

Special Edition: iGen Matters

In this special edition of The Vertical, students discuss prevalent issues affecting our generation: iGen

The Vertical

March 2018

10550 Ray Road Ponte Vedra Beach, FL 32081

Issue 4

Why It Hit So Close To Home

Fara Supre
Editor-in-Chief

A Nease Student's Perspective

On February 14th, 2018, seventeen students and faculty members' from Marjory Stoneman Douglas High School lost their lives when former student, Nikolas Cruz, entered the campus, pulled a fire alarm, and began shooting with an Ar-15 rifle.

The difference between this shooting and the many others is how close to home it hits. About 300 miles away from Nease pain, frustration, and anger are prevalent in Parkland, but can also be felt right on Nease soil. Students are fearful for their safety, and are losing their comfort in institutions like high schools, middle schools, and even kindergarten.

So what stops us from being next? Why do we always believe that it can't happen to us too?

It's scary when we look at Nease and Stoneman side by side.

The similarities are uncanny. Beyond being in Florida, both schools are public high schools with an 8 out of 10 rating on GreatSchools.com. The rigor is also the same. Their classes are filled with bright individuals that take the same IB, AP, and standard classes as our fellow Panthers. Their sports go hand in hand with ours and our arts are just the same. Our band has competed against their regiment on multiple occasions. Even the physical building have certain aspects that mimic our "outside" campus.

Thankfully, change seems to be coming. Action is being demanded from all across the country and changes can be seen even at Nease. As of February 27, 13 days after the shooting, students and teachers have been encouraged to speak out on this issues. Mrs. Kunze along the faculty members are going out of



Photo Credit: www.browardschools1.com/domain/6341

The Stoneman Douglas ROTC program.

their way to be prepared for anything. In each class, students went over a plan. The doors (excluding the doors without handles) now have magnets that allow for teachers to lock their doors from the inside and

with ease.

There will also be more drills for this kind of event. Some will be at times that you'd least expect it. So during lunch and in between classes, students need to

Continued on page 2



Photo Credit: www.stonemandouglasband.com

The Stoneman Douglas marching band program during their competition at State in Tampa, Florida where they won 1st place in 2017.

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Laura Brannen, Watson

Why It Hit So Close To Home

Continued from Front

be alert and thinking about what exactly they would do if faced with a school shooter.

It may have been hard to hear in every class, but the discussions in class did help. Jaelyn Sztoiyar, a junior at Nease describes the class conversations as, "Really terrifying." She continues on to say, "It's not that it can't happen, we just don't want to think about it." The One thing that struck me as I sat in my classes was what almost all of my teach-

ers continued to say: "You mind won't go where it hasn't been already."

If we don't think about what could happen or even consider it that puts us at a disadvantage. So as sad as it may seem, having every precaution, from the new gates to our monthly drills, works to insure that what happened at Stoneman and every other school shooting never happens here.

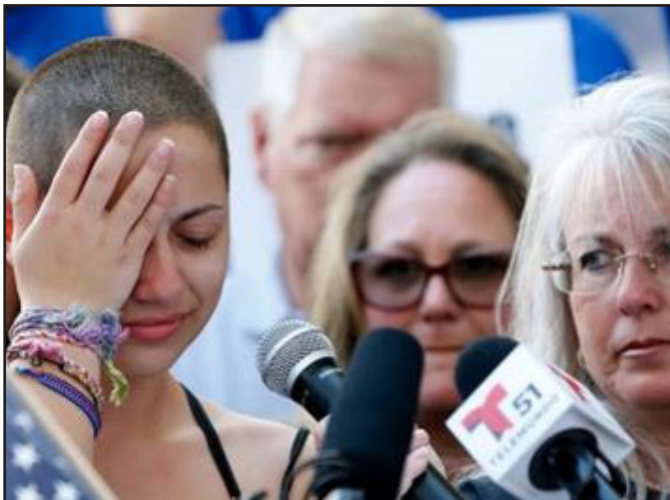


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17 KILLED, 15 INJURED, 323 MILLION AFFECTED

An Opinion Piece

Bella Ibrahim
News Editor

The teens at Marjory Stoneman Douglas High School have brought new awareness to an old problem: a lack of gun control. Since Sandy Hook, an elementary school shooting in which twenty 6 and 7 year olds along with 6 adults were fatally shot in 2012, 138 people have been murdered in American school shootings. In just six short years, 138 innocent people were killed by something that could have been avoided.

Most of these were students that were trying to get an education. No one should have to feel unsafe at school. As Alfonso Calderon, a junior at Stoneman Douglas puts it, "This matters to me more than anything else in my entire life. And I want everybody to know, personally, I'm prepared to drop out of school. I'm prepared to not worry about anything besides this...I know everyone else here will fight for the rest of their lives to see sensible gun laws in this country, so that kids don't have to fear going back to school."

I can't help but wonder what if it was Nease? What if it was our school and what if it was seventeen of our friends and classmates that would never walk into class ever again? What if it was your family that had to plan your funeral?

So, what exactly is gun control? Gun control is a broad term to describe any restriction of the way guns are bought and sold, who can possess or sell them, where and how they are stored or carried, and other related issues.

Okay, that seems reasonable. How do the current laws help keep us safe? Well, technically, anyone that has a history of mental illness or a criminal record, drug addicts, veterans that left the military on dishonorable discharge, or anyone with a permanent restraining order against a partner or a partner's child is prohibited from the purchase of a firearm. Also, a background check must be conducted to see if the



Photo credit: theatlantic.com

The memorials for the Stoneman Douglas High School students who were shot on February 14, 2018

purchaser is among those prohibited from owning a gun.

Seems pretty airtight, right? It could be if it weren't for some fatal flaws. One of the biggest faults is that small-scale sellers including many that do business at gun shows are not required to do any background checks, so as long as these people know where to look, they can get their hands on guns pretty easily. Also, in order to be considered "mentally ill," one must be adjudicated as mentally defective by a court or other authority. Many mass shooters were recognized as deeply disturbed yet were able to own a gun legally. (newyorktimes.com)

I don't see why so many people are against common sense gun control. What most people that are against gun control refer to is the 2nd amendment, which is the right to bear arms: "The strongest reason for the people to retain the right to keep and bear arms is, as a last resort, to protect themselves..." (Thomas Jefferson) The goal is not to get rid of guns from people that will use them responsibly but from those that will abuse their gun rights. What many people fail to realize is that gun control laws aren't there to take away their freedoms

but to keep guns out of the wrong hands. When it's put this way it's hard to believe it has taken so many shootings for people to start seriously thinking about making changes. As Chris Savicks, a sophomore at Nease, puts it: "It's a buildup. People are getting tired of the people in office not doing anything; whether it's mental health wise or gun control wise. The politicians are voted for by us so our opinions should be voiced by through them, but they simply aren't."

While there are many con-

troversities over gun control laws, there is one thing that we can all agree on: change needs to happen in all aspects to save the lives of many.

We'd love to hear from you all! What's your opinion? Tell us on our online poll on our website!



