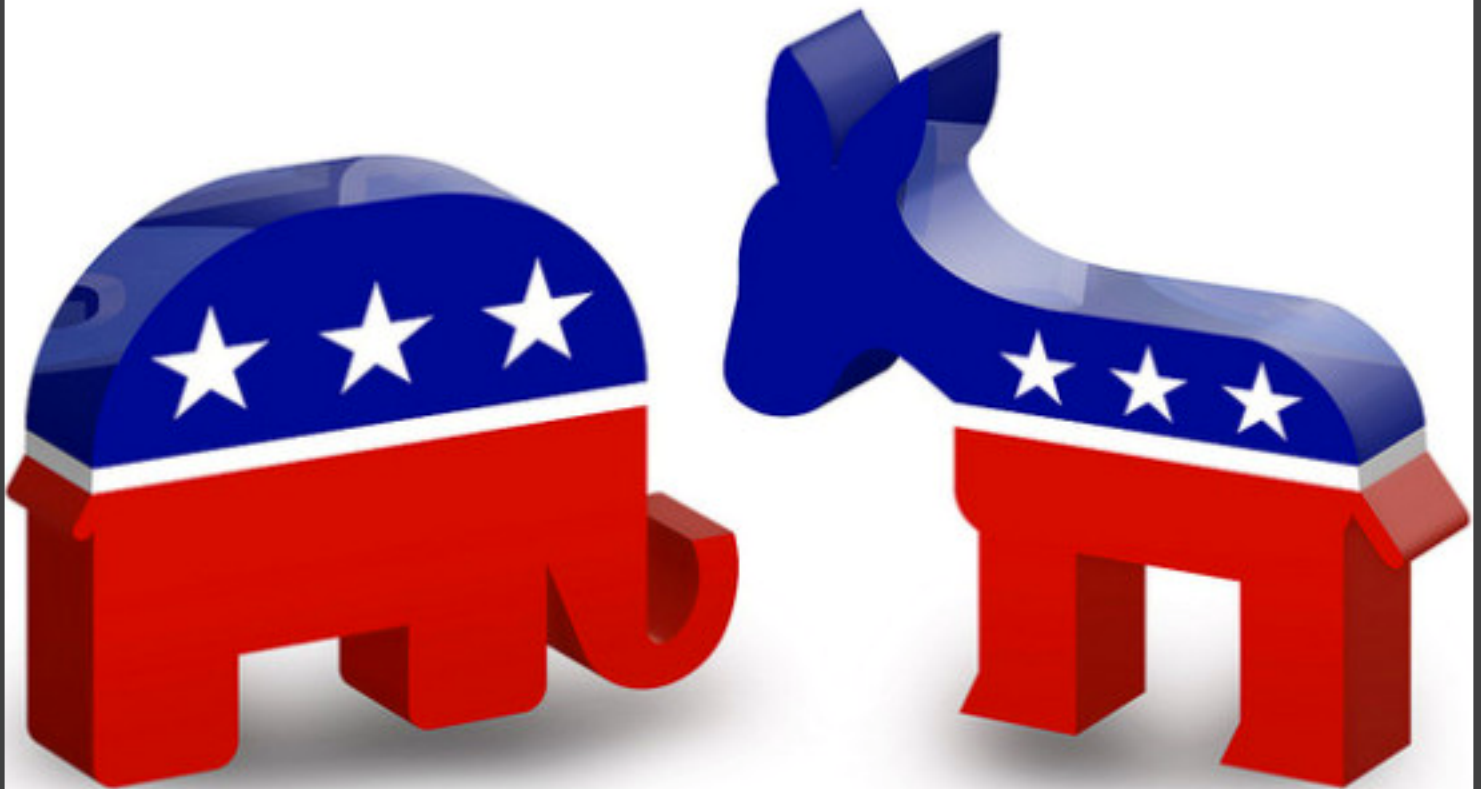


**November 2018**

**Volume 5 Issue 1**

# THE EASTERN EXTRA



## **Inside this Edition:**

Midterm Elections by Ava L.	3
Aftermath of the Storm by Chloe V.	4
Bring Back Home Economics by Zoe K.	6
Stop the Stigma by Noelle B	8
Martyrs or Monsters? by Luke A.	10
Nike Boycott by Zach L.	12
No Way Out by Kalista S.	14

# **THE MIDTERM ELECTION**

**Ava L.**

Every other ad on television features politicians begging for your vote, the sides of roads are filled with signs naming people you've heard of over and over again, and your relatives intensely debate politics at the dinner table. You've guessed correctly, it's an election year. All around the country on November 6th, eligible voters in our country voted to replace 435 seats in the House of Representatives, one-third of the senate, 36 state governors who are not eligible for re-election, many state senators and representatives, and the mayors of many cities (usvote).

