In any given year, children and adolescents are among the 10 million Americans who suffer from depression. There can be environmental factors that may cause depression in children. Depression affects roughly 20% of adolescents by the time they reach adulthood.

Even at Freeman, counselor Laura Hamma gets roughly 40 students per year in her office who speak up about their struggles.

If depression is left untreated, it often leads to suicidal thoughts and actions. Although depression is the most common factor in suicide, it isn't the only cause, and the process doesn't happen overnight.

Suicidal people may also be suffering from an anxiety disorder, bipolar disorder, or schizophrenia. According to the National Institute of Mental Health, evidence has shown that almost all people who take commit suicide have a diagnosable mental or substance abuse disorder, and the majority of them have more than one disorder.

Unfortunately, suicide is a public health issue that many people aren't comfortable talking about because it is a societal taboo. Those who are suffering from mental disorders often do not know it is safe to seek help. The sad thing is most young suicidal people don't really want to die—they just want their pain to end.

IF YOU ARE DEPRESSED OR SUICIDAL:

If you are considering suicide, take some advice from Wendy Ulrich, PhD., MBA, psychologist and the founder of Sixteen Stones Center for Growth (sixteenstones.net). According to Ulrich, suicidal thoughts may worsen when you're surrounded by people who seem happier than you are. She shares the following tips to combat depression:

- Base your self-esteem on your values and strengths, and worry less about what other people think.
- It isn't what happens to us that make us miserable, it's what we tell ourselves it means to us. Tell yourself you are strong enough to take a challenge, and you will feel better after a good night's sleep.
- Spend some time with others who struggle. Part of the reason we feel better when we serve others is because we recognize many of our own strengths and good fortune, instead of just seeing how others have it better than we do.
- Work hard to develop your talents; and don't let jealousy cause you to ignore your strengths. Make some goals based on values that matter to you. Break them down into smaller steps, and peruse them a little at a time.
- Remember that everyone has down times and bad days. Don't get depressed about being depressed. See it as temporary and fixable.

Suicide rates for Washington youth are the highest in the nation. According to the Spokane County Medical Examiner, there were 70 suicides in 2010, increasing from the 62 in 2009. 55 of the 70 suicides were people between the ages 20-59, six suicides were teenagers, and seven were in the 20-29 age groups.

A Center for Disease Control and Prevention survey reported that of all suicides ages 10-24, 51% percent took place with a fire-arm. Nearly 1 in 7 high school students said they seriously considered suicide in 2010. Additionally, over 374,000 were admitted to emergency rooms due to self-inflicted injuries. A 2010 Washington Healthy Youth Survey showed that in Washington, females are hospitalized for attempted suicide more frequently, but males die by suicide by a ratio of at least 4:1.

The Youth Suicide Prevention Program reported each week in Washington State an average of two young people die by suicide and another 17 attempts that result in hospitalization. According to the Washington Healthy Youth Survey in 2008, 17% (about 14,000 students) of 10th graders who responded said that they had seriously considered suicide in the past year, and 9% (about 7,500 students) said they had attempted suicide. In the same survey, 16% (about 12,250 students) of sixth graders said they had considered taking their own lives and 5% (about 4,000 students) had attempted suicide.

Peer mentoring programs in schools, such as the Youth Suicide Prevention Program, appear to work in helping depression and suicide. Education Northwest said education awareness is effective on its own, but being paired with students who volunteer to be buddies (to listen, to care, to prevent both bullying and suicide) increases success. A little known fact about bullying is that it not only puts the victim at risk of suicide, but the bully as well.

Get help if you are thinking of suicide. Find an adult you can trust, share what you are feeling and ask them to help you. Some adults you may be able to talk to are: family members, teachers, your parent's friends, a doctor, your friend's parents, any religious head, teacher or a school counselor. Suicide is a permanent solution to a temporary problem.

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RECOGNIZE THE SIGNS:

NOTE: These signs can be more noticeable after a recent death in the family, a break up with a partner, a conflict with parents, a major disappointment or rejection, and news reports of other youth suicides from the same school or community.

