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THE EASTERN BRITAIN LANCERS EXTRA

A Bark Away from Happiness

by

Chloe Van Nelson

Pg. 2



Inside this Edition:

Supernatural Happenings in Bristol's Backyard by Kalista S.	page 4
Dunkin' on your Dreams by Ava L.	page 6
Population Rising by Weronika Z.	page 8
Article 13 is Threatening your Dreams and Memes by Crosby B.	page 10
Teens and Relationships by Logan Z.	page 12
Ashworth's Guide to Political Terms in the Modern Age by Luke A.	page 14
From the Principal's Desk by Dr. Calvi-Rogers	page 16
Snoozing Doesn't Mean Losing by Noelle B.	page 18



A BARK AWAY FROM HAPPINESS

Chloe V.

According to the Insurance Information Institute, 68% of households in the United States, about 85 million families, have household pets. For thousands of years, humans have had companion animals, but why? Most people know about how pets help the physically disabled, but pets can also play an enormous role in the well being of one's mental and emotional state.

Pets provide several emotional benefits for people's mental health. Animals contribute consistency to their owner's daily life by giving them a daily routine to follow. For example, an owner can make a set time when they can feed or walk their animal. Also, animals, especially dogs, can give their owner a feeling of comfort and security. People with pets tend to be happier and feel less depressed because pets provide unconditional love and naturally increase the owner's dopamine production,. Dopamine is a neurotransmitter that has to do with feeling pleasure.

To cope with mental health or emotional issues, some people can get a certified Emotional Support Animal (E.S.A). Jane Reagon, a Los Angeles certified therapist was quoted in Bustle Magazine saying "The clinical meaning of an Emotional Support Animal is any animal that provides help to its owner in overcoming or dealing with a specific disability." These animals provide comfort to people with mental challenges like anxiety, depression, bipolar-mood disorder, ADHD, panic attacks, autism, PTSD, etc. Given that 18.5% of the United States population suffer from mental illnesses (NAMI), these animals can have a major positive impact on people's lives.

Most people want to feel happy and comfortable and the good thing is that pets are clinically proven to diffuse unconditional love and happiness. They also help control mental illnesses, strengthen routines, make people feel secure, and provide many more positive mental advantages. It is clear why people think the idea of having household pets is so attractive.



Image courtesy of [Petfinder.com](https://www.petfinder.com) & [stickherlady.com](https://www.stickherlady.com)

SUPERNATURAL HAPPENINGS

WRITTEN BY:
KALISTA S.

Everyone loves a good horror story. But what if those stories were a lot closer than you originally thought? From urban legends about our beloved Theme Park Lake Compounce to the Warren Occult Museum in Monroe Connecticut, there's so much that we don't know and so many stories that need to be told about our home state of Connecticut.

Lake Compounce is the oldest theme park in the U.S. so naturally there have to be some stories behind the scenes. Legend has it that the chieftain and original owner of the land the park now resides on, John Compound, drowned in the lake though there are many variations about



Image courtesy of Pacific
Standard

how it happened. Since then the park has expanded and many more deaths occurred including workers being killed during construction and children drowning in the lake. With all of the tragedies that have taken place, a heap of strange occurrences

have also been reported. People have reported seeing inanimate objects moving on their own accord, lights turning on and off by themselves, disembodied voices and music, and even dark shapes and spirits around the Starlight Ballroom (Bendici). Of course this doesn't deter the steady stream of consumers continuing to come to the park for it's enjoyment.