While the majority of the Seniors at Bristol Eastern are unable to vote, college students who said they will definitely vote this midterm election is a staggering 49.5%, which is impressive considering this was only a midterm election. 57% of college Democrats said they would definitely vote, and 40.5% of college Republicans said they would definitely vote (axios). This election had incredible turnout, but it was an incredibly tight race. All across the country, re-counts were conducted multiple times. The truth of the election is that it was extremely split between Republicans and Democrats. While it is significant that the Democrats won the majority of the House of Representatives, it's also important to see that in perspective. The House is only a small part of how our government works. The Republicans are in control of the White House, the Senate, and the majority of the Supreme Court is conservative (ig.ft) .

After 8 years of being governor of Connecticut, Dan Malloy has reached the end of his service. In an April 2018 poll, Malloy's disapproval rating was 72% , making him the least popular governor in the country (courant). This would probably indicate that our next governor would be Republican. The Democratic candidate Ned Lamont won, but by a very small amount. With 687,949 votes to 647,772 votes, Lamont only won by 40,177 votes (washington). That's less than the population of Bristol. The message of this election, just like many others, is that every vote counts. The only people who can have impact on who is chosen for positions of power is the voter, and one day, that will be all students here at Bristol Eastern.

# AFTERMATH OF THE STORM

## CHLOE V.

It's called hurricane season for a reason. Hurricanes are sweeping across the southeast coast this year, drenching towns with no mercy. Hurricanes Florence and Michael have made governors call for coastal evacuations and have left thousands without places to call home. Many towns have been left without power and heavy rainfall has become a daily occurrence. So far, from Michael and Florence alone, almost one hundred people have died; and reporters say more hurricane related are to come. Water has flooded whole towns; "A friend of mine got trapped at home because a road flooded over and she couldn't get out," stated Susan Pfannenschmidt, a resident of NC.

Hurricanes are one of the most devastating natural disasters in large part because of the aftermath of the storm. Once the hurricane hits it causes major flooding, storm surges, damaging winds, and destructive tornadoes. PBS states that because of Michael, "Homes were split open by fallen trees. Hundreds of cars had broken windows, many turned askew by the wind. Twisted street signs lay on the ground. Pine trees were stripped into stalks and snapped off about 20 feet high." According to The Weather Channel, near Elizabethtown, NC, 35.93 inches of water flooded the area and Loris, SC reached a record breaking amount of rain of 23.63 inches because of Hurricane Florence. The Carolinas are not the only states affected by the storms though.

States all along the east coast have received heavy rain and even tornadoes during the aftermath these storms. In Virginia, tornadoes have caused significant damage to towns. One tornado in particular had a speed of 115 to 125 mph and caused damage in a 350 yard-wide path. In several places in the northeast rainfall

totaled over 20 inches and in some places over 30.

Many people say that their basements were flooded because of the excess rain.

As Thomas McCarthy, another resident of NC, says, “It will be sometime before the coastal economy recovers because they rely on tourism for some of their income. Many of the towns and cities are still cleaning up.” During the storm debris was flung everywhere and towns were soaked. World Vision estimated that more than \$4.5 billion is need for property damage from Michael alone.

Hurricane Florence has created several problems for the United States, from thousands of people in homeless shelters to flooded basements. To be able to fix these problems the United States will have to put in a lot of work, time, and money. If we all work together and help one another we should be able to accomplish this goal.



Hurricane Florence . Photo courtesy of NPR.org

# BRING BACK HOME ECONOMICS

## WRITTEN BY: ZOE K.

Home Economics has disappeared from Bristol Eastern, and not surprisingly so. In a time of political correctness and high tensions in the United States, having Home Economics could be problematic. During the 1960's and 1970's, the women's movement viewed Home Economics as sexist. The movement criticised Home Ec., often saying it was "... a discipline that worked to restrict girls and women to traditional domestic and maternal roles,"(Mann Library). Women's rights in 2018 have become a focal point with the #Metoo movement, but Home Economics doesn't have to be sexist as it once was. In more recent times it could be helpful to all people, regardless of gender, in finding jobs and seeking new opportunities.

