

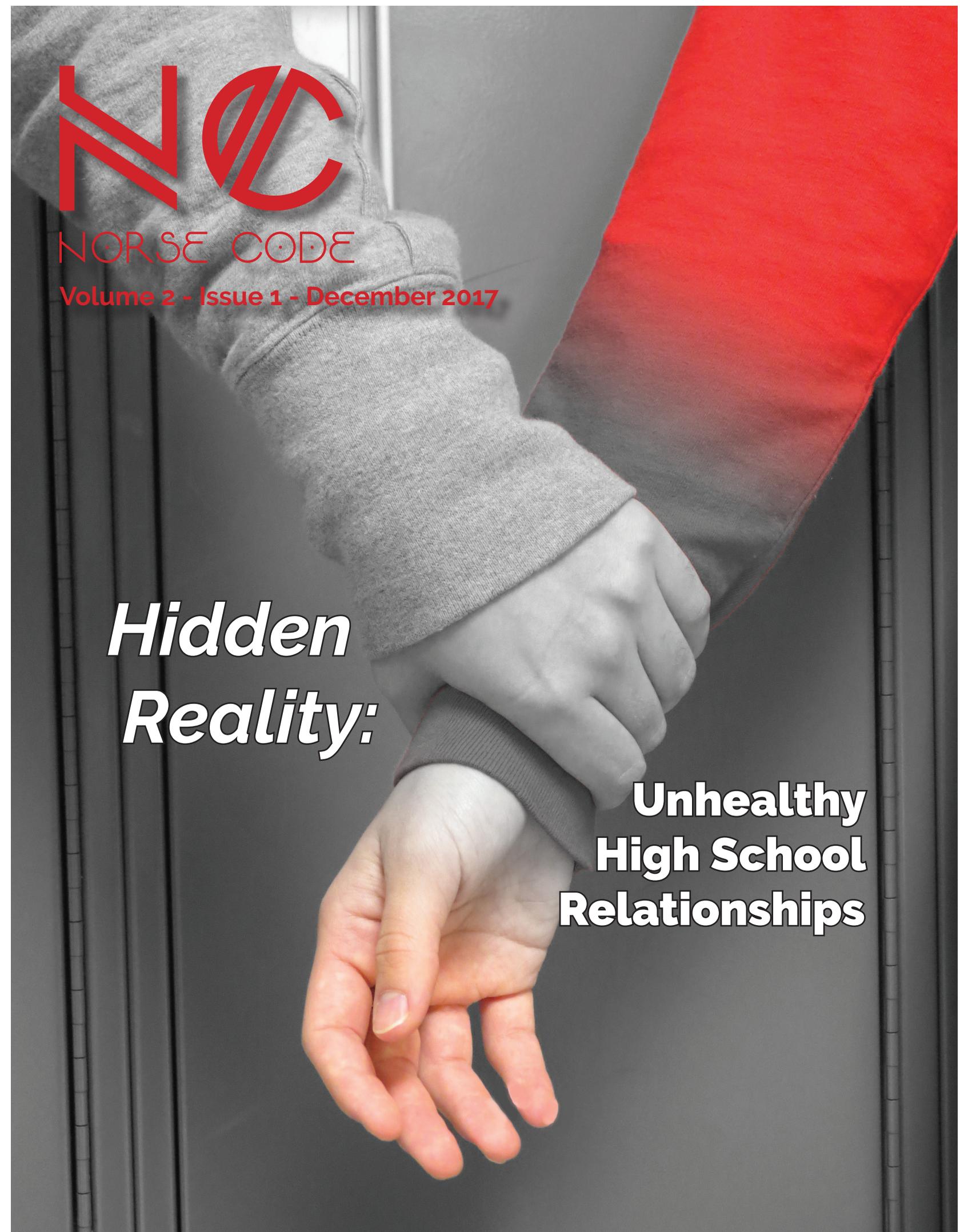


NORSE CODE

Volume 2 - Issue 1 - December 2017

*Hidden
Reality:*

**Unhealthy
High School
Relationships**



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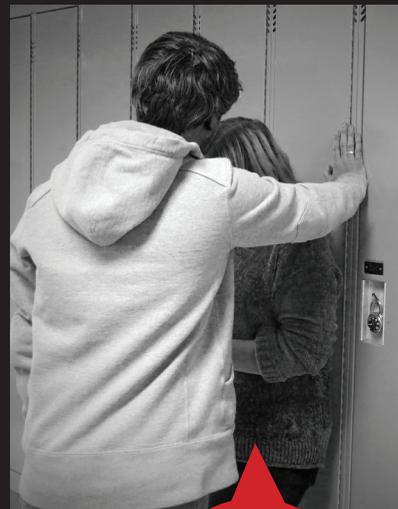
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From the editors

Readers,

This year so far has been arguably one of the most successful for the Norse Code, having some of the largest amounts of ad revenue ever seen. While the issues were recently changed from a newspaper to a magazine, it was a large change, and it was expensive. We would like to personally thank all of our staff members who helped improve our magazine, with both an increase in ad sales and improved writing. While there has been improvements towards the magazine itself, it could also be argued that the staff took a large loss of experience in the editing department, as all of last year's editors were seniors. This has been a learning experience for the entire staff, from those new to the Norse Code and those new to being editors and designers.

Through both financial gains and experience losses, we are regardless proud to have our first 'new' edition of the magazine, created by an almost entirely new staff of writers and editors. The first magazine of the 2017-2018 school year seemed like it was never going to come out on time, yet here it is, with a captivating cover story to polish the magazine beautifully. The article about unhealthy high school relationships is sure to grab your attention, if the articles about geocaching or hot lunch don't pull you in first. All of these and many more are included in the largest magazine published by the Norse Code yet.

So kick back, turn the page, and enjoy the newest edition of our entire staff's hard work.