- Depression
- Loss of interest in regular, formerly loved activities
- Mood swings, agitation, or anxiety
- Excessive and/or increased drug or alcohol use (Paul Quinnett, Ph.D. wrote that alcohol makes depression worse, it impairs thinking and judgment, increases impulsivity and can cause tragic “accidental” suicides such as taking a handful of pills, driving fast, and playing with loaded firearms. He also stated that “for the suicidal person, there is no safety without sobriety.”)
- Feelings of guilt, or feeling hopeless
- Neglecting to care for physical appearance or hygiene
- Gain or loss of appetite
- Giving away treasured belongings
- Putting affairs in order
- Insomnia or increased sleep
- Buying a gun
- Obsession with death
- Talk of suicide
- A previous attempt
- A history of being sexually or physically abused
- Access to firearms
- Hinting at not being around in the future or saying goodbye
- Impulsiveness and taking unnecessary risks
- Self-harm (If they wear a lot of long shirts or pants and refuse to wear short sleeves or shorts, they may be hiding their scars or new cuts)

PHRASES TO WATCH OUT FOR:

- “You’ll be sorry when I’m gone/dead”
- “I’d be better off dead”
- “I can’t care anymore”
- “I feel so alone”
- “I can’t see anyway out”
- “I have no future”
- “I am worthless/pointless/bothersome/a burden/waste of time, space, or money”

WHAT YOU CAN DO:

- Ask the question: “Are you thinking about suicide?” It will show the person you care about them and are concerned for their well-being. Stress how willing you are to listen. It will not put thoughts in their head. You will open communication lines and allow the person to express their thoughts and feelings. The important thing to do now is listen. If you are worried, talk to them and tell them you are worried.
- Ask: When did you begin feeling like this? Did something happen that made you start feeling this way? How can I best support you right now? Have you thought about getting help?
- Say: You are not alone in this. I’m here for you. You may not believe it now, but the way you’re feeling will change. I may not be able to understand exactly how you feel, but I care about you and want to help. When you want to give up, tell yourself you will hold off for just one more day, hour, minute—whatever you can manage.
- Take suicide very seriously. An estimated

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80% of all people to commit suicide talked to a family member or friend or gave a warning sign. Do not ignore what seems to be a joke. No matter how jokingly they say it, it is a threat to be true.

- If they threaten “I am going to kill myself,” you must act right away. Call them, make them stay on the phone, go to them immediately, call 911 if you fear you can’t get to them soon enough.
- Get involved with Spokane County’s Suicide Prevention Coalition. The coalition, led by Spokane Regional Health District, is comprised of mental health professionals, survivors of suicide, and concerned citizens. They strive to reach out to the community by creating awareness that suicide is preventable. The coalition meets bi-monthly and is always open to new members.
- All individuals: get some training in this area. Recognize the warning signs of suicide.
- Teachers: read “What Every Teacher Should Know About Preventing Suicide” from the Washington State Youth Suicide Prevention Program, produced by Washington State Department of Health’s Injury Prevention Program.

WHAT TO DO IN CASE OF EMERGENCY:

- Call them, make them stay on the phone, go to them immediately, call 911 if you fear you can’t get to them soon enough.
- If you find them with cut wrists: call 911 so they get there as soon as possible and then go to them immediately. Once are with them, use something to apply pressure immediately to stop the bleeding. You can use your belt, scarf, a towel, whatever works. Waste no time to find something clean. Tie it around the slit wrist as tight as you can, remember: a severed artery will gush blood as a high pressure. There is a pressure point on the inside fold of the elbow, if you apply pressure here it can help stop some of the bleeding.
- If they used a gun: call 911 immediately. Apply as much pressure to the wound as possible. Remember that even a gunshot to the head will sometimes not kill a person. There is always hope.
- If they took a lot of pills: Call 911. If they stop breathing, start CPR. Contact Poison Control (800-222-1222) and the experts will help you. DO NOT try to make them vomit or give them anything to eat or drink. Collect the pills or pill bottles that they used and give them to the emergency team or take them to the emergency room.
- If they have hung themselves: It is possible that a person can survive a hanging and if they have, attempt to relieve the pressure immediately. You can do this by holding them up as best you can by putting one arm around their feet while using the other to push up under their bottom. It’s important that all the pressure is taken off their necks. If you are with another person ask them to call 911 and then untie or cut the rope, and get the person safely down.
- If they drown themselves: Call 911. Take them out of the water, and check for breathing. If they are not breathing check the pulse for 10 seconds. If there is no pulse, lay them on their back and begin CPR. If you have stayed on the line with a 911 operator they can also guide you on how to give CPR.



Photo by Ruby Falciani



Photo courtesy of yearbook staff

Sophomore Cassidy Crosswhite clears the ball from the goalbox during soccer's Spirit Week match

Homecoming week has something for everyone

FHS pulled all the stops during this year's spirit week, getting into class competitions and dress up days. The senior girls pulled out the win during the Powder Puff football game, and the senior boys were victorious in a close game against the freshmen boys during Friday's assembly playoff. A competitive week of lunchtime ping-pong matches finished with senior Billy Sims and sophomore Hayley Damon winning their respective lunch tournaments. As well as all those crazy activities, varsity teams competed throughout the week. Football, volleyball and soccer all claimed wins during their matches. Spirit Week ended with a dance on Saturday, letting students cut loose for the evening.