Home Economics covers a variety of topics including cooking, child development, education and community awareness, home management and design, sewing and textiles, budgeting and economics, and health and hygiene (Study.com). "There's a lot of skills that could be gained there." Marisa Calvi Rogers said about the process of preparing meals in a Home Economics environment. Home Economics is focused on teaching skills necessary for life after high school, and is extremely valuable in preparing students for the "real world" as many adults refer to it.

In Bristol Eastern, Home Economics was offered throughout the nineties, only to be later discontinued. I tried to uncover why, and decided the best person to ask was the principal, Mrs. Calvi Rogers, but she did not know why the decision was made. She did say that she wished we had that here. Having Home Economics at Bristol Eastern could allow people to find skills they never knew they had, and to explore fields they never thought they could be a part of. It would open the gates of opportunity to a new branch of the student body.

Within the city of Bristol, Bristol Central still offers a cooking class. If Bristol Central is getting these opportunities, why can't we? The answer is simple: money. Rogers told me "One of the biggest challenges of that program, and I've seen it at Bristol Central when I was there, is that it does cost money." The costs include

equipment, food, and other supplies to keep the program running. This brings up the question of whether the cost is worth the benefit.

Bristol Eastern currently offers a variety of classes that cover some of the topics that would traditionally be included in the Home Ec. classes such as; Fiber, Child, Family and Community, Early Childhood Education, Early Childhood Education, Individual & Family Development/UCONN, civics (community awareness), health, economics, and personal finance(Bristol Eastern High School). However the nature of these classes is very different from that of home economics.

So if the budget is such an issue, what can be done? Calvi-Rogers presented a host of questions to consider: Do we have teachers interested in teaching it? Do we have students interested in taking it? How could we get the budget? Would there be grants out there that would help support? Could we partner with members in the community that would provide opportunities, or donate product? These questions offer a variety of answers to the budget question. It all depends on if the student body truly wants it to make a come back. Mrs. Calvi-Rogers "There is a lot of work that goes into determining whether we could bring it back."



Are you interested in culinary arts and/or wishing you could get more knowledge to benefit you in life after high school? If Home Economics were to be brought back, it could be very beneficial to the student body. As Mrs. Calvi-Rogers said, "I think we'd have to do a survey of students to get a sense of interest level. There's quite a few job opportunities in hotel restaurant management so learning the culinary skills and how to manage a restaurant would be good for students' careers in the future."

If you are interested in bringing this class back, talk to your teachers about it. Your opinion matters.

*A glimpse into a midcentury home economics class*



# STOP THE STIGMA: BY NOELLE B.

Although there have been leaps to overcome socioeconomic, racial, and religious discrimination, there is little talk about the major stigma surrounding a disease impacting 30% of adolescents and 13.3% of adults: depression. But it's not just depression sweeping across America, infecting the minds of youth and adults alike. 25.8% of people in the US experience some form of an anxiety disorder, whether that be Obsessive Compulsive Disorder, General Anxiety Disorder, Panic Disorder, etc.(ADAA)

However, medical professionals claim that psychological disorders have the same prevalence as a physical disorder, such as diabetes, a broken bone, or a concussion; then why are so many people too ashamed



Image courtesy of Medium.com

to receive help? Would a person with a broken arm be expected to use it and not receive medical treatment? But a person with anxiety is expected to face their fears and illness everyday, alone, burying it deep inside their mind out of embarrassment. Immediately, people say that's not true. Say it's wrong and they deserve to get help without the fear of prejudice.

And yet those very same people are the ones who turn away from the girl in the back of the class, the one who goes home and cuts herself. Those who tell their sibling to stop being dramatic when they suffer from a panic attack, or maybe they tell themselves that they need to "get over it," denying their right to claim treatment.





Mental illness isn't like a broken bone or like diabetes; that some pills or a cast will make their affliction will go away in a few weeks, months, even years. Depression and anxiety never truly go away. They are like a cancer of the brain, in remission, beaten down, but not cured. And then we return to the topic of stigmatizing it.