Jay Phelps and Riley Richards
Co-editors in chief



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New Staff Feature:

Get to know Officer Phillips

Whether he is at the Police Department or here at New Berlin West, Officer Noah Phillips always walks around with a positive attitude and always has a passion for helping people.

Phillips has been an officer of the New Berlin Police Department for 15 years.

“The students at New Berlin West

High School are spectacular...they are some of the nicest and friendliest kids I have ever seen. I would really like to make an impact on students here at the school,” Phillips said.

Before he had been assigned to work at New Berlin West, Phillips was on patrol in the city. He has also been a trainer in the K-9 Unit, was on the S.W.A.T Team

handling the snipers, and he also rode the police motorcycles.

“What inspired me to become a police officer in New Berlin is to have a positive impact on society. The New Berlin Police Department is also the first place where I was hired as a police officer.”

Outside of police work, Phillips has many things he likes to do in his

own time. He is a big sports fan, particularly the Milwaukee Brewers and the Green Bay Packers, and he likes to play sports as well. He also has two young children, who are nine and seven. Overall, he is a pretty active person.

“New Berlin is a great and very supportive community. The community is very supportive of the police and residents of the city are very close”.

Phillips even said that New Berlin is ranked one of the top 25 best communities to live in the United States.

Phillips replaced the previous officer at New Berlin West, Officer Rocklewitz, after Rocklewitz was promoted. According to Phillips, Officer Rocklewitz is a very good friend of his. He is now Sargeant Rocklewitz.

“Every police officer gets a four-year assignment at New Berlin West”, Phillips said.

“If there’s one thing I want students to know about me, [it] is that I am a very easygoing person and I am always happy to help them.”



Steven Hashek

A photo of Officer Phillips sitting in his new office. He took over for Officer Rocklewitz at the end of last school year.

Steven Hashek, Staff Writer

A Renewed Sense of Kindness

How New Berlin West has come up with a new initiative to spread kindness

Some don't want to catch it, while others want to spread it. The kindness initiative has taken many students and staff by surprise. This can be understood due to the years of viking bucks and other such gimmicks that tried to give kids prizes and rewards for being kind and respectful. But, those days are over, and the time has come for the students of New Berlin West to be kind, without demanding a reward for it.

Let's take a look back, about 5 years ago, when the seniors and juniors of this year were just in middle school. There was an idea, known as viking bucks. Viking bucks were part of a kindness initiative back then, that gave kids viking tickets or bucks. Those bucks could be saved up by students and turned in for a prize, like a pizza party,

once students had enough. Sadly, viking bucks didn't last long enough for most students to even get close to turning in their viking bucks for prizes; they died off.

Today's initiative differs from viking bucks because teachers are training students on how to be kind to others without giving out treats or rewards. Advisory classes watch videos and have class discussions, all revolving around kindness. It's different than discussing future careers and jobs because kindness is involved in our everyday lives.

Everyday students interact with each other, and the way that they interact and act towards each other greatly affects their attitudes and behaviors. Students will remember how they were treated and may act differently because of others. All students

of 93 students, ranging from 7th grade to 12th grade were surveyed about the kindness initiative. These 93 students, were asked if they enjoy learning how to be kind in advisory, resulting in 34% saying yes and

66% saying no.

The students were asked if school feels more kind because of this initiative, and

24% said yes, and 76% said no.

Have you seen other students acting kind towards others?; 62% said yes, and 38% said no.

Do you think the school will continue the initiative for long?; 51% said yes, 49% said no.

Has this movement positively

affected your behavior?; 56% said yes, 44% said no.

Do you support this initiative?; 69% said yes, 31% said no.

With all of those mixed feelings and thoughts there is no true answer about how the kindness initiative is making everyone feel and act. Some students wrote comments down, about how they feel about the kindness initiative, and if they witness others being kind.

One student wrote, "Helping someone with homework", as an example of kindness. Another student wrote, "I feel the school has bigger problems to worry about, other than teaching kindness, as bullying isn't that big of an issue here".

One final student said, " People don't really care about what the adults are saying about kindness." All these quotes represent

“Our hope is that the students continue to have this frame of mind in their day to day interactions at school and with each other”.

the different opinions surrounding the kindness initiative in advisory.

The teachers that started the kindness movement in advisory were Lindsay Kircher, Allie Wood, and Amanda Upton. Upton said they started the initiative because of “the events over summer, in Charlottesville, and the overall feeling of division in the country”.

“Ms. Wood and I discussed how we wanted to approach the school year with a positive frame of mind, in order for all students to feel safe, supported, included, and recognized within our building,” said Upton.

Upton and Wood have devised a plan for the the advisories this year at West. “The first third of the year will focus on kindness, the second third on empathy, and the last third of the school year on respect,” Upton said.

Over the course of the school year (in advisory), students



Joey Radish

In the lunchroom at West, there hangs a symbol of kindness for all to see. It contains ideas of how to be kind, that have been made by students in advisory classes.

will learn to be kind, show empathy, and have respect. These values, are what students should be using everyday.

Upton said, “our goal is that the students continue to have this frame of mind in their day to day interactions at school and with each other.” Upton hopes that these advisory class periods teach and influence students in a positive way.

Upton, senior Kayla Kugel, and

“The first third of the year will focus on kindness, the second third on empathy, and the last third of the school year on respect.”

many other students have been working on the videos shown during advisory.