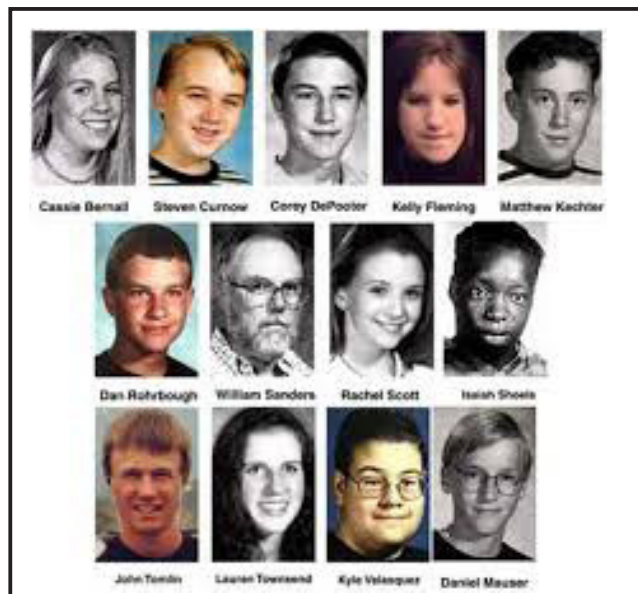
Photo credit: lawcenter.giffords.org

Gun violence affects the United States in more ways than you would expect.

Our website is www.nhsvertical.com

A History of School Shootings in the United States

Columbine High School Massacre



Colorado – April 20, 1999 – Two teenagers open fire in the high school, killing 13 people and wounding more than 20. They then turned the gun on themselves and committed suicide. Originally, Harris and Klebold had placed two 20-pound propane bombs in duffel bags in the cafeteria of the school. When bombs failed to explode, the two teenagers went into the school to open-fire on the students and faculty members. Through investigation, it was discovered that the two teens had originally wanted to kill hundreds in an event similar to the Oklahoma City Bombing in 1995.

Santana High School Shooting



California – March 5, 2001 – , a 15-year old student open fire in a bathroom killing 2 students and injuring 11. He is currently serving 50 years to life in a prison in California where he stated that his reasoning for opening fire was to “prove a point” to the students who bullied him during his first year in High School.

Red Lake Shooting

Minnesota – March 21, 2005 – , Jeffrey Weise shot and killed his grandfather before entering Red Lake High School, killing 10 people total and injuring 7. Weise shot himself after being surrounded by the police in the school. Some of the students who were interviewed after the shooting stated that Weise had a strong interest in shooting and would draw about such events in a notebook.

West Nickel Mines Shooting

Pennsylvania – October 2, 2006 – , a 32 year-old milk truck driver, Charles Carl Roberts open fire in an Amish school where he killed 5 girls and wounded 5 others prior to killing himself at the site. The man had no prior records of mental illness or criminal records but was distraught by an event that occurred over 20 years prior to the shooting, though the police were unable to disclose the information.

Virginia Tech Massacre

Virginia – April 16, 2007 – a 23-year old Senior at Virginia Tech open fire on campus killing 27 students and 5 faculty members, leaving 17 injured as well. After about 10 minutes of open fire, Cho shot himself before he could be arrested. After the shooting, it was discovered that Cho suffered from a series of mental health issues and that some of his writing for class was seen as violent by some of the students and faculty.



Northern Illinois University Shooting

Illinois – February 14th, 2008 – Steven Kazmierczak open fire in the center of a classroom, killing the professor and 5 other students. Prior to the shooting Kazmierczak had been on a medication that the police did not specify, however, it was discovered that he had not taken his medication the day of the shooting.

Oikos University Shooting

California – April 2, 2012 – One L. Goh, open fire in the university killing 7 students and left 3 wounded. Following the shooting, it was determined that Goh was deemed mentally unfit for trial and was committed for treatment.

Sandy Hook Elementary Shooting

Connecticut – December 14, 2012 – 20-year old Adam Lanza open fire in an Elementary school killing 27 children and faculty members before killing himself. Prior to the shooting, Lanza killed his mother and stole the weaponry from the home he was living in. Lanza had been deemed mentally instable prior to the shooting in Connecticut.



Santa Monica Shooting

Santa Monica Shooting, California – June 7, 2013 – John Zawahri open fire on moving vehicles at the Santa Monica College and later shot students who were trying to run away. He was fatally shot by the police. Prior to the attack, Zawarhi killed his father and burned the house down. It was later discovered that the gunman suffered from mental illness.

A History of School Shootings in the United States

Marysville Pilchuck High School Shooting

Washington – 2014 – On October 24, 2014, a 15 year-old freshman, Jaylen Fryberg open fired in the school’s cafeteria, killing 5 students before committing suicide. Prior to the attack, Fryberg had gotten into a fight with another students over a racist comment. One of the girls who was shot was also said to have rejected him when he asked her out on a date.

Florida State University Shooting

Florida – 2014 – On November 20, 2014, Myron May open fired near the Strozier Library on the campus of Florida State University, where students were studying. After hearing six gunshots within the library, students ran for cover. Three students were injured during the gunfire and May was fatally shot by police.

Umpqua Community College Shooting

Oregon - 2015 – On October 2, 2015, 26 year-old Chris Harper-Mercer walked into a classroom at Umpqua Community College, ordered the students to gather in the center of the room, and open fired. Mercer killed 9 students and injured 9 others. He then killed himself. Mercer is believed to have suffered from bipolar disorder.



Rancho Tehama Reserve Shooting

California – 2017 – On November 14, 2017, Kevin Neal opened fire at random in multiple sites in Rancho Tehama Reserve, California before targeting an elementary school. The teachers issued a lockdown and two students were injured by the attack. Neal appeared to fire at random and his motives for the attack on the elementary school are unclear.

Marshall County High School Shooting

Kentucky - 2018 – On January 23, 2018, a 15 year-old male open fired at Marshall County High School, Kentucky, killing 15 year-olds Bailey Holt and Preston Cope and injuring 20 other people.

Marjory Stoneman Douglas Shooting



North Park Elementary School Shooting

California – 2017 – On April 10, 2017, Cedric Anderson opened fire in a classroom at North Park Elementary School, killing his estranged wife, Karen Smith, and 8 year-old student Jonathan Martinez. Another student, 9 years-old, was injured by the gunfire. Anderson committed suicide after the shooting.



To read more about the Marjory Stoneman Douglas Shooting, see the Front Page News Story. Content can also be found on page 2 and 3. To see pictures and coverage of the student Walk Out from March 14, 2018, see pages 6 and 7

More content about mental health and school security visit the Nease Vertical Website: www.nhsvertical.com

Nease Walkout



Nease Students participating in 17 minutes of silence during the international “Walk Out” on March 14th, 2018



Nease Walkout



Photo Credit: Hannah Favorite

Thoughts From Nease Students:

Question 1: How did you feel about the walk out today?

Question 2: How did you feel about the kids that spent the time goofing around?

Chloe Ryles

- 1) I think it was really good and a good idea for us to come together.
- 2) I felt like they had no respect they had no respect they just wanted to get out of class.

Cambria Caldwell

- 1) I thought it was very respectful. It was not about the gun laws it was about those that died.
- 2) I thought it was disrespectful. It was for people who died not an excuse to get out of class.

