News flash:
Mental Illness is a Thing

by Savannah Ellis

Yes, Mental Illness is a common occurrence in humans. Mental Illness became widely recognized in the early 1900s. With over 200 types of mental illness, it’s surprising that it wasn’t recognized sooner. Mental Illness is not something a person can switch on and off like a light switch. It can be serious to the point of suicide. Let that sink in. Approximately 3,000 people die from suicide a day because they couldn’t get the help they needed to recover from their mental illness. Despite these facts, victims today are still being ridiculed for what they simply cannot help. There are multiple types of mental illness that range from minor anxiety to schizophrenia. Approximately 8.5 million adults experience a serious mental illness per year. Illnesses such as minor anxiety and minor depression are more accessible to cure. Unfortunately illnesses such as chronic depression are long term and may not ever be curable.

Adults and teens alike need to pay more attention to mental illness and its effects on everyday life. Not only is it concerning to one’s mental health, but it takes a toll physically as well. Mental illness could affect your sleeping pattern, and create toxic eating habits. Both of these could be immensely dangerous for the victims well being. Irregular sleeping patterns and unhealthy eating habits could possibly lead to exhaustion to the point of hospitalization. However, there are ways to combat this illness. The solution could be removing toxic people from your life or just asking for help from the school counselor. It could make a drastic difference.

Mrs. Melissa Hunt, Purple Valley High School counselor, said, “First of all, accept that it’s okay. It’s just like any other illness that your body has. It doesn’t mean that something is wrong with you, or you’re a bad person. You don’t have to have something bad happen to you in your life in order to suffer from a mental illness. The other thing would be to just to seek help. Talk to somebody. Don’t keep it to yourself.”

Obviously each case is different in its own way. In more serious situations the victim may have to see a therapist regularly. If someone you know is in pain, or hurt, please speak up. Ask them about what’s going on because that conversation might just help them. If someone is threatening to take their own life, then an adult needs to be informed immediately.

In 5 adults experience the nightmare that is mental illness. How many more victims could be left untreated? “I think kids are being educated on mental health, or I think they are more aware of it being a thing. I think that parents and adults are still struggling with that. They are from a different generation where it was kinda just swept under the rug and it wasn’t something that people wanted to face, or get help from. I hope that schools are doing a better job of letting them know that it’s okay. I think it’s an okay thing to go see a counselor, but I do think that we could use a lot more education and keep teaching kids younger and younger there are things that happen and that it’s okay to talk about them and get extra help,” said Mrs. Hunt. Mental illness is a prominent issue in the world that needs vital attention.

Respect the Unrespected

by Nevah Wellington

Throughout your years in school, you’ve probably had a lot of substitute teachers. But have you ever had a classroom experience like mine? Whether the sub writes a good note or a bad note, there will, more than likely be a few words the sub has to say about students. Sadly, it’s not always good. Now, I’d like to tell you a little about myself. I’m a freshman at Southern Valley in Oxford, NE. I’ve been going to this school since the middle of my 7th grade year. Through the past couple years I’ve had substitutes from math or English to P.E. (physical education). Through all those subs, I’ve learned that it’s not them who has a problem when it comes to the class’s behavior. It’s really ours.

The reason I say this is because I have the type of class where if something changes, total pandemonium occurs. Whether it’s the sub doing things differently than the original teacher, or the sub wanting to do something else or just any misunderstanding between the sub and students, some students don’t handle it well.

Before I share an example, you should know that my class was known to be the worst for subs in our junior high years, and this is a good example of that. Of course we’d had this sub before, but I feel for this one sub in particular, mainly because she’s here to deal with our class acting out and being disrespectful.

I don’t remember what we were learning that day, because as far as I remember nobody was doing what they were supposed to. I remember just sitting in class and looking around. In this classroom you have the “troublemakers,” the ones who just don’t care about their and just do whatever they want. I don’t act okay with our behavior. We were lectured about how we were eighth graders and we needed to act like it, the whole spiel of how our class needed to be mature and we were right. The behavior that day was out of line and unacceptable.

Everyone deserves respect, especially substitute teachers. It’s never okay to act out for a sub. It’s rude and it doesn’t give a positive impression of our school or students.

Off Pitch

by Decca Lennemann

The new movie Pitch Perfect 3 came out December 22, 2017 and had everyone eager to see it. This film branched off the previous two movies Pitch Perfect and Pitch Perfect 2.

This movie starts with the former Bellas leaving their current jobs to reunite as an a capella group. They travel to different countries and find out they will be competing with other music groups, but it came to their surprise that these other groups used instruments, making the competition difficult for them. One character was reunited with her evil father which caused major drama, including a ship blowing up. The main character, Beca, got noticed by a big time producer unknowingly which gave her a big opportunity but also meant she would have to leave the rest of her group.

Although there was several events that made the movie interesting, there were many key things that I felt were missing. One major key was one of the main characters, Jesse. Jesse has been in the two movies before this one and played a big part in the other main character, Beca’s, life. I felt like he made the first movie as good as it was and having that character would have kept the theme of the two movies going. Another key factor that was missing was the group to go along with Jesse, the “Treblemakers.” This group was a rival to the Bellas and always made it interesting to watch them compete. I think they just stopped after the first movie because there is no way another movie could compete with it. The meaning of the movies was lost as the films branched came out. It was definitely off pitch, and I would not recommend that anyone pay to see the film.