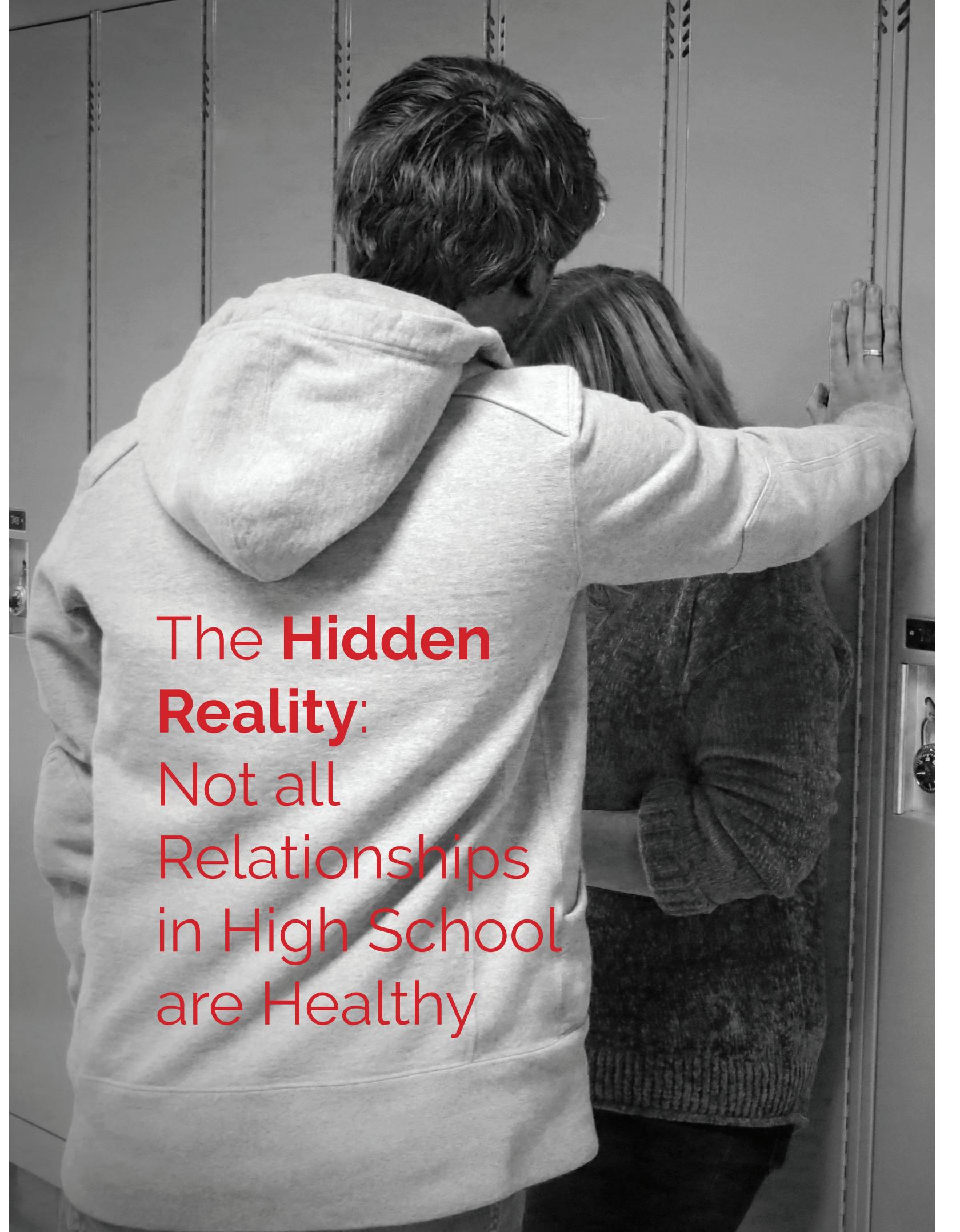
“While developing the videos and working with students behind the scenes, I’ve seen an incredible amount of enthusiasm and passion for making this building as positive as it can be,” said Upton.

The hope is this enthusiasm and kindness will transfer into every student in the school.

Only time will tell if these advisory sessions will

transform the school into a kind, positive setting for all. As Mrs. Upton put it, “establishing and maintaining a truly positive school culture that pervades all students does not happen overnight; it’s the small positive changes that I’m seeing that I hope will collectively build into a schoolwide mentality and attitude shift.

Joey Radish
Staff Writer



The **Hidden
Reality:**
Not all
Relationships
in High School
are Healthy

In high school, daily gossip is always revolving around who's dating whom. Rarely do you hear of the lows in a relationship since people tend to only project the happy parts of their lives to others. But what is hidden beyond the smiles and laughs that are plastered on people's faces is a much more serious issue.

According to loveis-respect.org, one in three adolescents in the U.S. is a victim of **physical, sexual, emotional, or verbal** abuse from a dating partner, a figure that far exceeds rates of other types of youth **violence**.

High school students highly rely on the approval and opinion of their peers, especially of their significant others. Due to the excessive amount that maturing teens go through, any inconvenience can severely damage their well-being. Someone who goes through an especially harsh break up in high school is more prone to becoming emotionally damaged by it than an older individual because high school students are still growing.

Falling in love and having that feeling not reciprocated could stunt a young man or woman's mental growth for the rest of their lives, disrupt-



Payton Pruitt

ing their abilities to trust or feel that way toward anyone in the future.

Although some students may not believe they have been exposed to abuse, either mentally or physically within their own relationships, that does not mean it is non-existent at New Berlin West. 90% out of 60 students surveyed reported that they have seen one of their friends coexist in an unhealthy relationship. This number far

exceeds the feedback received on how many people believed that they themselves have been in an unhealthy relationship, which is 36%. It is easy for people to see when their friends or family are involved in a toxic relationship, but when it comes to analyzing their own relationships, people tend to slip into denial.

Unhealthy relationships can be difficult to get out of because people either don't know

how, or may even fear for their lives. On the other hand, 51 out of the 60 students surveyed said they would have the willpower to get out of an unhealthy relationship.