And then we return to the topic of stigmatizing it. There is a common misconception that a person can push through depression and anxiety; get out of a funk by themselves, calm down, the list goes on. That everyone's been sad and these people are dragging out their pity party for attention. Then gasp when that same person attempts suicide.

People often consider those with chronic depression dangerous, unpredictable, and hard to communicate with. Factors that cause these perceptions are broad and multiple. According to Dr. Graham Davey, this is no recent development. "Throughout history people with mental health problems have been treated differently, excluded and even brutalized," he states, contributing to fear and misunderstandings. Religious ideas of demons and unfriendly spirits also affected how these people were treated. One might think that the fact that mental illnesses manifest physically would contribute to a better understanding but that is far from the truth, as many people are seen as "different" from functioning individuals.

The only real way to stop the stigma is not by having "pity parties" that raise awareness. It's about smiling at that girl in the back in the hallway, holding the sibling during their panic attack, or pushing away the shame and receiving help. The stigma probably will never completely go away and mental illness will probably never be cured. but the best thing that someone can do is be aware of the stigma and work against it.



Photo courtesy of The Independent

# MARTYRS OR MONSTERS? BY LUKE A.

Since the tragic shootings at Columbine in 1999, high school related homicides have seemed to have been on a steady rise. Specifically, the amount of media coverage and awareness that the public has gained on these tragedies has almost tenfold. One may think this would improve the situation, but quite the opposite is true. The mass hysteria over these events has contributed to higher teen anxiety, fascination with the overall topic and the killers and the worst of all, a somewhat higher rate of school shootings. All of these factors combined contribute into the narrative that having mass media coverage on such a sensitive topic does not reap the benefits we would like to see, and proves there are better ways out there to handle these situations.

“On average, less than 20 events occur each year” according to a study done by leading criminology specialists (Fox & DeLateur, 2014; Schildkraut, 2012; Schildkraut, Elsass, &

Stafford, 2015). However, it may seem to the public that there are in fact more than this figure, and it's very clear why they have this perception. The most recent shooting in the US that gained national attention was the Parkland High shooting in Florida, an event that received almost *14 days* of airtime, after compiling data from major television networks and news stations. That's almost the same amount of coverage a severe hurricane can get if it affects; an area almost 1,000 times larger than an American high school. The media has a very weird fascination with these topics, especially the big names in TV like Fox News and CNN.

As sad as it may seem, these are an easy way to get views and ratings, something that their business runs on. For them, the sympathy is what drives the viewers to their stories, and it may seem like they are doing no harm. Logically, if you make a problem aware and present, it can be easier to address and hence solve. However this is not the case. When it comes to school shootings, the circumstances that drive perpetrators to

do them is far different than most problems in life. School shooters are simply different from most people, on a psychological level. Most (if not all) school shooters are deeply broken people, who can be very suggestible to violence.

They also can be clinical sociopaths or psychopaths,



Photo courtesy of NPR.com

people who lack empathy and emotion for others. For would-be school shooters, seeing events like Columbine and Parkland thrown in their face on such a wide scale will only implant that malicious thought into their psyche.

# Nike Boycott

In August of 2016, San Francisco 49ers quarterback Colin Kaepernick decided to take a stand– or a knee, rather– against the oppression of people of color, specifically in the criminal justice system. He began by sitting on the bench as the national anthem was being played. In an interview with Kaepernick, he said, “I’m seeing things happen to people that don’t have a voice, people that don’t have a platform to talk and have their voices heard, and effect change. So I’m in the position where I can do that and I’m going to do that for people that can’t.”

The protest drew controversy as many Americans believed it to be disrespectful to the country, and more importantly, the military. After meeting with former Green Beret and NFL long snapper Nate Boyer, Kaepernick began to kneel instead of sitting in order to keep the focus on the issue of police brutality and not one of disrespect to the military.



As the season went on, more players joined Kaepernick in taking a knee; thus came another media outrage. In 2017, President

Photo courtesy of Nike

# by Zachary L.

Donald Trump spoke out about the issue and went on to urge NFL teams to fire any players who did not stand for the national anthem. The NFL responded by saying teams would be fined if players continued to protest on the field, however they may remain in the locker room if they wish. Kaepernick is no longer playing in the NFL, as he has become too controversial for them.