Michael Sterling

- 1) I am glad it happened and Kunza supported it.
- 2) I felt they shouldn't have come out if they didn't care. I don't understand why they'd do that, goof around I mean.

You Are Flawsome

OPINION

Nicole Scarbrough
Sports Editor

Have you ever wondered who you are? That's a given, almost everyone has, even the barista that gives you your coffee every day at Starbucks or the late-night talk show host that your parents enjoy watching. Either way, just like everyone else's, our identities are mysteries all on their own. Mainly because none are the same, but also because they're always changing and growing as we do. An identity doesn't determine if you're shy or outspoken, fashionable or conservative; instead, it gives us the ability to fight for what makes us who we are, because without our identities, what way would we have of knowing who we are in the first place? Regardless, our identity is everything. It's the way we talk, move, carry ourselves, it's all of that. It's even what scores us our first dates or what convinces our parents to give us our things back. But the struggle to find our identities is all too evident, and even those who are determined to discover themselves have difficulty discerning the real them from the person our society wants them to be.

It's shockingly simple for us to adopt the trends and attitudes set by today's social media: converse (we all own at least a pair), an unhealthy obsession with Snapchat and Instagram (that's a given), and drum roll please, an addiction to any form of new technology. Yes, Amazon Alexa included. All jokes aside, these influences are creating

duplicates of any influential figure, mainly social media personalities, in the entire world. Hollywood or not. Kylie Jenner, Miley Cyrus, Kendrick Lamar, etc... These figures all have traits that can be identified in most teens today, in both looks and attitude. Even here at Nease, with our abundance of cultural diversity, looking out into a hallway during passing time allows us to see the similarities that we have remained ignorant to for an exceptionally long while. Even if we do what we do and act like we act because we are expected to follow the examples of others, it's easy to ask yourself: 'Do I really want to wear or talk like this? Or am I doing it because I make more friends doing so?'

In addition to looks and attitude, we have the simplified ability to put a question mark over our real or genuine self. Just because you don't click with a group of people doesn't mean that you are an outsider, nor does it mean that your entire life is completely over. The entire point of creating bonds and relationships is to locate the ability that allows you to find the person or people that you relate to the most, regardless of what you look like.

"I've always withheld my thoughts, and I never dressed the way I wanted to when I was younger," Sophomore Lily McKenna says, "Nowadays (however), I'm known as the colorful girl with neon lipstick and an infectious laugh, but most of my childhood was spent being much darker."

Humans are creatures that have a social background, or a need to be accepted by those that surround them. Regardless of relationship, strangers still have a large impact on our identity. This fact has been evident for centuries, shown in practices such as psychology that map out the human mind and discover the logic behind common practices. This need for acceptance is professionally named the *Chameleon Effect*, but we most commonly

"You have to figure out if you are accepted. It's all about getting in the crowd, though I think it's better to be different. We all want to fit in."

-Emily Fitzgerald, Freshman

refer to it as conformity. This effect provokes us to change ourselves, our behavior, and our thinking, or more accurately, the ways in which we think, and what we think of. This contributes to the vast majority of today's lack of cultural identity. Even with this not being considered, as a nation we have identified clear acceptable behaviors that most modern-day teenagers and adults abide by. However, those who don't are either labeled as "crazy" or as an "outsider". This forces us to think, *really* think: What part of our ideologies allow us to label ourselves

or one another according to their separate state of mind?

We always take looks at ourselves and think of the negatives: a big nose, bushy eyebrows, etc... The thing that most people don't realize is that the things that they themselves view as negative or ugly, really stand out to someone else. Not exclusively the opposite gender either. The features we have that make us who we are actually contribute (in more ways than not) to how other people view us. This not only being physical. Our personalities are just as alluring as what people first see when they look at us. Taking a chance and getting to know someone for who they are is definitely worthwhile in the end.

Being yourself doesn't require a degree and a high-paying career. Instead, it's all about identifying the traits that allow you to say, think, or express whatever you want to without over thinking, or thinking at all. In the end, who you are should be instinctive, so don't hold back.

Taking risks and embracing flaws isn't as hard as we'd like it to be, and with the determination and resilience that we all need more of, we can become the people that we really are. So, go ahead, take that extra step or steps, because whatever direction you decide to take isn't always the wrong one. Every experience makes us who we were meant to be in the end.



Photo Credit: Bryce Cornwell

Who do you see when you take away the question mark?