Many factors can hold a person back from getting out of a relationship such as, fear for their life or their partner's life, or the fear that others will not believe that their relationship is toxic. These factors can prevent a person from reaching

out for help which is shown by the statistics from, loveisrespect.org, that only 33% of teens who were in a violent relationship ever told anyone about the abuse.

One student categorized an unhealthy relationship as one that involves, "Not being happy but still going back because you feel like that is all you have," when that does not have to be the case.

There are other people in life, such as family and friends, who provide immense emotional support, more than a harm-

ful significant other can ever provide. As a high school student, there is much more to look forward to than just a partner such as, their education, future, and enjoyable activities. These aspects of life can be put on the back burner if the cycle of returning to an unhealthy significant other continues.

"You will have the opportunity in your life and time for so many different relationships," said Donna Douglas-Wagner, New Berlin West's school psychologist. "There is not that

one relationship that you need if it's destructive. Be choosy and be protective of yourself." One high school relationship will not determine that status of a person's future, especially if it is holding them back from achieving greatness.

When a person eventually manages to get out of an unhealthy relationship, their suffering does not end there. Teens who suffer from dating abuse, whether it be mentally or physically, may be subject to long-term consequences like **alcoholism, eating disorders,**

thoughts of suicide, and violent behavior. A partner is someone who an individual should be able to turn to for unconditional love and support, not a person who leaves that individual broken.

Possessive. Controlling. Abusive. Manipulative. These are all words commonly used by New Berlin West students to describe what an unhealthy relationship looks like. Don't let these words consume you and determine the status of your relationship.

Melissa Grusczyński,
Staff Writer

Signs of an Unhealthy Relationship

- ⇒ Teens feeling the need to "check in" with their partners when changing location can be a sign of a controlling relationship.
- ⇒ Losing interest in previous activities or relationships to constantly spend time with a significant other.
- ⇒ Constant fighting
- ⇒ Physical assault
- ⇒ Teens feeling the need to change themselves, whether it be through personality or appearance, to please their partners

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CAFFEINE VS. YOUR BODY

Starbucks. Monster. Dunkin' Donuts. Red Bull. Any way you consume caffeine, it has more effects than just increased energy. Excessive amounts of caffeine can also do damage to both your mind and body each time you drink. According to a study by Mayo Clinic, an average adult can consume 200 to 300 mg of caffeine per day without severe harm. That being said, a large caramel iced coffee from Dunkin' Donuts contains almost 400 mg of caffeine on its own. Heavier caffeine use includes drinking 500 to 600 mg a day and can have harsher side effects.

"Sleep is very important for our young, growing population and something like caffeine can really mess up someone's sleep patterns, causing even more fatigue and lack of concentration than if it was never consumed at all," said New Berlin wellness coordinator, Annah Osborne. "Nervousness and anxiety are another common side effect for teens who are consuming too much caffeine."

Osborne noted that a growing teen's body is much more sensi-

tive to these effects than an adult's would be. Caffeine works in a simple way: it blocks a chemical in the brain called Adenosine.

This chemical is responsible for making us tired, and by blocking it off, other chemicals increase in activity. This takes a toll on developing teen brains, as it has severe effects on sleep. Studies show that teenagers need between seven and

Caffeine is a stimulant drug, and can result in addiction like any other drug.

nine hours of sleep, and an extra soda in the evening can subtract multiple hours from your night.

Too much caffeine hits harder than just losing sleep. Caffeine is a stimulant drug, and can result in addiction, just like any other drug, when overused constantly. Withdrawal is also a common problem in trying to reduce or discontinue heavy use of caffeine.

"You can become dependent on caffeine," said Osborne, "and experience withdrawal symptoms such as headaches and nausea."

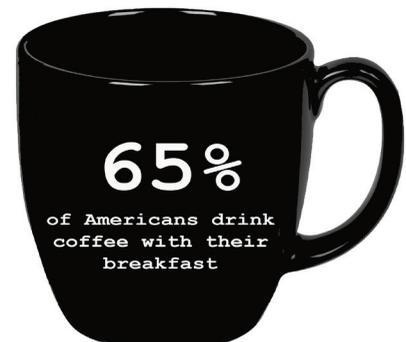
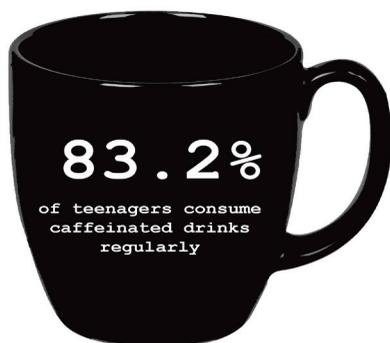
Addiction can take a violent toll on a teenage body, but you can still do damage just by consuming an excessive amount just once.

Jitters, muscle tremors, restlessness, increased heart rate, high blood pressure, headaches, and dehydration are all common side effects when there is too much caffeine in the body. In extreme cases, it can cause confusion, dizziness, hallucinations, and other cognitive problems.

While caffeine in coffee is a red flag, the amount of caffeine in an energy drink is even more alarming. A Monster M3 bottle can contain 180mg of caffeine in only a 5-ounce bottle - an extremely concentrated amount. Energy drinks are more likely to affect heart rhythm and raise blood pressure after consuming one to three cans. In severe cases, this can lead to cardiac arrest and death.

The harm of caffeine is often hidden by the perks of feeling more 'awake.' While Starbucks might be calling your name, think before you drink. Too much of a good thing can be a bad thing.

Katelyn Kugler, Staff Writer



Up, down, left, and right, Evan searched frantically for the cache. The Geocache to be more exact. “Geocaching is a real life treasure hunt where you use a GPS and coordinates to discover small treasures and trinkets in the wild,” as junior Evan McKenzie puts it.

The way that it works is a Geocacher will leave a cache at a undisclosed location. A cache or

finding the cache, but if you do take something, you must leave something behind. It’s like a trinket exchange.