The Warren Occult Museum resides in Monroe, CT, and is home to many supposedly

cursed and haunted objects. The owners Ed and Lorraine Warren are renowned for their knowledge about all things supernatural. Ed is a Demonologist while Lorraine is a trance medium. The pair founded a group called The New England Society For Psychic Research (N.E.S.P.R.) in 1953. Their original purpose was to just investigate the hauntings but after a run in with a small child's spirit called Cynthia, who was just looking for her mother, the Warrens wanted to do more than investigate. They wanted to help. The Warrens were summoned to many ghostly situations all over the U.S. by priests and your normal everyday household families. They've dealt with poltergeists, ghosts and more! They also have a habit of filming many of their cases. In 1989 they were once asked to come to court by a family after being run out of their home by ghosts and the realtor that leased them the house was suing them for two thousand dollars. The court didn't believe their claims and so they desperately called the Warrens. Ed and Lorraine came in with photographs, recordings and multiple witnesses. The family won the case and continued on with their lives thanks to the Warrens efforts. Sadly the pair has grown old and aren't able to do the things they used to but the "family business" was taken up by their son in law Tony Spera who gives lectures and helps families with paranormal situations.



For centuries people around the globe have come up with reports of paranormal activities whether they knew it or not. If you are interested in the paranormal you can check out the Warrens' personal website and an article by *Damned Connecticut* called *Lake Compounce, Bristol* by Ray Bendici.

Dunkin' on your Dreams

It's the dream of every young athlete to receive a full ride to a college or university of their dreams. However, many student athletes may not realize the rarity of receiving such scholarships. Children are misinformed from a young age and don't realize how unrealistic it is to receive a full scholarship to any school they want, or even any school at all. Many of these hopeful students don't make academics a priority, and some aren't even top athletes. While it is very important to try and achieve your dreams, it's also important to have realistic expectations.

Bristol Eastern soccer and softball coach Mr. Redmen agreed to answer some of The Eastern Extra's questions on the topic of sport scholarships. Mr. Redmen has been coaching soccer for seven years and softball for five. Over that time he has only had two students attend Division One schools with full scholarships. One student attended CCSU and the other attended University of Hartford. Neither of these students were from Bristol Eastern. Some students have received partial scholarships to Division Two schools, and many have gone to Division Three schools. Division One schools are the schools with the most students and the largest athletic budgets, and Division Two and Three schools have less students and smaller athletic budgets. Statistically, only 2% of high school students receive sport scholarships, and the average scholarship is only \$11,000. Most sports don't offer full rides to schools.



Photo courtesy of Scholarshipowl.com

There are many factors that go into deciding which athletes get money and how much money they will get, but according to Mr. Redmen, "In general, sport scholarships are awarded to the very top athletes. There are many more opportunities for academic

by Ava L.

scholarships.”

Not only are sport scholarships very limited, they are easy to lose. If you are injured and are unable to play for a certain amount of time, your scholarship can very easily be taken away from you. This can be devastating considering that a sport scholarship could be a student’s only chance at an education. On this topic, Mr. Redmen said, “Injuries can absolutely hurt a prospective player’s ability to earn a scholarship. If the injury inhibits the player’s ability to perform at the next level, an opportunity to earn a scholarship may be lost. I have not had a specific instance where an athlete has lost an offer for a scholarship but I’m sure it has happened.” Sports can be a fun and healthy hobby for kids, but some young athletes need to be taught early to focus on practical goals.

When asked to give advice to young athletes hoping to receive a sport scholarship, Mr. Redmen said, “I would recommend all young athletes focus on their academics first and rely on that. Then use athletics to enhance their opportunities to further their education. The sport can come and go so quickly, the academics should be the base and foundation of their future.” There are always exceptions and extreme cases of talented athletes, but there is no guarantee you will be that extraordinary. Work hard, and make sure you know the facts before you plan out your future.



Photo courtesy of
MLive.com

POPULATION RISING: CAN THE EARTH HANDLE IT?

WRITTEN BY: WERONIKA Z.

