

# The TigerScot

## News:

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## Mental Health A Topic That Affects Teenagers

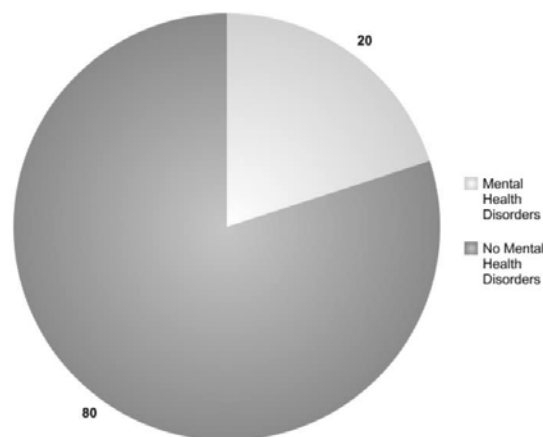
By Tenley Alderson

Mental health always seems to be on the back burner in the school environment. However, just like physical health, mental health should not be disregarded. Many times, large schools have one counselor to thousands of students or, in our case, a counselor who comes to our district one day of the week (unless it's a holiday). For a variety of reasons, mental health affects teens now more than ever. With a counselor coming to our school only once a week, a student in a crisis or having a particularly tough time at home isn't likely to be troubled on a Wednesday morning.

The stigma surrounding mental health is still very much obvious, despite the fact that, according to an article on NPR.org called *A Silent Epidemic: The Mental Health Crisis In Our Schools*, as many as one in five teenagers suffers from a mental health disorder. The chart shows this information as a percentage. Because of this stigma, people hardly ever evaluate their own mental health to see if they have a mental disorder themselves. According to *School Nurses Can Be Mental Health 'Detectives' But They Need Help*, an article on NPR.org, schools function as the mental health system for up to 80% of children who need help. However, since our district doesn't have a full time nurse or counselor, it's up to teachers to spot changes in students.

In an interview with Principal Rollie Marshall, he explained that three teachers in our district went to a training called ACES, which focuses on different things that students might go through at home and how dangerous they might be if they add up. Having teachers in our district educated on mental health is great, but it may not be the

solution when teachers are occupied with many other things besides looking out for students.



*20% of teenagers suffer from a mental health disorder. Chart created by Tenley Alderson; information came from NPR study, "A Silent Epidemic..."*

The lack of mental health support in schools is frankly frightening. Students who are going through hard times and don't feel safe at home need the school to be their helpline. Even if we can't get all of our teachers educated in mental health or we can't get a full time counselor, there are things we can do to help. Marshall said that we should work on building trusting relationships between students and teachers, so students aren't afraid to reach out. He also encouraged students to talk to a teacher they trust and to tell an adult if they believe their friend is going through something. For now, for the sake of the students here at WMHS, the best we can do is reach out and listen when someone reaches out to you.

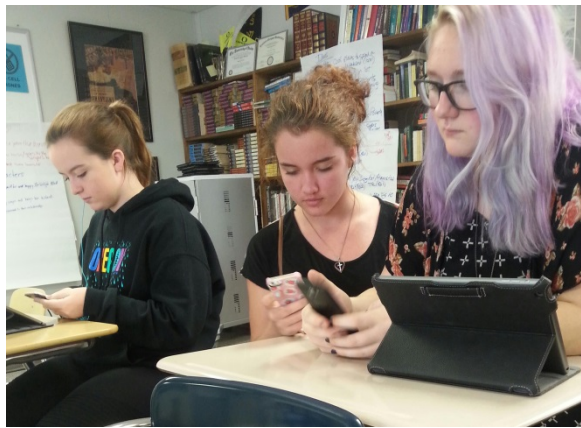
**Cheer Camp:** Open to students ages K-6<sup>th</sup> grade, the camp will be on October 24-28, 2016 @ Athena Elementary Gym from 3:30-5:30 p.m. Contact Johanna or Emmaline to sign up @ 541.379.0499

## No Phones in Class @ WMHS

By Keree Graves

Weston McEwen students now have very limited access to their cellphones. Beginning in the fall, students will not use their phones except during passing time, at lunch, during breakfast break, and before or after school. Students at Weston McEwen High School have recently been informed about the new cell phone policy at an assembly during the first week. "Cellular devices are a distraction!" stated Rollie Marshall at the policy assembly. "To minimize the distraction they are to be taken away if they are seen out or in use."