Photo courtesy of yearbook staff

Senior Preston Hoppman gets a spike on the way to a senior victory during Macho Volleyball.



Photo courtesy of yearbook staff

The seniors celebrating their win after Powder Puff football



Photo courtesy of yearbook staff

The leadership class put on some incredible assemblies to get students pumped for Spirit Week.

THE BENEFITS OF YOGA



YOGA HELPS REDUCE ANXIETY
IMPROVES MEMORY
HELPS US FOCUS
INCREASES BLOOD FLOW

YOGA REDUCES OUR RISK OF INJURY
LOWERS OUR HEART RATE
AND ALSO LOWERS OUR STRESS LEVELS



Yoga & Depression

IT CAN EASE PHYSICAL PAIN,
COMBAT LETHARGY, AND IMPROVE
SELF-ESTEEM. IT MIGHT EVEN
INCREASE PRODUCTION OF
SEROTONIN, THE BRAIN CHEMICAL
THAT EXPERTS BELIEVE IS DEFICIENT
IN PEOPLE WITH DEPRESSION.

Created by E. Sheldon



POSTURE FOR STUDYING

A FEW HELPFUL TIPS TO GET YOU STUDYING LIKE A PROFESSIONAL

"The best posture is always the next posture," or in other words, always keep moving:

According to a study conducted at Florida State University, researchers found out that "congruent body posture" significantly improved access to and retention of autobiographical memories in both young and adult people (Dijkstra, 2005).

Contrary to what we are told as kids to "sit up straight" a study in 1999, however, found that sitting at an angle of 110-130 degrees is optimal for spine comfort, and another in 2007 showed that leaning back at 135 degrees is ideal for preventing back strain.

Created by E. Sheldon

LOCATION:
Choose an appropriate location such as your room, library or even coffee shop to do your work.

ATMOSPHERE:
Some prefer complete silence where as some prefer to listen to music.

LIGHT:
It is best to find light between a harsh bright light and a soft ambient light.

TEMP:
A balance between chilly and warm is ideal as to not be distracting nor put you to sleep.

*NOTE: With all of these factors it is most beneficial to know what works best for you.

TIPS FOR THE IDEAL STUDY ENVIRONMENT

STUDY SET-UP

Coping with Teen Anxiety

By Katie Ophus
Staff Writer

Anxiety- a state of apprehension and psychic tension occurring in some forms of mental disorder. Anxiety has been an ongoing process and has also got a more serious effect as time progresses. Teens, especially, suffer from anxiety in a variety of ways, from stress over a test to social anxiety. According to Elementsbehavioralhealth.com, 25% of all teens suffer from anxiety and 30% of all teen girls suffer from anxiety, and women are diagnosed with anxiety two times more than men.

Women tend to have more anxiety due to negative emotion, self-criticism, and nonstop thinking about problems, according to an article “Nervous Nellies” by Taylor Clark.

The causes of anxiety can change from person to person. According to Teenshealth.org, some of the leading causes of anxiety are the rising divorce rates, more drugs are available, students are forced to stay in school longer and delay being in the work force, and money and material items are valued more than human interaction or time spent with family. Other causes of anxiety include a student’s dreams being deceived, narcissism, telling the young people they can do anything and strive for their dreams, but then they suffer severe disappointment when their dreams are not reached.

Coping with anxiety can be as easy as deep breathing to increase oxygen flow to the brain to giving up television and computer time. Teenshealth.org explains watching T.V. and spending time on the computer can feel relaxing, but can actually make you tenser. Drugs and alcohol can also have this affect; they give you a false relaxation, and can lead to addictions or constantly needing the drug.

One good way to relax are yoga classes. Even if you don’t want to pay for a yoga class, you can watch online instructors or get poses online. Other things that can affect your brain are nutrition and sleep patterns. If you’re not eating right and getting enough sleep, your brain can cause you to worry more making you anxious. Although this may not seem like it would affect anything, connecting



Photo courtesy of Creative Commons

Medication shouldn’t be your first resort, but can help

with others physically, rather than just texting or social media, can be good for your mental health. Spending time with organized groups or your family can help decrease worry and anxiety.

Finals time can especially be a major cause of anxiety for students. Exercising can be a good stress reliever. Before you start studying, take a 20 minute jog. Running can help clear your mind as well as release endorphins that will help you feel good, study better and be more focused.