If you or your friends want to get some exercise, then geocaching is a great activity for you. It’s great to discover new parts of your local community and the world. Geocaches must be in a public place, that way there is no confusion if somebody is trespassing

if their are any muggles around. A muggle is a person who doesn’t geocache. The term was borrowed from J.K. Rowling’s Harry Potter series. The reason why geocachers don’t want to

be spotted is to ensure no muggles will steal or vandalize the cache. Geocaching is an awesome challenge because you can choose the difficulty of each cache on <https://www.geocaching.com/> when you select a cache to hunt. The difficulty ranges from 1-5. A level 1 cache is typically a not very well hidden ammo can, whereas a level 5 cache could be a tiny test tube with a log book inside. It would then be drilled into a rock, then placed in a field of rocks.

As well as that, there are a few different types of caches. The most common cache is a one part-cache. This kind of cache is where you get the coordinates for the cache and you go to them and you will find it. These are also the easiest types of caches, and if you want to begin geocaching, then I would recommend starting off with these.

The second type of cache has two or more parts. It’s where you get the coordinates, go to those coordinates, find more coordinates, go to those and you will either find the cache or coordinates.

The third type of cache is a puzzle cache. These types of caches are usually easy to find but hard to get into. For example there may be many different tasks you need to perform to unlock the safe. Sometimes there will be a combination of the puzzle caches and the two part caches. For example, there could be a 3-part puzzle cache. These can be extra hard.

Now that you know what geocaching is, you can go and geocache yourself. You can download a GPS app on your phone and go to the website <https://www.geocaching.com/> to find details on a cache near you. You can go geocaching anywhere, but a great place to start is just around New Berlin. I can’t wait to see your name in the log books!

”
It’s a great way to discover parts of your local community and the world.

Beware of muggles: a beginner’s guide to geocaching

geocache is a container with a log book. They will then use a GPS to find the coordinates of the site. Lastly, they will go to <https://www.geocaching.com/> and upload the coordinates. Then, Geocachers can go find the different caches.

A lot of times there will be little trinkets in the cache. You can take one as a trophy for

or not. Believe it or not, there is a geocache on top of Mount Everest!

“It’s a great activity to do with friends and family,” Evan McKenzie says, “I take as many people as I can on my geocaching trips to show others a new way to experience their community.”

When picking up or putting down caches, you should check to see

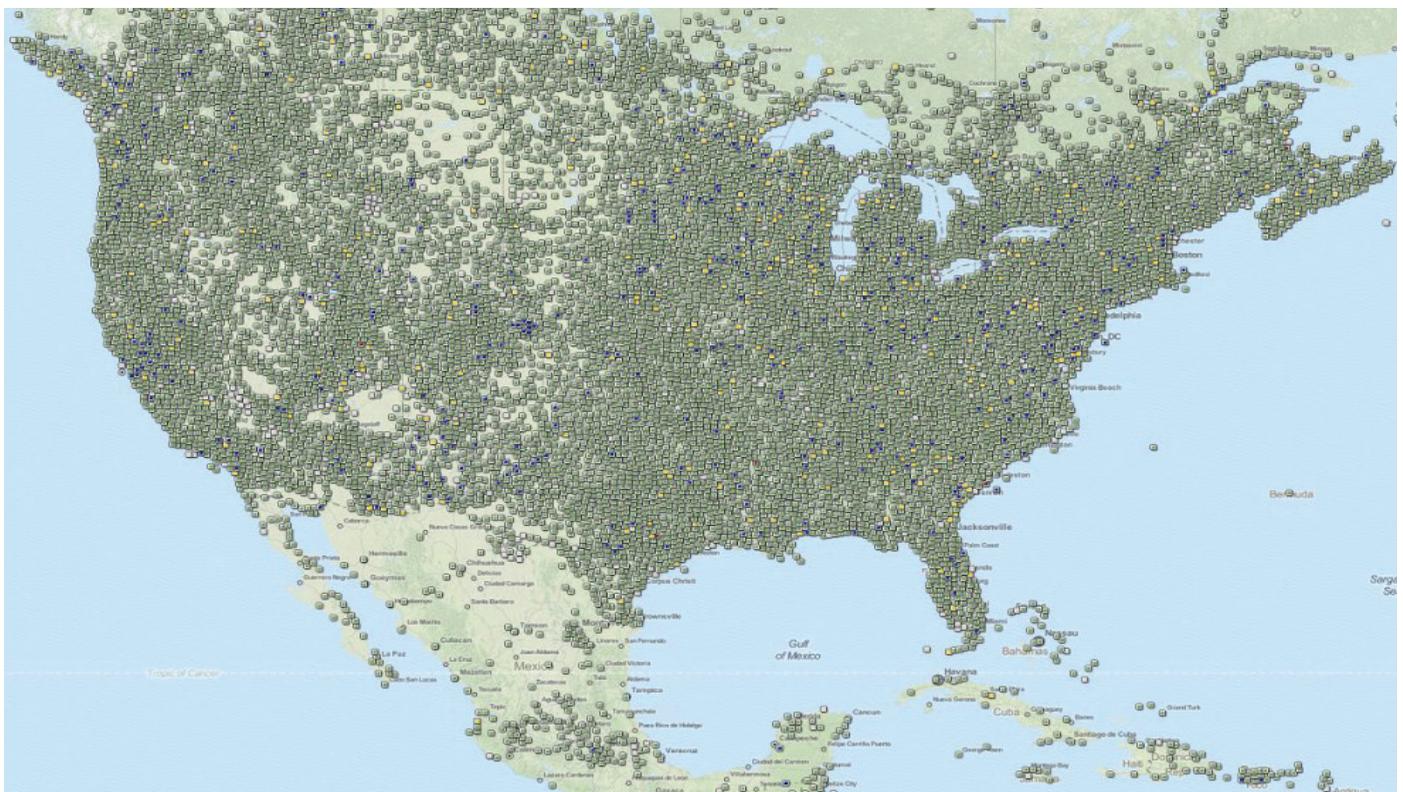
**Connor McKenzie,
Staff Writer**



LEFT: A geocacher reaches for a cache, careful to not be pricked of any needles after a long hunt. Soon the geocacher will log his geocaching nickname in the log book.