However, some would argue that since students in the school use technology every day, and they use their phones as a reminder about school work that is due and upcoming tests that they are studying for, or to get information, there could be a discussion about cell phone use in the classrooms.



*Tenley Alderson, Krysta Calvert and Sami Ford using their cell phones to find information for a story in Journalism.  
Photo by Keree Graves*

Bryce Thul says, "It's dumb not having our phones out, we've been taught that it's been

okay to have them. Also teachers have enforced not to be using them while they teach; I don't understand how it was a distraction." Not having a cell phone out takes privileges away, but they have been banned because "Last spring, the students abused the right to have a cell phone out and now focus in the classroom has been 99% positive," Marshall explained.

As the school year goes, will the cell phone war still rage on?

## More Birth Control Options

### Needed on Campus

By Marcus Hungerford

In high school, students start getting into intimate relationships and may have thoughts of sex. Sometimes, students are not even in relationships: in fact high school students all across the nation have sex. It's human nature to do so. So why can't there be protection available to them?

Even if school tries to prevent students from having sex it may still happen. So while still trying to prevent it through education, there should be that option to at least be safe about it. Put condoms in the boy's bathroom and birth control in the girls because teen pregnancy is definitely an issue and can really affect people's lives. By providing condoms and birth control this can help to prevent teen pregnancy. Of course there are also many other ways of getting these ways of protection but students go to school every week. It makes protection more available, which then may be used more because of the availability.

To help show how much of an issue teen pregnancy is, look at these numbers for the whole United States: "In 2014, a total of 249,078 babies were born to women aged 15–19 years, for a birth rate of 24.2 per 1,000 women in this age group" (Teen Pregnancy in the United States). Something needs to be done to reduce these numbers. With teens having sex, there is also the concern of STDs.

STDs, at times, can be worse than pregnancy, because they can harm or even kill. STDs can spread quickly and teens may not even know they have it until it's been given to someone else. When condoms are used correctly they may prevent STDs from being spread. Now when it comes to protection there's always the issue of people being embarrassed about possibly being seen grabbing either the birth control or condoms. A solution could be to put protection in the stalls instead of in the open so students may grab them without being seen.

The con side of condoms and birth control in bathrooms may be that it could almost influence students into having sex since the protection is offered. There is also the complication of students using the condoms inappropriately and wasting them. Of course, these problems are going to have to be considered.

A few ways of possibly preventing these could be to go more in depth of the financial and emotional difficulties in teen pregnancy and how it can be a very controversial and scary time for teens (which is a topic for another time). The second issue is quite a bit harder to avert. A potential solution is to put a small fee on these sources of protection. By doing this, students may not be as quick to waste them, and it can help the school pay for them. People could pay a quarter,

because with a quarter, it's not too much but enough to help in the prevention of them being wasted. A person can find one on the ground so it seems reasonable enough to charge a quarter.

It is essential to have protection because it helps in preventing STDs from spreading and from teens getting pregnant. Sex happens: it happens all the time. By allowing birth control and condoms in school, it could help in the reduction of teen pregnancies or other issues, and while there are problematic issues, there are almost always solutions too.

Think about it: would you want your child to get another person or themselves pregnant? What about if they got infected with a STD? To bring birth control and condoms to schools could have many benefits for the society.

## **Drug Testing Continues at High School**

By Bryce Thul

Weston McEwen High School's drug testing has students talking every year, especially those students that get tested every single time. According to Mr. Marshall, there isn't a lot that can be done about some students getting tested over and over again. That is because each student that gets tested is randomly picked from a list. The list consists of student numbers that are not known to the test givers. The givers then pick some random numbers and our principal gives them the names of the students who match the numbers chosen.

Once students are picked, they go into a classroom and wait to be called. After

they're called, the test administrator gives them a cup to pee in. The administrator tests it once the student finishes, and if there's a pass then the student gets dismissed.