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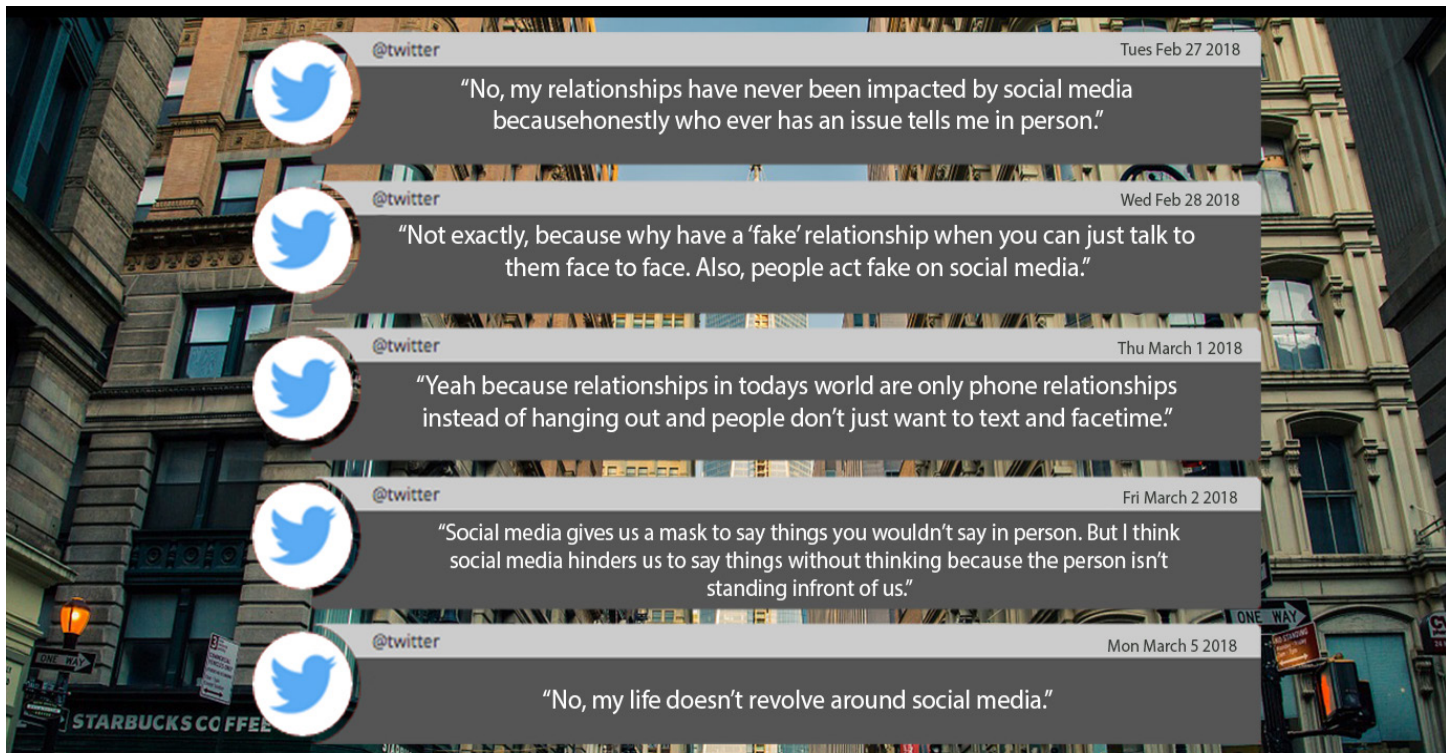
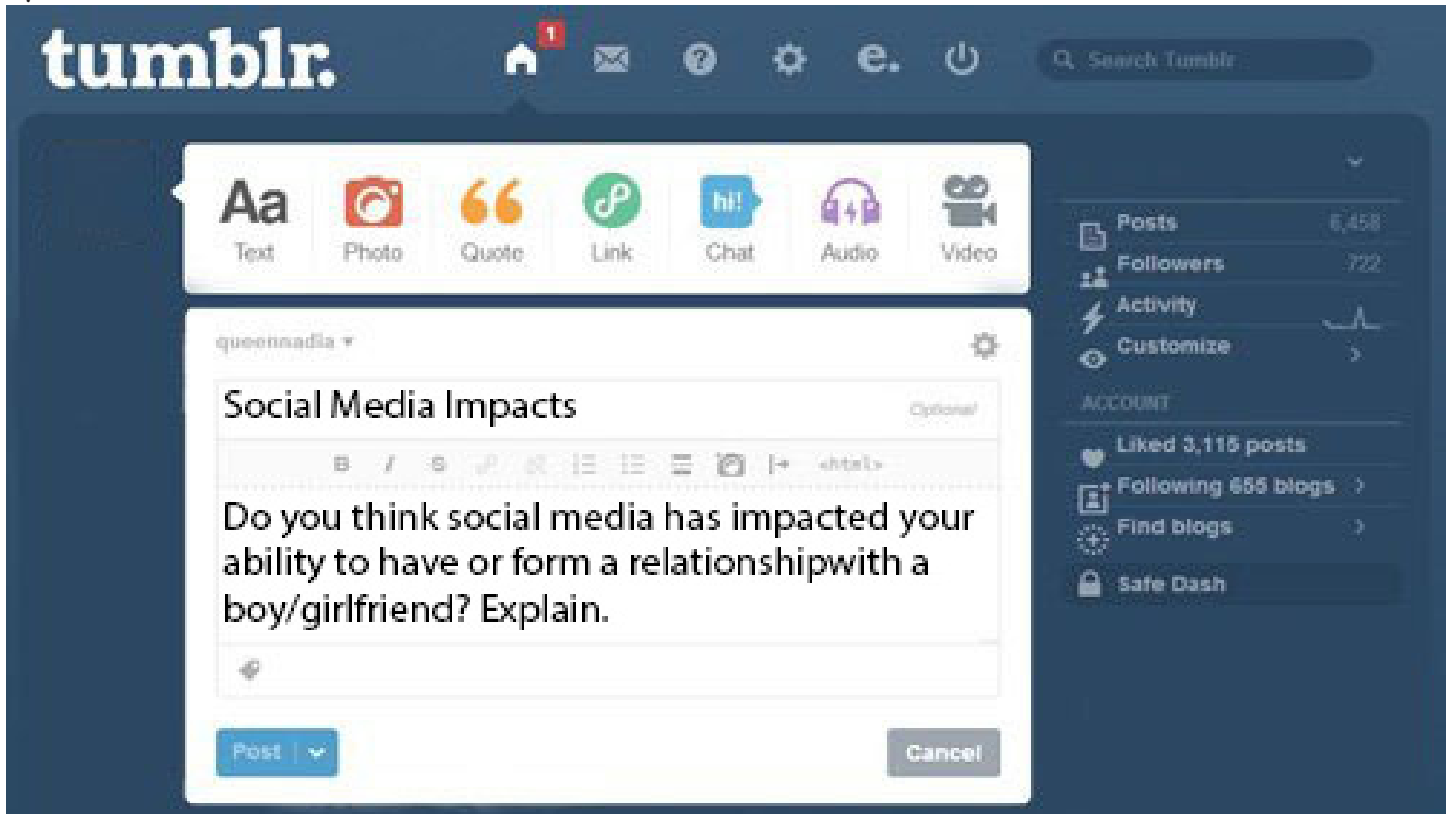
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We asked how social media has impacted their relationship with people. They share their answer anonymously below.

By: Nevada Suckow



We asked how social media has impacted their relationship with people. They share their answer anonymously below.

Layout & Photo Credits: Nevada Suckow

SOCIAL MEDIA IMPACTING RELATIONSHIPS >

TODAY

ME
Do you think social media has impacted your ability to have or form a relationship with a friend and/or boyfriend/girlfriend? Explain.

ANONYMOUS
Yes because with social media it is easy to get lost in it and it is mostly drama oriented. It is hard to keep and form relationships because everyone is up in your relationship, which can end them very quickly.

NEASE STUDENT
Yes because people can look at someone's social media & immediately make an opinion about them before even talking to them.

11TH GRADER
I don't have social media, I have a boyfriend and things have been straight for a year. I don't trust social media, it's shady and brings too much drama.

THAT CRAZY COUPLE
YES!! I know this one couple where his girlfriend wanted to know where he was at all times, so she tracks his phone. And when he doesn't answer she starts calling his friends.

MY EX IS A CHEATER
Yes! My now ex-boyfriend used snapchat to flirt with other girls behind my back. But, thanks to technology I found out. So I find it a win, lose.

WHAT'S TALKING IN PERSON?
Yes, for sure. My boyfriend and I talk all the time over the phone. So in person there is nothing to talk about.

LAZY BOYFRIEND
Yes, my boyfriend asked me to prom over text with a "wanna go to that"

WISE STUDENT
Social media shouldn't have an affect on your relationship. While with someone you shouldn't be on your phone, but while not on social media could help you connect well with others & build a stronger relationship with them.



"It doesn't have an impact on my ability to form a relationship, but sometimes social media can cause problems down the line."



"Abso-freaking-lutely, some guys will follow [on Instagram] girls who show no self-respect when if they're with you they shouldn't have to. The way girls portray themselves make other girls really insecure about themselves."



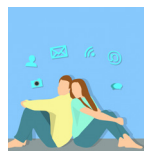
"Yes, absolutely! It makes you compare your relationship to other peoples relationships."



"I would have to say that social media has made it easier for relationships to form but still does not compare to real life interaction. Therefore, I would have to say yes, social media has impacted relationships, but not replaced them."



"Not really, considering the fact that I like to be more face-to-face person with others and actually talk to them."



"Yes, because it influences my ability to set a standard for how they are as a person."

