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How To Cope With Depression

Depression is a condition of general emotion dejection withdrawal; sadness greater and more prolonged than that warranted by any objective reason. Any person of any age can be diagnosed with depression. According to ulifeline.org the first episode of depression often appears in the young adult years. Many factors can contribute to the onset of depression, including the presence of other emotional disorders, stress, poor nutrition, physical illness, personal loss, and relationship difficulties.

There are a lot of signs and symptoms to depression such as; anxious, persistently sad, irritable, empty mood, loss of interest in previously enjoyable, withdrawal from friends and family, trouble sleeping or sleeping

too much, anger and rage, feelings of worthlessness, guilt or hopelessness, over-reaction to criticism, etc.

While doing research on depression on ulifeline.org I found a lot of options that help people deal with depression such as; medication, counseling, breathing techniques, exercise, support groups, psychotherapy, acupuncture, massages, etc. Also on the same website, I came across a statistic: The majority, 80 to 90 percent, of people who receive treatment for depression experience significant improvement and almost all individuals gain some relief from their symptoms. However, if untreated, the symptoms of depression can last months to years.

Makayla Chacon
Columnist

Report Cards

When students get bad grades sometimes they will hide their report card or lie and say they haven't gotten them yet. Students know if their grades are bad they will get in trouble, have consequences and punishments from their parents. Parents should try to understand their child's bad report card.

Once parents understand about their child's bad report card it will help them be confident about showing them a bad grade in the future. There are some kids out there who don't think about their future and just want to have a good time now and don't want to take the effort to get good grades. Then there are others who do all their homework and study for test but still get bad grades, but don't have the assistance or time to get extra help.

Sometimes parents need to see how hard their child works before punishment comes involved. If students

are involved in sports, clubs or anything out of school sometimes there time is limited to get the extra help. Many students in this situation try to raise their grades so they can continue to stay in sports and clubs within the school.

Students who do not take the time and effort to get the good grades they need to be involved in school activities will either get kicked off or have to sign their one and only waver to stay on the team. People who aren't involved in school sports or activities don't care what their grades are, but even if you are not on a sports team or activity you should still always try your hardest.

Good grades result in happy parents and happy teachers. Even if you are not interested in joining sports or activities it is always better to try then to give up.

McKenzie Butler
Staff Reporter

Gay Rights: A Constitutional Right

Gay Rights; what is the big deal about it? For some reason a lot of people across the United States are against gay rights. Many people have pre-conceived reasons for why they are against any topic containing gay rights. They really do not understand this subject and in turn they refuse to acknowledge giving homosexuals their constitutional rights.

Gay rights are greatly argued and fought for by politicians and those believers in the gay right movement. If the gay rights community as a whole and politicians are supporting gay rights, what makes this movement so special?

The 14th Amendment proclaims, "All persons

born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the state wherein they reside. No state shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any state deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws." (www.law.cornell.edu)

So why does government classify gay rights as a different category when the constitution gives all rights to all people and that includes homosexuals and

heterosexuals. Gay people are human and deserve to have the privileges others possess like the right to love, marry, and express themselves.

These rights are special to some parents, families, and friends of gay and lesbian people alike. For this reason it makes homosexuals feel like they are stripped of their equal rights that were given to them by the constitution.

An argument that most people use is the statement that, "It is an abomination for a man to sleep with another man the same way a man would sleep with a woman." Males are mainly picked on because society can only visualize a male doing sexual acts with

another male. To them this is repulsive and unnatural, whereas people never really pay attention when a girl is with another girl. The heterosexual male would most likely either give a look of approval, or say that it is sexually attractive.

If anyone is going to judge someone else by their sexual preference, they need to look at the whole person and not take one aspect of a person's individuality.

It is my hope that the readers of this article will understand that it is their choice to either accept gay rights as a constitutional right of all people or to be blinded to the truth of humanity.

Anonymous

No Shave No What? Beards, mustaches, and all

Walking down the halls of WHS I learn things everyday. However, there is one thing that I have to address. No Shave November or also called November!

Several WHS students began to grow their beards, during the month of November, but for one reason or another they shaved their beards before the month was over.

No Shave November is the time of year when males refuse to shave their facial hair to bring recognition to the problems of prostrate cancer.

It is stated on the Noshavember website, noshavember.com, that the only rules are as follows: Males are to shave their

facial hair Oct. 31 and are not allowed to shave until the Dec. 1.

It all began in 2004 with a group of men from Australia who put into action the idea of not shaving for a month. Their intent was to model the October Breast Cancer Awareness that has millions of women performing bonding together in the fight against breast cancer.

The breast cancer movement brings millions of dollars for scientific and medical advancements in breast cancer and these men wanted to begin the same.

With so little awareness in prostrate cancer, the founders of No Shave November let their

mustaches and beards grow during the month of November bringing awareness to prostate cancer. Their vision is to have an everlasting impact on the face of men's health stopping this form of cancer.

This phenomenon of sprouting 'staches across all seven continents raised \$42 million last year for prostrate cancer.