If you place a jar of cookies within reach of a young child (or anyone with an insatiable sweet tooth), the contents are likely to disappear within a few seconds. Afterwards, the child may feel queasy - so much sugar doesn't sit too well in their stomach and may cause more problems afterwards. Only after the action has been long concluded does the realization set in: *'That was a bad decision. It should not happen again.'* However, a cookie is not sizable enough to compare to the world and its resources - neither are children comparable to the big factories and multiplexes within developed countries along with the energy they expend. The reality of climate change is much graver than having a simple realization and changing behaviours as a consequence; there is only one planet, but the possibility of destruction being avoided 'next time' does not exist.

The land of our people may indeed prosper from our substantial technological developments, but the prosperity is fairly short-lived economically when compared to its devastating effects on the global climate and human geography long-term. Regardless of beliefs of which economic activities should receive the most funding and whether or not climate change exists, one thing is for certain: The Earth is growing warmer. It is having a devastating effect on the climate as a whole, considering the temperature has been moved from equilibrium and is continuing to move, and it only creates more separation between developed and undeveloped countries. As the "West" continues to advance, the rest of the world is not improving at a decent rate (if at all). At the root of their future expenditures is their population, which is currently soaring, not to mention that some countries are nowhere near being fully developed.

The simple raise of even half a degree Celsius (approximately a ninth Fahrenheit) is something that simply should not happen. The Paris Agreement of December 2015 should caution everyone. According to [NASA](#), the raising of a third of a degree can cause natural phenomena to take a third longer (in the case of heat waves, for example). However, the

increase would have a detrimental effect on other phenomena, such as the coral reefs: even now, the hope for them to adapt is low, but with the higher temperature of water they would all be destroyed. Even the production of soy and corn (which are currently some of the most produced products in the United States, mainly used for other agricultural purposes as well as for processed foods) would increase to a certain point before production would essentially “stop.”

As the population continues to grow in undeveloped and developing countries (due to numerous factors, such as higher than normal child and infant mortality rates), the need for food and water will grow exponentially as well. Currently, it does not seem as though we would have the capacity to cover our water needs. According to statistics from [NASA](#), using the aquifers we have been gifted with since long ago does not serve as a remedy. Considering most of them are located in drier areas where water supply is scarce in the first place (coincidentally, these are the undeveloped and developing regions), thirteen out of the thirty-seven of them are depleting at an exponential rate. The thirteen are the largest ones, with no hope for recharging: we constantly need water for the unsustainable habits we have and the population we are trying to fit on the planet.

As the availability of fresh and ground water sources depletes, the availability of food sourced from oceanic water will deplete as well. Many of the fish in our oceans, like the Bluefin tuna are near extinction, endangered, and their populations continue to drop regardless of fishing regulations. The technological advancements made by our society as a whole have led to the depletion of fish as well and not just the fact that food is being used as a food source. The decrease in populations of some fish are a product of bycatching in the ocean, as the fishing steeds have become so big they can be seen from outer space. Although green lights are only used to attract plankton, that does not change the fact that fleets have become bigger and are ringing in bigger amounts of fish, whether they will be sold or die on the boat above water. (By the time fish are thrown back into the water, the oxidation has already ended most of their lives.)

As discussed earlier with the cookie metaphor, we do not recognize that we have “done wrong” until after we have actually done it. Although there may be foresight into the future and a new consideration of how our actions will affect the environment as our population grows, it will be detrimental to the environment unless we continue to conserve it or increase that preservation. The constant stress on the environment we are imposing will not allow for the environment to “bounce back” - once the cookie jar is empty, there will not be a refill.

ARTICLE 13 IS THREATENING YOUR DREAMS AND MEMES

BY CROSBY B.

Article 13 may seem foreign, involving some countries you don't really care about across an ocean you may not know the name of. Well, let me ask you a question: Do you watch Youtube? How about do you have a Facebook , Twitter, or even Instagram account? If you use any one of those services you are affected by Article 13. Each one of those have features that let the user upload or post user created content. The differences in people using those services are the ones who use it for work and the ones who don't. Article 13 is a vague copyright law in the European Union (EU) that states a company can strike down something because it contains something copyrighted by them. It will also lead to less exceptions to who or what can use copyrighted material. And those EU law's threaten everything else that in places like the US would otherwise be protected. The way you, as an American, are most affected by Article 13 is the fact that you probably follow or subscribe to someone who lives in the EU. Article 13 is a threat to the jobs of the droves of people on all the services listed who reside in EU member countries and who use these services as a means of work.