Send a chat

Addicted to the Screen

Victoria Rivera
Publisher

Social media has influenced society since the creation of MySpace in 2003 as a way for people to interact easier. However, what began as a form of simple communication and self-expression, has quickly spiraled into numerous other platforms that have the same end goal – attention. Whether it's Instagram, Snapchat, or even YouTube, the growth of social media within society today has increased dramatically since its creation.

old enough to where the generation before us could have taught us the harms and addictions that could arise from it.

One of the biggest problems with an app such as Instagram is that it can give off a negative impression of how the world actually is. According to Simon Sinek, it is a place where people can express the idea that, "everything is fine even though I'm depressed." Teenagers spend so much time trying to perfect their pic-

an addiction to drugs or alcohol? But the real question is how do parents teach their children about technology that they didn't grow up with? Media apps such as Snapchat, for example, were designed originally for people to send photographs of themselves to other people because after 10 seconds, the picture went away. In a situation like this, it is very easy for kids to hide activity their parents. Apps like Snapchat can be dangerous without teenagers even realizing

tion in order to properly understand a person. Our bodies release a hormone called oxytocin, also known as the "love hormone" when we touch someone, hug them, smile at them, or even feel their presence. If teenagers are locked behind a screen for the entire day, their release of this hormone is going to progressively decrease throughout their life and create an imbalance. Part of this is the reason why there are increased rates of depression and anxiety in today's soci-

8 ways to know you have an addiction to your phone:

1. *You check your instagram feed when you wake up in the morning, and during breakfast, and again between classes, and when you get home from school, and one more time before you go to bed to make sure everyone possible has seen your posts.*
2. *When hanging out with your friends or family, you are texting someone who isn't there*
3. *Checking your media outlets at the dinner table, even if you're eating alone*
4. *Not being able to start a conversation with someone because it's easier to text them or DM them later that night*
5. *Not being able to trust your friends because they say one thing and then post something completely different*
6. *Not being able to put it down while doing homework*
7. *Not being able to enjoy the world and your surroundings because your nose is glued to your screen*
8. *Not finding fulfillment in the little things because you spend more time checking how many likes you have, and less time checking your relationships with others*

Today, children (and adults) seem addicted to their phones and to the idea that the more likes you have, the more relevant you are to society. Simon Sinek, an author and motivational speaker, states that social media, "releases a hormone called dopamine which makes us feel good." This is the same hormone that is released when people drink, smoke, and gamble, and though its release is not bad in small doses, when it is over released that it becomes a problem. There is no restraint on the usage of social media in today's society and part of that reason is because many kids just don't have the proper education on how to use it and how to balance their time online with their time off. Part of the problem could be because their parents didn't grow up using the technology that kids use today. Instagram, for example, was created in 2010, and while there is a plethora of information about it today in 2018, it is not

tures, making sure that they have the right filters, captions, and include the right people, so that they can give off this idea that everything about their life is perfect even if they are struggling through. There have even been studies done to show when the best time to post a picture on social media is. Which, according to a study conducted by Nathan Ellering, is on Monday's and Thursday's at 2 a.m., between 8am and 9 am, and at 5 pm. The mere fact that this study exists only further proves the addiction we have to social media. Shouldn't we just post pictures on our social media accounts whenever we want, without the fear that less people will "like" it because of the time? Is it really worth the stress of having to plan out when each picture will go up?

It was even found that "80% of smart phone users check their phone before brushing their teeth" according to a study conducted by Ryan Pinkham. Isn't this the same as

it. So many kids nowadays have people on snapchat that they have never even met before. How do kids create friendships like this? How are you supposed to bond with blank pictures, limited captions, and restricted times to view?

One of the main points that Simon Sinek made is that more and more kids are failing to develop deep and meaningful relationships with others, not just romantically, but platonically as well. It is very easy to skip past the awkwardness of asking someone on a date when you could just as easily "swipe right" on Tinder and find a "match" for you. But how does meeting someone online compare to meeting someone in person? There has been controversy throughout the years about whether or not you can develop friendships online, with one side saying that it is easier to talk to people behind a screen and the other side saying that you need that face to face connec-

ety. Everyone blames the magazines for photoshop, but it's even worse online with people you know. It is so easy to go on a friends facebook account or instagram feed and spend hours comparing your life to theirs, comparing your body and your social status to the point where you don't feel like you're "good enough" anymore.

Though people argue that social media and technology is not necessarily all bad for you, they don't tend to see it is an addiction. According to Simon Sinek, "alcohol isn't bad, too much alcohol is bad. Gambling isn't bad, too much gambling is dangerous." The same can be applied to the internet today, social media, for all we know, isn't bad, but too much of it creates an addiction. And like all things that run the risk of addiction, moderation is key.

Are Your Parents Old School or New School?

Nevada Suckow
Managing Layout Editor

Old School:

Car seats were... wait, what car seats!?

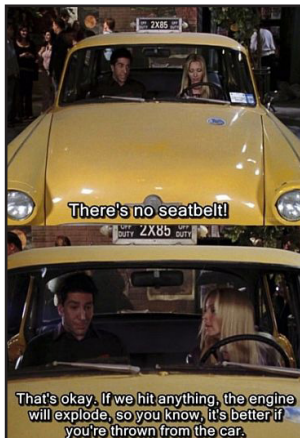


Photo Credit: carhumor.net

New School:

Here's how people react if your child's chest clip on their car seat isn't armpit to armpit:



Photo Credit: Meme Center

Old School:

Moms and dads happily let their kid-dos ride around town on their bikes without helmets.

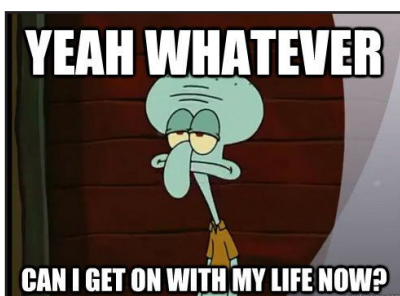


Photo Credit: Pinterest

New School:

Without helmets?!?!?!?!?



Photo Credit: SiouxSports.com

Old School:

Long car rides with kids were the ultimate test in patience for parents. Why? No iPads.



Photo Credit: Rogers Stereo

New School:



Photo Credit: Meme Generator

Wait, there are kids in the car?

Old School:

No one thought twice about smoking



Photo Credit: Jokideo

in a poor baby's face.

New School:



Photo Credit: neilmoodie.com

Smoking near a baby equals:

Old School:

Date nights were a time to reconnect

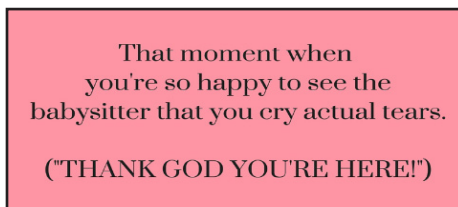


Photo Credit: Momtastic

and enjoy time without the kids.

New School:

Date nights are a time to feel guilty and check the phone every 10 minutes

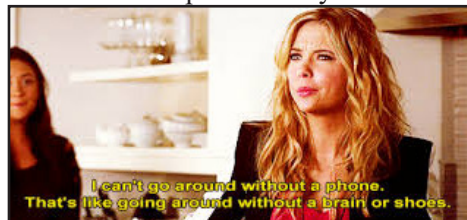


Photo Credit: Her Campus

to make sure the kids are OK.