BELOW: Every square represents one or more geocaches registered on the Geocache website. There are 2,687 geocaches near New Berlin, over 1 million geocaches in all 50 U.S. states, and approximately 3 million geocaches in over 190 countries worldwide.

Connor McKenzie



Geocaching.com

Gaming Season 2017: Reboots, Releases, Remarks

Gaming season is upon us! Gaming season is a time every fall where almost all of the big games release and new big games are announced. With games like Cuphead, Call of Duty WWII and Pokemon Ultra Sun and Ultra Moon appearing during this season, a wide variety of games will make Gaming Season enjoyable for any gamer.

First of all, Call of Duty has gotten a brand new installation called Call of Duty WWII, released on November 3rd, 2017. This game strays from the futuristic styles of Call of Duty Infinite Warfare and Call of Duty Black Ops III and is going back to a WWII styling. This game follows a campaign based around a war torn Europe and the soldiers involved. This game is from a company new to Call of Duty, Sledgehammer Games, not veteran designers like Treyarch and Infinity Ward, who were blamed for the decrease in quality. The game has done better than a few predecessors with an 82% on Metacritic.

Nintendo has also been releasing new titles, with Super Mario Odyssey, released October 27th, 2017, debuting on the Nintendo Switch. Odyssey has become a fan favorite Mario game with its semi realistic humans and ability to take over other characters with a hat ghost. This game is also open world, something

akin to Super Mario 64 and Super Mario Sunshine Odyssey has gotten acclaim and has been getting astounding reviews with a whopping 97% on Metacritic.

Another Nintendo title is Pokemon Ultra Sun and Ultra Moon, which are main series Pokemon games released for the Nintendo 3DS November 17th, 2017.

These games are alternate timeline retellings of Pokemon Sun and Moon that get progressively divergent the further the story proceeds. These games are considered much more difficult than the previous installments, some say a bit too difficult. With a score of 85% on Metacritic, these games are generally favored by many.

Another large release is Destiny 2, released September 6th, 2017, being the long anticipated sequel to the first Destiny game, released September 9th, 2014.

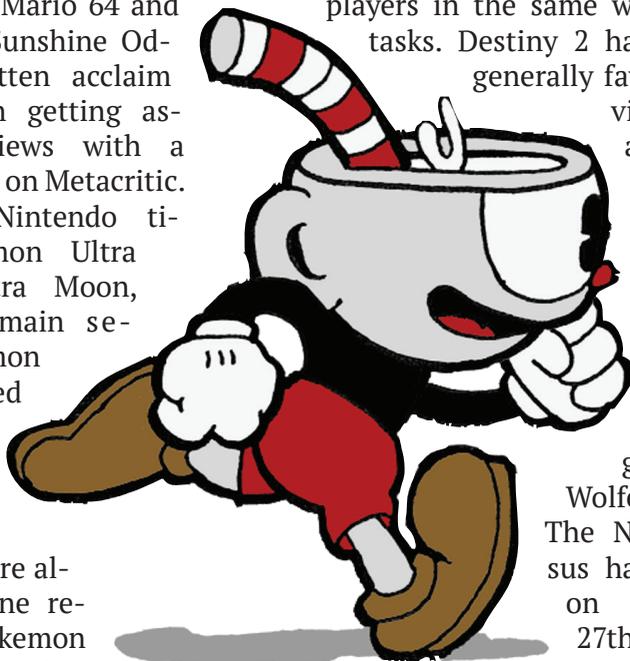
This game is an online only first person action adventure game with a shared world concept, meaning that there are servers with many

players in the same world doing tasks. Destiny 2 has received generally favorable reviews with an 85% on Metacritic.

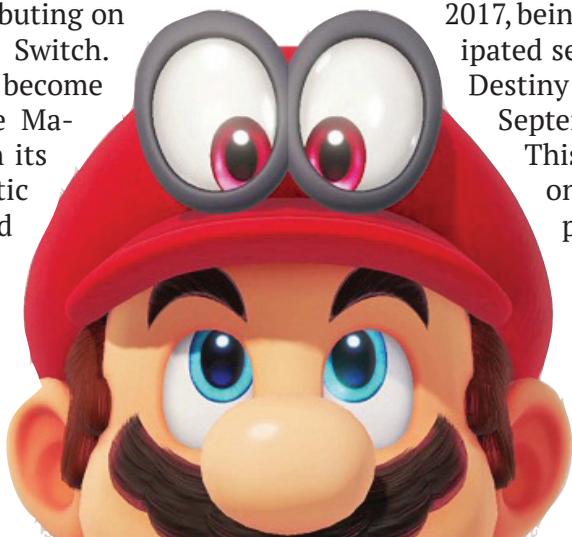
Yet another first person shooter adventure game, Wolfenstein II: The New Colossus has released on October 27th, 2017, and follows the plotline of the Nazis

taking over the USA after winning World War II. This game is a "what if?" scenario with many futuristic aspects even though it is set in the 1960s, as was Wolfenstein: The New Order, the first installment of this storyline within the Wolfenstein franchise. Wolfenstein II has overcome struggles with a political controversy it went under earlier this year. Wolfenstein II has very good reviews with an 89% on Metacritic.