In its new state, Article 13 is vague. Since its original draft it has been downgraded from a list of enforceable things and actions to a bunch of really vague legal speak. What the Article does is place more control in the hands of companies who own a properties IP (music/film/photos etc) to enforce their claim against fair use on user-created content. Fair use is the idea that something can use copyrighted material and not be charged because of it due to the fact that it is protected under the law and is part of fair use in that law. They enforce it by going after the company that controls that service. If a Youtube video has a copyrighted

element in it the company would request Youtube to do something or go after Youtube legally. That is why Youtube and many other sites have automated systems in place to flag for copyright. In the case of Article 13 for the EU it means they can enforce it however they want and anyone affected doesn't even know what they shouldn't do because of how vague it is spelled out in the actual article itself.

When your European friend starts saying America isn't all that great but their country doesn't even allow them to post memes



Image courtesy of Reddit.com

This isn't a problem in the US because we have a doctrine specifically to deal with vague laws and it has been used. But if you try that line of reasoning, as Google did when it was fined five billion dollars for breaking a law they didn't even know they were breaking in the first place. The EU has a very different rule set when it comes to things like that dealing with copyright. Compare that to a case in the US where the exact same situation happened. The FCC went after FOX who released a broadcasting with a few swear words and partial nudity in another program. But the problem lies in the fact that after that aired the FCC went to enforce a statute they just made after they aired so when it went to the Supreme Court it can be argued since they did not know the statue would exist they were protected.

Due to the vagueness in the wording of these laws that use such language as "best practices" and other vague language, people whose work involves the internet are now doing a tightrope act. Because the of the vagueness of Article 13 they don't know what is safe and what isn't because it's now all up to the EU to decide when it comes time to enforce it. And that is why your favorite content creators are at risk.

TEENS AND THEIR PARENTS

WRITTEN BY: LOGAN Z.



Image courtesy of TherapyJoker.com

2018- As teenagers grow up through their adolescent years, their relationships with their parents or guardians usually become strained. They are trying to find their way in the world along with gaining their independence. As Livestrong.com states: "During the teen years, children naturally move toward establishing independence." According to

The F.U.N. Place website, or Families United on the Net. Most teenagers are heavily influenced by people outside their family with music, what to wear and other fads that their parents may not approve of". Teenagers tend to try to stray away from their parents and develop their own stance in the world, from dying their hair to developing their own unique personality.

Chase, a seventeen year old boy, talks about his struggles with his parents as a teenager: "In my early adolescent years, it was hard for me to keep a close relationship with my parents. My father used to get mad when I wanted to do things independently because, to him, it sounded like 'I don't need you for anything anymore.' And my mother would baby me, by being strict with my curfews or how I acted. Sometimes they both play the 'well I guess you know everything.' But my relationship with them got a lot better." During teenage years, parents should let their child's independence bloom. Complete dependence by a teenager on their parents can just turn into an unbreakable cycle. This cycle consists of teenagers needing the help of their parents to solve their problems. This results in teenagers that are incapable of figuring out how to process and solve problems on their own. Sure, all teenagers seem like they "know it all", but in reality, most of them might not think that. They still need their parents, but there's a fine line for when parents should help them and when parents should let them be their own person.