Old School:

Kids were free to roam their neighborhoods unattended—and without cell



Photo Credit: Know Your Meme

phones!

New School:

Kids are free to roam their neighborhoods unattended... in a fenced-in,



Photo Credit: Plioz

10-square-foot area.

Old School:

Moms kinda winged it when it came to



Photo Credit: VectorStock

stuff they weren't familiar with.

New School:

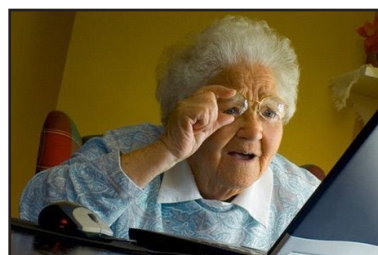


Photo Credit: sharenator.com

One word: Google.

Old School:

Moms got all their ideas from friends



Photo Credit: Alamy

and their favorite ladies' magazine.

New School:

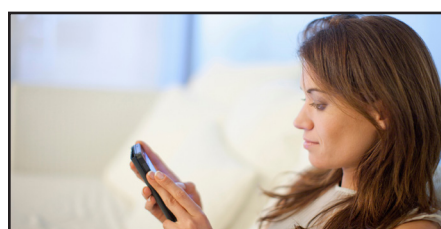


Photo Credit: The Eye Emporium

One word: Pinterest.

Old School:

Moms never really felt bad about their



Culture Nerd - WordPress.com

parenting. They were doing a good job!

New School:



Ottawa SEO Company Profit Parrot

Two words: social media

Old School:



Photo Credit: boingboing.net

All moms were just...moms.

New School:

Moms fall into the helicopter, free-range, or attachment parenting category.



Photo Credit: hybrid parenting

Old School:

Moms gave their kids a pat on the head



Photo Credit: TV Tropes

for a job well done.

New School:

Moms post their kids' "job well done"

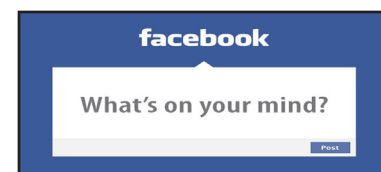


Photo Credit: NextGen New Media on Facebook.

Stress and its Coping Mechanisms

Bryce Cornwell

Photographer Editor

Teens across the globe, including here at Nease, experience different levels of stress in their everyday lives. Whether it's giving a speech in front of your class or playing a sports game it is normal for teens to experience stress daily. But this generation has come up with different ways to help themselves cope with their stress levels. Some of these coping mechanisms are dangerous or harmful to teens but there are also ways to help them handle their stress in a healthy, nonharmful way. "I try to do the tasks that will decrease my stress levels, like I do my homework before it's due," states Avani Shandilya, Freshman IB student at Nease, when she was asked how she best handled her stress. Below are two separate lists that include some coping mechanisms of how teens can negatively handle stress and positive ways to handle stress.

5 Ways Teens **Negatively** Handle their Stress:

Ignoring the problem

By ignoring the problem that is causing teen's stress they won't be able to fix it and stop it from causing them stress instead of looking for the help they need.

Dwelling on the negative

By choosing to focus only on the negative, teens' outlooks on life will not be positive and that will make it harder for them to be happy and enjoy their lives.

Drinking, smoking or drugs

Teens often resort to alcohol and drugs as a coping mechanism because they view it as a way to temporarily forget what is causing them stress and to have a good time. But this is not a way teens should deal with their stress because it can cause harm to their bodies and to others.

Drinking, smoking and alcohol are negative ways to deal with your stress because it can harm your body.

Eating their feelings away/stop eating altogether

Some teens eat away their feelings, which is known as binge eating, even when they are not hungry because they don't have to feel the feeling of being stress and some teens stop eating altogether when they are stressed because the feeling of being stressed is so overwhelming, which is known as anorexia. Both coping mechanisms can cause damage to a teen's body and eating disorders.

Compulsive spending

Teens sometimes handle their stress by going shopping for themselves and buying the things they want in the moment but might not particularly need. This is also a dangerous coping mechanism because it can lead to a teen having money problems in their adult life.

Compulsive spending can cause financial problems for your future.

5 Ways Teens **Positively** Handle their Stress:

Expressing their gratitude

By having a teen who is stressed express their gratitude towards something, it will help them realize that there is more to life than what they are stressing about.

Exercising

Exercising can greatly decrease a teen's stress levels because it is good for the mind and the body and can be a healthy brief distraction from what is causing a teen stress. Junior Madison Papas informs, "I exercise to make myself feel better when I am stressed out," which is beneficial to her mental and physical health overall.

Eating healthy

Eating healthy can help a teen's stress levels because it can help them get the right nutrition and fuel they need to complete the tasks that are causing them

Eating healthy can improve your overall mental health and it provides better energy for your body.

Having 'Me time'

Having personal time is important for teens because it can help refocus and regenerate the mind and it gives them a break from the daily stressful tasks they must complete. Essence McKissick, a sophomore in the IB program, states, "I take naps to deal with my stress," which is a good example of how she deals with her stress by giving herself some time to herself.

Finding balance

By helping teens find balance in their lives whether it's with education and athletics or extracurriculars and a job, this will help their stress levels decrease if they learn how to correctly manage their time throughout the day. Also, by having a correct balance in their lives this can help them have variety and do the multiple activities they enjoy.



Photo Credit: dreamstime.com

Exercising can help improve your mental and physical health.



Photo Credit: Moziru.com



Photo Credit: healthydietadvisor.com



Photo Credit: badcredit.org

Standardized Testing

Michael Savo-Matthews
Business Manager

This generation of teenagers in the education system are subject to a multitude of standardized testing that is supposed to measure a student's academic capabilities. However, standardized tests overall leave students with an inaccurate measure of their all-around intelligence, by not including aspects such as creativity, and often make students feel stressed and not confident in their intelligence when receiving unreliable, biased scores.

Standardized tests are given at such a great frequency that it can take away time from the students to do things that can really improve their knowledge. It can take away time learning new material. However, that is not the only time that gets taken away from the students when they are subject to standardized testing, the studying for the tests themselves can take a ton of

valuable time away from students to do things that could truly help them academically.

Since many of these standardized tests are of high difficulty, many students spend extended amounts of time studying for them. Students buy preparation books, attend specialized studying classes/sessions, and participate in online programs in order to do well on these standardized tests. However, the skills practiced for such an extensive amount of time needed in order to do well on these standardized tests are not typically useful in real life situations. Being able to make an educated guess between two narrowed down multiple choice answers, will not really help you in a real-life situation. So, students spend tons of time studying for a test that may not necessarily be helpful in a real-life situation.

When students see how much of an impact standardized testing has on things such as college acceptance, it can be truly stressful to have to take tests such as the SAT and ACT. The students can only take the tests on distanced scheduled dates, and it can be extremely stressful to know that you are taking a test that can determine a big portion of your college acceptance, but you may not be able to take it again for weeks to improve your score. In addition to this, the students must acknowledge that these tests do not truly measure all intellectual aspects such as leadership skills, and communication skills, and creativity.