The drug test is for four different types of drugs. If a student fails any test, a certain procedure will happen. The **first** failed test results in a 21 day suspension from any competition. There will also be drug tests to follow. The **second** failed test includes a 63 day suspension with two follow-up drug tests. The student also has to complete a diversion plan with the numbered days they have. The **third** failed test has a year suspension. The diversion plan must again be completed and if it's not then the suspension continues. Finally, the **fourth** failed test takes away all the privileges the student has to any extracurricular activities for the remainder of their high school years.

There are students, staff members and community members that think the test is both a waste of time yet beneficial. Keree Graves says, "It's a waste of time because some people who get tested just play it off like they didn't fail." However, Keree also said that the test helps the students stay away from drugs so they can continue to play the sport they're in at that time.

Debra Sheard, a community member stated, "The drug test is mostly beneficial. The students who are on the line are made to think before taking the drugs in case they actually get tested."

Kim Thul, a staff member at WMHS expressed that she thought the drug test does its job. Whether we like it or not, the drug tests at WMHS are here to stay.

*Picture is of Adie Olson, junior, who has been drug tested multiple times.  
Photo by Bryce Thul*



## **The Power of Toleration**

By Megan Phillips

Intolerance is one of the biggest problem society faces today. It has been shown through history, all around the world, and every day. It is around us wherever we go, and it affects many people's lives. Many wrong actions in the world can be traced back to this one word, and we need to strive to change this.

During the first week of school, the junior class was required to write an essay highlighting one of our core beliefs and why it is so important. My subject was intolerance and that we should all "Live and let live, forget and forgive." After finishing my essay, it has become clearer to me on how big intolerance really is. It has come to my attention just how many terrible events have happened due to intolerance. Racism, sexism, war: all of these are the effect of people not being accepting to other cultures and ideas.

I believe as a people we need to work harder to be more tolerant of others with different religious beliefs and opinions. I have been

the target of some of this due to my gender and my beliefs. You might not think how things such like this could really affect a person until you go through it yourself.

I find it ridiculous how some people will try to divide others into different groups to make that individual feel "superior" in some type of way. When I speak of this, I mean by looking down on someone for their gender, skin color, background, sexual preference and any other way you could discriminate against someone. We need to put an end to this. Everyone deserves equal treatment and the same respect you give to others. Everyone deserves to be treated as a human being, whether they be white, black, Muslim, Christian, man, or women.

## **Sports Update**

By Dylan Cain, Andrew Gambill and Mrs. McIntyre

As the fall progresses, so are the sports teams at Weston McEwen High School. Soon, the winter season will start with exciting basketball games just around the corner!

### **Football**

The football team won their last game against Pilot Rock. They will be playing next Friday, October 28, against Culver—this will be the last home football game of the season and it is also Senior Night. Football has a chance of going on to districts if they win their last game. The team is coached by Travis Glover, Ryan Delph, Tony Glover, Tim Reger, Mark Youncs, Robert Maib and Ben Maney.

### **Volleyball**

The varsity has ended the season by beating league teams Heppner, Stanfield, and Pilot Rock. Now, they're on to the 2A district tournament. The team has a great chance of

taking districts, which means they'll then move onto sub-districts (1<sup>st</sup> round of state) which will be played at home if the team wins districts. According to Bryce Thul, varsity players, "The team will do well in districts. We've improved a lot so there's a really good chance of taking districts and going to state!" The team is coached by Shawn White and Debra Sheard.

### **Cross Country**

The team has been working hard and running fast! On Friday, the cross country team has their last meet in Helix. Hayden Scott, senior, is running his last high school cross country meet. Sadness flits across his face as he thinks about endings and new beginnings. "I've enjoyed all the races I've ran in high school and the different teams. I'm not too sad about it because I do intend to run in college, so I'll still be doing what I love. I'm ready for the next step in my running career." The last meet had perfect conditions for running and little competition, so it was a good day for all the runners. The team is coached by Tanna Munck.

### **Cheerleading**

Not only is the cheerleading team ready for next week's game against Culver, they're also practicing for basketball season, which is just around the corner. We appreciate our cheerleading squad! The team is coached by Rebecca Albert.

If fans have a chance, they can support the TigerScots in many ways! Show up and cheer loudly for each of our teams!

## **Classifieds**

For Sale: 3 gently used formal dresses, appropriate for Prom, Homecoming or a semi-formal dance. Contact Mrs. McIntyre for pictures, sizes and prices: 541.969.7641