Nike, however, doesn't mind a little fire. Early in September of 2018, Nike displayed an ad featuring Kaepernick's face on a billboard above their New York City store with the caption: "Believe in something. Even if it means sacrificing everything." This ad sparked heat from the media. People in opposition to Nike have been burning their Nike branded items in protest, and posting videos/images on social media under #NikeBoycott.

Nike is no stranger to controversy. From their beginnings 30 years ago, they have taken on a variety of social disputes including HIV/AIDS and women's rights in 1995. Taking clear stances on such heated issues, Nike gets people talking which in turn, bumps up their sales. President Trump once again took to Twitter to criticize Nike for being unpatriotic. Less than a week later, Nike sales were up 31%. Although the coals have cooled since the original outburst, there are still a fires burning in the public eye over Kaepernick and his message.

# NO WAY OUT

WRITTEN BY:  
KALISTA S.

What if someone told you that every twelve minutes a person of any age in the United States takes their own life? To today's society, it seems to be taboo to talk about the subject of suicide and depression in places other than health class but the importance of the topic is immense. That is why it's important for our society to learn to recognize when someone is suicidal or depressed. People can express depression and suicidal thoughts in a variety of ways.

Although, the most common signs are mood swings; happy, sad, agitation, and heightened anxiety. Non-emotional signs that could be shown are changes in routine, personality, sleeping patterns, drug or alcohol consumption, and risky behaviors like careless driving, speaking about being a burden to others or saying goodbye to people like it's the last time. Others give away prized possessions, purchase or get hold of items that they could take their lives with. Other signs are being unable to enjoy things they normally would such as eating, exercise, or social interaction. It is important to note, however, that it may be difficult to see some of these signs. For example, if a person states that they "would like to die" or they "regret ever being born" it may be taken as a joke. Yes, it might be a joke, but things like that should *never* be taken lightly. Additionally, you might not be able to identify when a person is experiencing things like depression, panic attacks, or even flawed concentration. Another thing to take into account is that the person may be hiding how they feel.

If you truly are worried about a family member or friend's mental health, approach them and ask if they are doing okay. By asking them you may reduce the risk of them actually attempting suicide. Additional ways to help are listening to the person and being there for them. Encourage them to get help or get support from a counselor, friend or family member. Keep them safe by removing all potential hazards that end in suicide as well as being present. After the person has moved on and the crisis has passed, follow up with the person. By doing this you can reduce the chance of a recurrence. According to Laurie Roberts, a bereavement counselor for families that have lost children to suicide, "I think simple sentences can change a person's life--it can show love,



meaning, support, hope, promise etc. But the misconception is that it will help with clinical depression and I am not sure it can--- any more than a cough drop will make a strep throat go away." Kindness can go a long way in our community but it is up to the person suffering from depression as to whether or not they can and will accept the kindness. Laurie, after being asked what an example of a sentence that could change a person's life would be, states "Everyone needs to know they are loved, they matter, and they are unique. So is there one sentence? no---but kindness and caring will provide an environment for the best ego development in which to take place." Statistically, suicide has been responsible for an average of 44,965 deaths per year (Nordqvist). Teens *alone* make up 20% of those deaths (Nordqvist). After hearing that for people ages 10 to 24 suicide is within the top three leading causes of death (Nordqvist) Laurie says that "It is a very troubling statistic." and that social media is part of the reason so many young people are developing mental illnesses like depression. She expresses that "People often are more interested in the phone in their hand, than the person living, working, talking beside them. But all those are social and cultural signs of the time. It is depression that causes suicide."Over the years suicide has become a terrible issue. In order to stop it from worsening, we need to be compassionate towards each other. We *need* to look up at our fellow human beings and learn from our past mistakes. We *need* to interact with each other face to face and with compassion instead of online with only our imaginations to tell if they really meant the words they said to you. We might not be able to prevent depression but we just might be able to prevent that extra step that leads to the unthinkable.



**National Suicide Hotline at**  
**1-800-273-TALK(8255)**



# ANNOUNCEMENTS

**National Honor Society  
Craft Fair  
Dec 1st BEHS Cafe**



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

## **Eastern Extra Staff:**

### **Editor:**

Luke A.

### **Writers:**

Noelle B.

Zach L.

Ava L.

Zoe K.

Kalista S.

Chloe V.

### **Advisor:**

Mrs. Kathryn Roberts