When discussing this topic, Sophomore Eva Vasileiadou stated, "I think that numerical scores on standardized tests can tend to be misleading indicators on a student's growth throughout their learning ex-

perience, the standardized tests only being able to evaluate a very narrow range of achievement due to the inherently limited methods that it is obligated to use. Standardized testing has affected students in many ways, especially being a student, it brings on unprecedented amounts of stress, and worry, practically stunting the brain in a confused, and worried state where almost nothing is able to be accomplished. Many students feel this way, so yes, standardized testing most definitely has an effect on students in a very negative way."

In an age in which academics have become more intensive and college applicants more competitive, the importance of standardized testing has been furthered. Students tend to work and study harder simply to obtain a higher test score on their SAT or ACT.

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The Rec Center Race

Taylor Leksander
Creative Director

Lately, some of the most prominent features colleges have added to their recreational center checklist are unheard of for the common university: water themed activities. At Universities all around the nation- including Louisiana state, Missouri, Iowa, Auburn, and even closer to home North Florida, have included in their rec centers either a lazy river, compact water park, forty person hot tub, or a water leisure attraction. Some of these features may be a direct cause in the increase of student tuition which is increasing as much as 60% in the last ten years. However, most students have voiced that they want these types of facilities on their college campuses.

According to *New York Times* article “No College Kid Needs a Water Park to Study” author James V. Koch explains that such projects must go through a schools governing board of trustees who are supposed to ensure “affordable quality education,” however, this may not always be the case. Three to four times a year the board of a school meets with the president of the school to discuss varying topics regarding funding, studies, and anything that revolves around the university. The presidents can then pitch ideas for the board to oversee and approve or reject based on the best interest of the school. Koch argues that the presi-

dents of many of these universities can easily find ways to persuade the board into thinking this type of project can ultimately cause an increase of money flow and positive public publicity. Many presidents show



Photo Credit: jacksonville.com

UNF's infamous Lazy River and pool.

deep concern on the popularity of the school to attract students.

After one college begins constructing a water park or lazy river, it's like a domino effect nationwide. This idea of the water addition to rec centers seems crazy, but students have voiced their opinions to their university presidents that these spaces are very entertaining. Knowing this, many colleges have jumped on the train and have

begun their rec center race by spicing up their latest amenities.

Louisiana State has chosen a 536 foot long “leisure river” spelling out LSU (which was part of their 85 million dollar renovation)

as their newest project. Likewise UNF has constructed a lazy river for students to enjoy as well. Lazy rivers aren't the only construction developing at universities, “Making a Splash on Campus” another *New York Times* article shows many universities investing in other water recreational activities. “With college costs climbing an outstanding student loan debt at a record \$1.2 trillion, schools justify these facili-

ties as important for recruitment and retention,” says the *Times* article, discussing Auburn University's forty five person paw print hot tub. North Dakota State is planning on the creation of a zip line which will start construction this year. Clemson University is thinking of creating “blobs” (floating mattresses) in a newly designed rec center on Lake Hartwell so that students can “jump from one to another.... like American Ninja.” Many advisers and people in support of these new centers look at it as recreating the typical “college rec center” image. Rather than it be “just a place to sweat” it will turn into a social space where students can hangout.

Whether it is a zip line across the water, a forty person hot tub, or a lazy river it's interesting to consider all the new amenities colleges are creating. The possibilities that can arise with the building of these projects can in the end be both positive and negative. It may be an increase in tuition to produce these items, but if colleges do build these great amenities it is something students may take into account when selecting a college.



Photo Credit: mytimes.com



Photo Credit: mytimes.com

DON'T ANSWER THAT TEXT!

Distracted driving is one of the leading causes for teenage deaths.

Maria Ribot
Opinion Editor

According to the Department of Motor Vehicles, at least 9 people are killed every day because of a distracted driver and more than 1,000 are injured every day. In fact, for teens distracted driving is the number one cause of deaths. As a result, car accidents near high schools such as Nease are dangerously common.

Driving is referred to as a task as common as brushing your teeth, doing your hair, or feeding your dog. However, driving is extremely dangerous and becomes more so if more things are added to overwhelm the brain. According to recent studies by Dr. Sanjay Gupta, it was found that what we know as "multitasking is actually us diverting our attention from one task and focusing it on the other task".

Distracted driving is a prime example: when a driver is texting, eating, or even listening to music, they are diverting their attention away from driving and focusing on the new task. The dangers of distracted driving are comparable to that of jumping off a cliff with no protection gear.

Recent studies show that this behavior is not intentional. The human brain will naturally prioritize tasks that we think are more impor-

tant to pay attention to. For instance, when the phone rings, our focus goes from driving to looking for the phone in a messy backpack or purse. In addition to this, new drivers are becoming more and more focused on aspects such as social media, which makes them vulnerable to motor vehicle accidents, which can affect the rest of the life.

According to DMV.org, if the average text takes 10 seconds to read, and a car going 60 miles per hour will travel a distance of two football fields in that period. If the driver is distracted, his/her chance of survival plummets down to the single digit percentages due to the speed plus the distraction factor and the distance covered in a short amount of time.

As the roads get more dangerous, driving laws are required to be enforced. Amongst teenagers, technology and their own social lives is enough to cause a fatal accident with casualties. Teenagers feel that they are obligated to check their phones while driving because the time that they spend driving is time that they can't spend on their phones. The accidents occur when they try to multitask. As generations pass, will distracted driving subside without action?



Photo Credit flagerlive.com

Six people killed at multi-vehicle collision due to a possible distracted driver according to flagerlive.com.

7 Ways to Avoid Car Accidents:

1. **Walk Defensively:** According to the National Organizations for Youth Safety, 5% of teen deaths in crashes are pedestrians.
2. **Bike Defensively:** 10% of teen deaths in crashes are bicyclists. (NOYS)
3. **Buckle up:** 66% of teenage passengers who die in traffic crashes do not have a seatbelt on. (NOYS)
4. **Avoid Distractions:** 58% of teens involved in car crashes are caused by distractions. (NOYS)
5. **Don't Drive Drunk:** Call a designated driver to drive you home if it's not safe to drive home by yourself. 25% of traffic crashes involve an underage drunk driver. (NOYS)
6. **Follow all driving laws:** Don't speed or go too slow. Avoid driving during nighttime hours as your sense of distance and perception is distorted due to the absence of light. (Harvard Health)
7. **Monitor Sleep:** Avoid driving while fatigued or drowsy. Instead pull over to a rest stop and sleep for a couple of hours, then resume driving. (Harvard Health)



Photo Credit: flickr.com

N.C. Governor's Highway Safety Program and AT&T North Carolina hold Distracted Driving Awareness Month campaign event at Northeast Guilford High School in McLeansville. (Division Seven)

INTOLERANCE: WE WON'T TOLERATE IT

OPINION

Bre Jarvis
Web Editor

While it's true that we currently live in an era of unprecedented equality, intolerance is still a huge problem among Americans of all backgrounds. Sexism, racism, homophobia, xenophobia, and other forms of prejudice continue to plague schools, workplaces, and social settings. However, recent studies have shown that tolerance may be on the rise, particularly among today's generation of teenagers.