Teens are also affected by their parent's happiness. According to actforyou.net: "In 2015, two out of three (66%) of adolescents age 12-17 lived with both parents [1]. The quality of parents' relationships makes a difference to children in many ways. A Child Trends analysis found that whether parents are married or cohabitating, parental relationship quality -- how happy parents are

in the relationship -- is associated with children's behavior problems, social competence, school engagement, and depression [2]". This could be significant because if a teen grows up in a dreary household, it might lead to a rift within their later stages of life. For example, they might become antisocial, and when they are in the workplace, you need social skills to advance in any profession.

Also, a teen might be at risk for being less educated compared to their peers; if they aren't able to focus in the classroom. As we can see, good parenting is very important for a teenager. HHS.gov further explains how: "As children grow, parenting shifts from making decisions for the younger child to helping older children and adolescents make decisions on their own, while minimizing the chance that they engage in high-risk behavior. Parents can provide needed support and affection and help adolescents understand how their choices can affect their health and well-being.⁶" In fact, research shows that parents continue to have more influence than peers on many important outcomes, including whether adolescents smoke, use alcohol or other drugs, or have sex.⁷" As we can see, good parenting could also reduce the drug abuse and teenage pregnancies within our society. Parents should make sure they model positive behavior for their child as well as support for them throughout their life.

Parents who maintain balance with supporting, and allowing them some sort of independence get the best of both worlds. Teens understand that there are some guidelines that they have to follow since they're under your roof. At the same time, they strive to learn more about being their own person in the world. This kind of parenting can make a big difference in your teen's success story. Adolescents' raised by parents who are successful at this relationship, compared to parents who simply just don't care, are more likely to succeed within their lifetime. Some ways to better your teen's relationship with you is to respect their boundaries, listen more, praise them for doing the right thing, and be upfront/honest with them.

Chase's relationship with his parents has gotten better when they realized he is growing up, and that he does deserve some boundaries, independence, and to be listened to more seriously. Now, Chase talks about how he: "finds his parents as great sources to talk to. Sure sometimes I get into fights with them, but at the end of the day, we all know where we are coming from. This has led us to be an even closer family than before."

After all, teens nowadays are the next generation to take over, and there's a lot for them to learn about society. If we don't take care of them now, worse problems could arise. As Jane Fonda once said "If we as a nation are to break the cycle of poverty, crime and the growing underclass of young people ill equipped to be productive citizens, we need to not only implement effective programs to prevent teen pregnancy, but we must also help those who have already given birth so that they become effective, nurturing, bonding parents."

ASHWORTH'S GUIDE TO POLITICAL TERMS IN THE MODERN AGE.

BY LUKE A.

Liberal, Conservative, Socialist, and Nationalist. These are just a few of the terms that get thrown around in today's political climate. But what do they all actually mean?! We are going to do a quick crash course through all of these terms and more to help you the next time you get in political discourse. This is the Ashworth guide to political terms in 2019.

Liberal

Contrary to popular belief, to be liberal does not mean you are assigned to a political party. According to Encyclopaedia Britannica, liberal is defined by "political doctrine that takes protecting and enhancing the freedom of the individual to be the central problem of politics." In actuality, the true definition of Liberalism falls under a more conservative viewpoint, as trying to protect the freedoms of individuality. Compare this to what most people think when talking about a liberal: they are the politically correct, sensitive, latte drinking hippies, who think it's the government's responsibility to regulate every social issue going on in society. SNL shows them as always correct, limp, crude 20 something year olds, who have no respect for the authority of institutions. These sad yet very prevalent stereotypes are what cause some people to view the entire concept of liberalism negatively, and sway some from identifying as one. However, a political ideology should not and does not define who we are, and the type of person we choose to be. A political ideology is a way for someone to summarize how they feel in general about the government's role in certain fiscal and social issues.

Conservative

According to Merriam-Webster, Conservative is a political philosophy or attitude that

emphasizes respect for traditional institutions and opposes the attempt to achieve social change through legislation or publicly funded programs. The American Heritage® Dictionary of the English Language defines Conservative as “Caution or moderation, as in behavior or outlook.” . This is where that whole idea of Conservatives being intolerant of others comes from, as many see Conservatives as stubborn in their way of thinking. There are more conservatives that are very receptive to new ideas and ways of thinking, and happy to take part in political discourse than some might believe.