An estimated one-in-six males are diagnosed with prostate cancer every year, according to the American Cancer Association. More than 240,000 men will be diagnosed with prostate cancer in the world, with 20,000 males dying from it each year according to movember.com.

November is not only

just for men. Women are encouraged to get involved as well with No-makeup November, in which women simply do not wear any type of makeup for a month. Women are encourage to support the men in their life to grow out a beard or mustache. to bring awareness and port the cause.

Supporting this cause has caused a great awareness in the United States and can only grow for next year.

It is expected that next year more men will be participating in the Noshavember campaign. Will you?

Rebecca Jones
Correspondent

The Bro Code

Barney Stinson, otherwise known as Neil Patrick Harris, from "How I Met Your Mother" published a book known as "The Bro Code." The Bro Code is an example of peoples lives governed by a code of conduct such as an act of morality or sometimes religion. Like the Legend of King Arthur, this book was the Holy Grail for Bros. The Bro Code is a living document, kind of like the United States Constitution itself. Even though, it dates back to the American Revolution.

The Bro Code has a total of 150 rules or some what more that men need to follow in order to associate and behave properly among other bros. This book informs readers that men have a code of conduct to follow. With that

said there have been 1 million books sold so far.

As people read this book they will come to find that there are situations that have been put in this book such as the price to bail out a Bro from jail. For example, if your Bro is put into jail and the number of years you have been Bros is multiplied by 1 hundred dollars. So, if you have been Bros for five years then the price comes up to 5 hundred dollars for bailout. Basically saying that you are paying extra than what you need to pay.

This book continues to be sold around the world. Therefore people should consider in buying the book for their own expense.

Damian Chanthapaseuth
Feature Editor

Littering

Littering has become a serious problem at WHS. Students seem to think it is easier to drop their papers where ever they are at on campus regardless if there is a garbage can three feet away from them. When people are coming and going to lunch, they throw their trash on the ground, up in the rain gutters and especially in the main hall.

Students do not seem to care where they are throwing their garbage wrapper as long as they do not have to carry it anymore. Why students feel necessary to drop their garbage or throw it up into the rain gutters is an unknown entity.

Mr. Smith always tells his students how we need to respect and take pride in our school, but how are we supposed to take pride in our school when it is covered in filth? Many stu-

dents support his clean campus campaign by picking up other student's garbage.

With the seriousness of this problem comes using our janitors to clean up the students mess instead of cleaning the classrooms, cafeteria, gym, welding room, and the agricultural department. Having the janitors pick up the trash is a waste of their time and a valuable cost to the school district.

Littering also causes our school to be infested with ants and cockroaches. This also makes us look as if our students do not take pride in our school.

Please help keep this campus clean by either picking up the trash laying around even if it may not be yours.

Mollie Ward
Staff Reporter

Teen Suicide Awareness

Youth that are planning suicide usually give frequent warnings of their distress. Parents, teachers, and friends are typically the one's who pick up on these signs and obtain help to assist the youth in distress. These warnings and signs are never to be taken lightly or be kept a secret. Adults and students in the school community are dedicated in making suicide inhibition a big priority, and are permitted to take the right actions, to help the youth before they engage in behavior with permanent consequences.

"In a survey of high school students, the National Youth Violence Prevention Resource Center found that almost 1 in 5 teens had thought about

suicide, about 1 in 6 teens had made plans for suicide, and more than 1 in 12 teens had attempted suicide in the last year. As many as 8 out of 10 teens who commit suicide try to ask for help in some way before committing suicide, such as by seeing a doctor shortly before the suicide attempt." (www.teendeppression.org)

One of the leading causes of suicides is Religion variegated with sexuality. Having these two mixed causes, cause confusion between their faith and their passions making them feel like they will never be accepted by their parents or friends. Examples of this cause are in the movie called *Prayers for Bobby* which is about a young boy named Bobby Griffith. He was a typical, perfect, all-American

boy growing up in a deeply religious influence with a different sexual preference. He struggled deeply not knowing what to do, eventually forcing himself to tell his parents that he was gay. His mother, Mary Griffith, turned to her original teachings of her church to help save her son from homosexuality. Before she realized that he was no longer capable of being healed, she rejected him and denied him her unconditional love driving him to commit suicide. (www.prayersforbobby.com)

Another cause of suicide is changes or problems at home. An Example, of this is a divorce between the youth's parents. Often, the child thinks it is their own fault for the divorce. Another example would be loss of

a family member that was close to them, like a mother, father, or sibling.

Some of the ways teen suicides can be prevented are by looking for the symptoms. "Change in eating and sleeping habits, withdrawal from friends, family, and regular activities, violent or rebellious behavior, running away, drug and alcohol abuse, unusual neglect of personal appearance, radical personality change, persistent boredom, difficulty concentrating, or a decline in the quality of school work". Please visit familymentalhealth.com for more symptoms and information. Let us make a difference in not only your life, but in the lives of other people around you.

Mario Rosales
Staff Reporter