Oxford Dictionaries defines tolerance as "the ability or willingness to tolerate the existence of opinions or behavior that one dislikes or disagrees with." Tolerance is often confused with acceptance, or "agreement with or belief in an idea, opinion, or explanation" (Oxford Dictionaries). However, tolerating another person's opinion or behavior does not mean approving or submitting to someone else's ideals, but simply that you are willing to withhold prejudice or discrimination towards people whose beliefs differ from your own.

"Compassion and tolerance are not a sign of weakness but a sign of strength."

- Dalai Lama

According to psychology professor Jean M. Twenge of San Diego University, each generation of Americans has become more tolerant of the beliefs of others than generations prior (with the exception of racist views, which are becoming less tolerated with each passing generation). This is especially true for what Twenge calls "iGen," the generation of Americans born between 1995 and 2012.

Twenge states, "iGen was born into a more individualistic culture than previous generations, one

that favors the self more and social rules less. [This culture] treats people as individuals instead of as members of groups, and thus promotes equality for all." However, Twenge explains, "Tolerance and empathy are not the same thing." So, are the tolerant attitudes of today's teenagers motivated by empathy, or something else?



Photo Credit: Social Connectedness

something different, [everyone] would kind of turn against you," says Nease junior Brooklyn McEwen, "but now I feel like, in the United States at least, we invite different opinions, different beliefs, different religions, and, in a way we kind of thrive off of that because there are so many new ideas and concepts being brought to the table." She believes that there is an element of empathy



Photo Credit: Daniel Missler



Photo Credit: Project Girlspire

Americans of all ethnicities, classes, cultures, and religions must work together to promote tolerance.

"I think teens of this generation are more empathetic," says Savanna Courtney-Durrett, a senior at Nease High School. "I think that probably spouts from having seen older generations ... They're choosing now to be more empathetic and understanding of situations to try as best as they can to prevent things from happening again." Savanna adds, "But [intolerance] also shows up in the present as well, so I think you also have to be knowledgeable and well-rounded in all areas of history in order to be a tolerant person or to be an empathetic person."

"Before, if you were to view

in today's tolerance, "but with this tolerance comes moral relativism, meaning it's that 'you do your thing and I'll do mine, and we just won't judge each other' kind of thing."

The reason for tolerance may differ from individual to individual. While one person may feel genuine compassion for someone with different beliefs, another person may simply want to avoid being scorned for their own ideas or behaviors.

According to Savanna, tolerance leads to empathy and not vice versa. "I think you have to learn to push back prejudice that is behind something or someone you may dis-

agree with and then you can actually build empathy," she explains. In this sense, tolerance and empathy are closely interconnected: true tolerance develops a feeling of empathy for perspectives different from your own. Empathy isn't always the reason for a teen's tolerant attitude, but a teenager who is truly tolerant will eventually empathize with others.

What, then, does that empathy lead to? Sometimes, it leads to speaking out against social issues. "If someone has an experience, they want to act on it and stop intolerance," says Savanna. It seems that today's teenagers are more politically active than those of any generation before, particularly on social media platforms such as Twitter and Instagram. While it's common for us to defend our own opinions and values, we might not always stand up for others, despite the empathy we may have for them.

"From what I've seen, ... everyone, I think, would be willing ... once to stand up, [and] at least have the desire to stand up for those being ... persecuted against," Brooklyn explains. "Some of them probably want to avoid persecution themselves, but they definitely do feel empathy for someone who's getting bullied for their differences. So, I think honestly it's based on your personality at that point."

Crucial to a functioning democracy is the welcoming of all ideas, cultures, and religions, however contradictory they may seem. If our country is truly to be one of equality for all, it is vital that we, as Americans, learn to develop not only tolerance for ideas we disagree with, but empathy for the people who uphold those beliefs. If we are to advocate for a country that supports freedom of choice and thought, we must be willing to defend others when their own values are violated. It's more than agreeing to disagree. It's refusing to tolerate intolerance.

What You Can Do At Home to Help the Environment

Julia Jordan
Entertainment Editor

1. Simply place certain items in a recycling bin instead of a trash bin. The following items are considered recyclable: plastic, paper, cardboard, metal and glass.
2. Bring a reusable canvas bag that can be found at a local supermarket or drugstore instead of using the plastic bags given out at stores.
3. Stop buying plastic water bottles and invest in a glass or metal bottle that's reusable.
4. Turn off the faucet when brushing your teeth, shorten your shower time, and don't run the dishwasher until its full.
5. Unplug unused electronics, turn off unnecessary lights, don't do laundry until there's a full load, do laundry on cold, lower the thermostat, and use CFL light-bulbs.
6. Carpool with friends when possible and walk or ride a bike when your destination is within a short distance.
7. Don't eat red meat (beef, lamb, pork, or venison) more than once or twice a week.
8. Don't eat seafood (fish, crabs, oysters, clams, mussels, shrimp, or scallops) more than once or twice a week.
9. Purchase food and other goods from local vendors when you can.
10. Purchase used books, furniture, clothes, cars, when you can.



Photo Credit: risingsunchatsworth.co.za

Overabundance of plastic bottles and containers.

10 Easy and Effective Ways to Help the Environment:

1. Recycle
2. Use reusable bags
3. Use reusable bottles
4. Conserve water
5. Conserve electricity
6. Carpool
7. Decrease red meat intake
8. Decrease seafood intake
9. Buy locally
10. Buy used



Photo Credit: allareaappliance.com

The result of overfishing.

Does it really help?

1. Recycling reduces the need to process raw materials which creates substantial air and water pollution.
2. Reusable bags help cut down on the burning of fossil fuels and the cutting down of trees required in the production of plastic bags.
3. Reusable bottles also reduce the burning fossil fuels used in the production of plastic bottles could prevent 38 billion plastic water bottles from contributing to our waste each year.
4. Conserving water diverts less water from our rivers, bays, and estuaries. It also reduces the amount of energy used to treat, pump, and heat water.
5. Conserving electricity decreases the amount of fossil fuels power plants burn to generate electricity.
6. Driving less would reduce car exhaust emissions like carbon monoxide, which threatens human health, and carbon dioxide, which contributes to global warming.
7. Decreasing your red meat intake would also decrease the massive amounts of land, food, energy, and water needed to raise animals that produce red meat. Currently, 51% of global greenhouse-gas emissions are caused by animal agriculture.
8. Decreasing your seafood intake will decrease the demand for seafood, and in turn, the overfishing practice that is rapidly depleting our global fish population and devastating the ocean's ecosystems.
9. Buying locally creates less of a demand for imported food and the transportation it requires which helps alleviate our dependence on fossil fuels and reduces air pollution.
10. Buying used or second-hand prevents goods from ending up at the landfill and cuts down on the emissions from manufacturers.

“The factors affecting the environment are crucial to be educated on. It is important to learn small ways you can personally conserve our Earth”

-Ashley Weinstein, Conservation Club President

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