As for driving games, Forza Motorsport 7 has released as of October 3rd, 2017. Forza Motorsport 7 is the 10th Forza game including the Forza Horizon games. This game has the most vehicles in Forza history and does what every Forza Motorsport game does, adds more cars and tracks, along with a graphics update. This



Cuphead.wikia.com



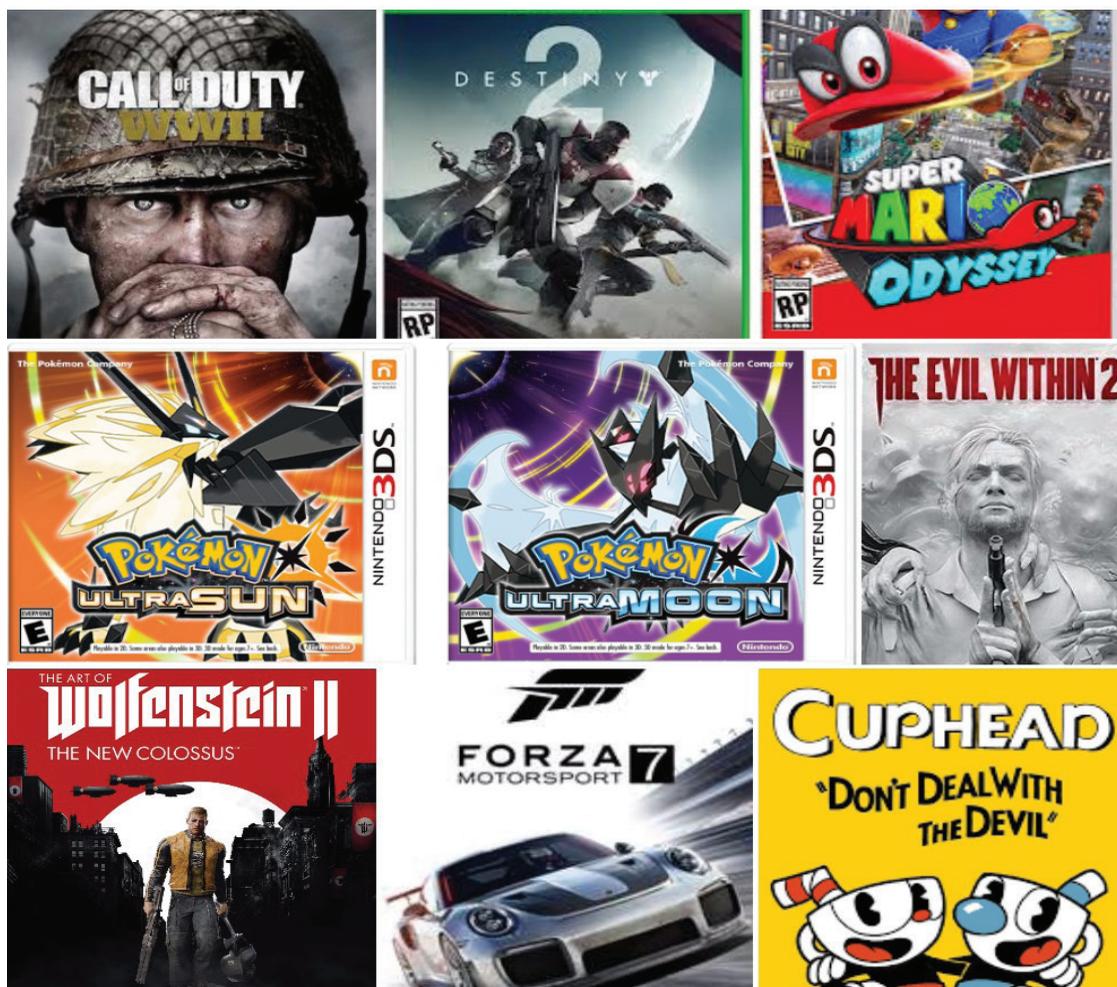
Trustedreviews.com

series is a front runner of the racing game genre and is living up to its name with Forza Motorsport 7 receiving an 86% on Metacritic.

Diving into indie games, Cuphead was released on September 29th, 2017, after many delays. Cuphead has received acclaim and is considered a very good game with an 87% on Metacritic. Cuphead uses 1930s era cartoons as inspiration, taking music from that era, as well as making the graphics look similar to the cartoons of that time. Cuphead features mostly boss fights and a few run and gun levels. Within the game, the bosses are all unique and have completely different fighting sequences, each needing to be fought in different ways.

In horror games, The Evil Within 2 has released on October 13th 2017 and is based in mostly a parallel universe called the STEM world, inhabited by terrifying monsters. This game is an adventure survival game, as well as a horror game, similar to Resident Evil 7 and Outlast. This game has gotten generally positive reviews with an 81% on Metacritic.

Games to come are Dead Rising 4 and Xenoblade Chronicles 2, to add more into game franchises that already have popularity, and



Nate Siegman

Hello Neighbor, which got its popularity from its many demos and gets its full release in early December of 2017. Dead Rising 4 is a zombie action horror game focused on surviving and building weapons, having an occult following of fans who are ready for the release on steam in March of 2017. Xenoblade Chronicles 2 is a follow-up to Xenoblade Chronicles, a generally well received action role-playing game for the Nintendo 3DS, and will be released in December of 2017. Hello Neighbor is a game that has gained popularity through Youtube and people playing the demos, being a game about quirky puzzles found throughout a neighbor's impossibly complicated house.

Gaming Season as a whole has something for every gamer.

This time period allows games to gain recognition before the holiday season and gets people on board with them before holiday sales begin. This season allows new concepts, such as Cuphead, or old concepts, such as Call of Duty and Pokemon, to flourish. This season allows old games to try a new style yet keep people happy, like Super Mario Odyssey.