Although exercising is great, if you are unable to, cleaning your study area can also help you stay focused. Before you start studying, you can go to your desk or study area and clean/organize it. It will make you feel better and help you stay focused by not making you distracted.

You can also bake yourself a healthy treat (such as the recipe below) as a stress relieving break. Baking, as well listening to music, can be soothing activities that can help racing thoughts. Try making a healthy breakfast treat.

Anxiety is not something you should be ashamed of or something you should try to hide. If you are struggling, you should not be afraid to tell someone. Your parents, or our high school guidance counselor Mrs. Hamma can help you, as well as teacher. If you are feeling overwhelmed, you can tell them and then they can help with your school work or help you through the situation stressing you out.

No Bake Energy Bites

Ingredients

1/2 cup creamy peanut butter	2/3 cup sweetened shredded coconut
1/3 cup honey	1 tsp vanilla extract
1 cup old-fashioned oats (raw)	1/2 cup ground golden flaxseed meal
6 Tbsp mini chocolate chips	

Directions

In a mixing bowl, stir together peanut butter, honey and vanilla extract. Add remaining ingredients and stir until evenly coated. Transfer mixture to refrigerator or freezer and chill until set (I actually cheated here and shaped mine before chilling with damp hands but I think chilling would make it easier to shape them).

Remove from refrigerator and shape into 1-inch balls. Store in refrigerator in an airtight container.

BRAIN FOOD

Created by E. Sheldon

WE ALL KNOW HOW HARD IT IS TO STAY FOCUSED IN CLASS SO
HERE'S SOME FOOD TO HELP GIVE YOUR BRAIN THAT ENERGY WE
ALL NEED.

GRAINS

SEEDS

& NUTS

These foods give you long term energy by releasing the glucose slowly into your system.

WHOLE GRAINS
PUMPKIN SEEDS
LENTILS
WALNUTS

BLACK PEAS
BROCCOLI
ARTICHOKE
GREEN PEAS
SAGE
AVOCADO
BEETS
ORANGES

Vegetables and fruits are with various antioxidant and anti-inflammatory compounds that protect and promote brain function.

VEGGIES

FRUITS

& HERBS

ESSENTIAL

FATTY

ACIDS

These fatty acids reduce the affects of depression and ADHD. They are also great for your heart.

OMEGA 3
SOYBEAN OIL
FISH
OLIVE OIL
ALMOND OIL

Pac Con goes off with a bang

By Isaac Stokoe
Staff writer

Whether you're into LARPing (Live Action Role Playing) or you just wanted to get a good deal on comic books, Spokane's first Pac Con was a success for local and regional artists and vendors. Pac Con is a smaller version of San Diego, California's comic con. Featuring over 100 exhibitors, it brought in a lot of people looking for a range of featured products including posters, cds, t-shirts, and many, many comic books.

The main question though was whether comic con provided an explosion of revenue, or was it a bust with the fans?

For those that were able to pay the hefty price of \$114, a VIP ticket could be purchased. With this golden ticket, VIP members were offered a "swag bag" with goodies inside, the ability to go out on the exhibition floor 30 minutes before opening, and the ability to cut the "regular joe" lines for celebrity pictures and signings.

Many were lured to this loot for obvious reasons, but was it really worth the cost? Many would say no. The "swag bag" had very cheap "goodies". These so called gifts were a bag and lanyard advertising the US Army, a crumpled poster, and a Pac Con lithograph of a comic style Wolverine. The only perks were early admission and skipping through lines, if you wanted to pay the crazy prices to meet William Shatner or Marvel comic legend Stan Lee. "It wasn't worth the money." Said Senior Ruby Falciani, "It cost too much and was not worth the money."



Graphic by Emma Sheldon

Panels were offered throughout the day featuring key speakers in a variety of different geek comics such as Marvel vs. DC discussions, and stories from those who worked in tech support. Though funny and a good way to get your money's worth at Pac Con, the schedule was always changing and shifting without much guidance towards the customers which led to much frustration. There were also adult only discussions after

the exhibition floor closed ranging from talks on sexuality and technical skills.

"The panels were pretty cool," commented SVT graduate Drew Jepperson. "They were a fun way to spend your time after shopping at the exhibits room."

Offering a rich variety of new and veteran artists, Pac Con became a miniature ecosystem thriving upon everyone's love of art, and of course, comic books. And comic books they had! Featuring five key vendors with comic books from every age, it was hard not to practically throw one's money at them.



Graphic by Emma Sheldon