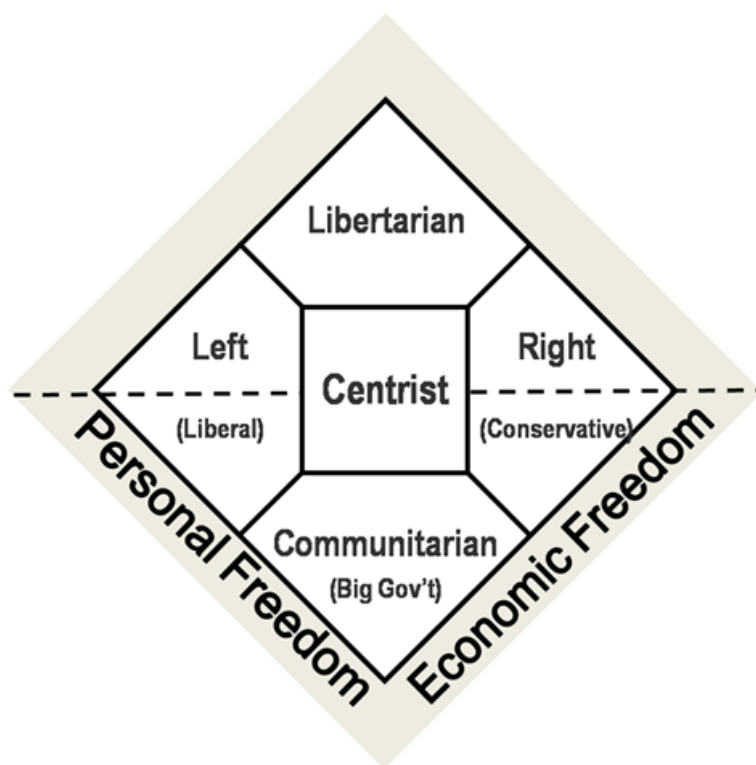
Socialist

Google defines Socialism as a “political and economic theory of social organization that advocates that the means of production, distribution, and exchange should be owned or regulated by the community as a whole.” However, as time and attitudes change, so does the meaning of not only this word, but all the terms we’ve gone through. Socialist principles have been used in the United States for many years now, spanning all the way back to the recovery from the Great Depression in the 30’s. Socialist programs include Social security, the postal service, the interstate highway project, and much more; all of which are integral parts of our society today. Socialism is based on the principles of equity between all classes of people, a concept which inherently fits in with American values. Even today, we see the importance of socialist programs due to the recent government shutdown, and how much they impact our lives.

Anarchism - the textbook definition of Anarchism is the absence of government and absolute freedom of the individual regarded as a political ideal, as defined by Merriam. Despite the Mad Max picture this term conjures in peoples heads, anarchism is simply not just a lawless playscape for criminals. For starters, there are many “flavors” of anarchism, such as anarcho-capitalism and populism, all of which try to work with ways people could function as a society without a larger body of power dictating what they can and cannot do. Anarchism takes the American ideals of liberty to a whole new extreme, trying to put every need of the individual first, allowing everyone to pursue what they want to do with absolutely no restriction. What this

does not mean is a society absent of morals, or people who reenact the Hunger Games to survive. Anarchism is simply what your life looks like today, just all basic services being run by the government now run by private business, ie the police, fire dept, etc. A common version of anarchism people like to use as “the ideal political model” is anar-capitalism, or Ultra-capitalism, a system that moves all government functions into the private sector as mentioned above. Despite how some view capitalism's function in our society today, many proclaimers of this type of anarchism suggest that it could actually lower costs of living essentials, a big one being healthcare. Anarchism is not a “scary term”, it just is a very different way of thinking that not many are accustomed to.

Even though these are just a few ideologies we looked at, it shows us how biased people can be when talking politics. Having unjustified, predisposed viewpoints on matters you don't even know can lead to ignorance and conflict in our society. This is why we need to know as a society the meaning of these terms, how they are used, and how we interact with them in our everyday lives. Knowledge is key for understanding and social growth.



Nolan Chart image courtesy of Nolanchart.com

From the Principal's Desk

Parents/Guardians and incoming 8th grade students attended Bristol Eastern's Open House on January 15, 2019. It was a full house of enthusiastic future Lancers. Students and their families began in the auditorium with presentations by Dr. Calvi-Rogers, Mr. Higgins, Mrs. Gomes, and Mrs. Longo. The current grade 9 class officers, Alyssa, Tricia, and Ava also shared some great advice. All then had the opportunity to learn about the various academics offered by visiting with Department Chairs and Freshmen Team Leaders. In addition, a large number of students had the opportunity to sign up for various clubs and sports. It was a great way to welcome our future BE family members!

- Dr. Calvi-Rogers



SNOOZING DOES NOT MEAN LOSING

BY NOELLE B.

Dark bags under heavy eyes, the urge to yawn, the struggle to keep your head up on your desk for *one moment* when your teacher looks away. Sound familiar? Plenty of teenagers don't get enough sleep each night: a statistically proven fact that high school students have heard over and over again. The older generations blame it on social media and Youtube, yet many fail to realize the overwhelming influence school has on this shortage of zzz's. Highschool students wake up at 6:00 am for school and sometimes not getting home for another 12 hours due to sports and extracurricular activities that



Image courtesy of aastweb.org

stretch the day on. Once the student finally returns home, a mountain of homework and Snapchats await them. While there is a multitude of advice out there for getting a good night's rest, the majority of teenagers don't adhere to it. The best way to ensure some extra sleep is slipping a nap into the week.

In preschool and kindergarten, the cots were dragged out, lights dimmed, and a nap taken. This built in nap time was mostly due to the crankiness and tantrums that would ensue if the children got too tired. However, the need for nap time and breaks doesn't disappear as a person gets older. In fact, the need increases, especially if the student wishes to perform well academically, athletically, and socially.



People who request nap time in school are often viewed as lazy and childish, but a study conducted by the board members and student body of Hyogo high school in Japan

showed that by including nap time in their daily routine students' test scores and overall academic ability significantly increased. So, as teachers and guardians of students' success and well being, by including nap time it would further ensure the ability of students to perform well and stay safe.

It certainly isn't administrators fault that students nod off in class or can't fall asleep at night. There is just more that could be done to aid students in the fight to succeed, with so much stress and pressure on them. When students are going through six hours a day of endless information and a sea of assignments, a twenty minute nap once a week certainly wouldn't hurt. And sleep deprivation doesn't just affect a person's academic success, but also their mental and physical health. Lack of sleep in the workforce has even been connected to negative economic impacts. Should this trend of sleepless nights continue, more adolescents will be getting sick, more parents will have to take time off work to watch their kids, and more money will go towards doctors bills and other related costs.

Losing a little class time or perhaps staying in school a little longer would be a small price to pay for the positive effects of getting more sleep. Naptime in school can lead to improved academic ability and better mental and physical health for students as well as reduced negative economic consequence for schools and parents. It might be in the best interest of the public for the state government to pursue mandatory nap time during school days for all K-12 schools.

ANNOUNCEMENTS

Upcoming Events

- March 5th- Junior planning workshop in the auditorium 6-7 p.m.
- March 8th- Music in Our Schools Month concert
- March 11th- Winter Sports Banquet
- March 23rd- Concert Choir Performance at 7:30 p.m. in the auditorium



**Come be a part of
something special!
Join the Eastern Extra!
See Mrs. Roberts in Room
233 for details.**



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