Overall, this gaming season has been the most impactful with its games. But everybody wonders if next year's line up could have any chance to top this year's line up. With such a varied and fantastic lineup, next year's gaming season's line up has a lot to live up to.

Nate Siegman, Staff Writer

Unheard Voices: Understanding Depression

“Some days I even thought, if I was gone, would anyone miss me?”

Adolescence is always an unsettling time, with many physical, emotional, psychological, and social changes that accompany this stage of life.

Unrealistic academic, social, or family expectations can lead to a strong sense of rejection and can lead to deep disappointment. Teens are bombarded with conflicting messages from parents, friends, and society. These ultimate stress factors, along with others, can heavily contribute to feelings of depression or sadness.

An increase in depression in adolescents has raised concern among doctors, parents and even teens themselves. Recent surveys from MHA (Mental Health America) indicate that as many as one in five teens suffers from clinically diagnosed depression.

Regarding this concern has increased an urgency to treat such symptoms in America’s youth. A study published in Pediatrics in November of 2016, “National Trends in the Prevalence and Treatment of Depression in Adolescents and Young Adults,” reports a significant climb in the prevalence of major depression in youth in recent years, particularly strong in teenage girls. “Primary symptoms of de-

pression are always present, said Kate Landry, student counselor at New Berlin West. “In the past, teenagers experiencing symptoms of depression may not have known their experience warranted a possible diagnosis.”

Landry further explains, “Stigma may also be a contributing factor. Within our culture, there is a known stigma as -

s o - c i - a t e d m e n t a l i l l n e s s . H o w e v - e r , s o c i e t y h a s m a d e s t r i d e s t o c o m b a t t h i s s t i g m a . T h e s e e f f o r t s h a v e e n c o u r a g e d d i a l o g u e a n d s u p p o r t f o r i n d i v i d u a l s e x p e r i e n c i n g m e n t a l h e a l t h c o n c e r n s .”

Anne Glowinski, M.D., MPE director of child and adolescent psychiatry education and training and associate director of the William Greenleaf Eliot Division of Child Psychiatry at the university, wrote, in Pediatrics “Depression is a Deadly Growing

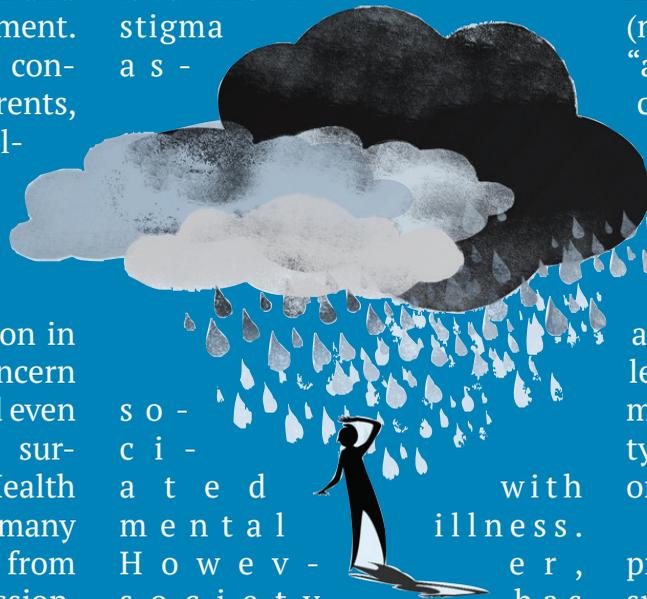
Threat to Our Youth,” “...26% to 27% of primary care pediatricians felt responsible for treating depression in children and adolescents and most commonly cited the probably high inter-correlated lack of training and lack of confidence as obstacles to providing such treatments.”

The American Psychiatric Association defines depression (major depressive disorder) as, “a common and serious medical illness that negatively affects how you feel, the way you think and how you act.”

Depression is a complex disorder and is more than just a chemical imbalance. In fact, there are countless causes for depression, making it the most common type of mental illness and second leading cause of disability.

Research suggests that depression doesn’t necessarily spring from having too much or too little of certain brain chemicals. Rather, there are multiple different possible causes of depression, including faulty mood regulation by the brain, genetic vulnerability, stressful life events, medications, and medical problems. It’s believed that several of those forces interact to bring on depression.

“Mine is caused from stress,” comments Ashley, a student at NBW, “which I know for a fact





now that it doesn't mean I'm only depressed. When I'm stressed it means it grew from stress, which I'm learning how to manage slowly."

"Chemical imbalance is sort of last-century thinking. It's much more complicated than that," said neuroscientist Joseph Coyle of Harvard Medical School in a blog by National Public Radio's Alix Spiegel.

Biological differences conclude that people with depression appear to have physical changes in their brains. The significance of these changes are still unclear but may eventually help pinpoint causes.

The brain chemistry of depression suggests that neurotransmitters are naturally occurring brain chemicals that likely play a role in depression. Recent research from the Mayo Clinic indicates that changes in the function and effect of these neurotransmitters and how they interact

with neural circuits - involved in maintaining mood stability - may play a significant role in depression and its treatment.

The general idea is that a deficiency of certain neurotransmitters (chemical messengers) at synapses - tiny gaps - between neurons interferes with the transmission of nerve impulses, causing or contributing to depression. One of these neurotransmitters, serotonin, has attracted the most attention, but many others, including norepinephrine and dopamine, have also been granted supporting roles in the story.

The most frequently cited evidence in support of chemical imbalance hypothesis is the effectiveness of antidepressants, many of which increase the amounts of serotonin and other neurotransmitters at synapses.

Zoloft, Prozac and similar selective serotonin reuptake

inhibitors (SSRIs) result in such an increase and can often relieve depression, at least when it is severe. As a result, many believe that a deficiency in serotonin and other neurotransmitters causes the disorder.

However, just because a drug reduces symptoms of a disease does not mean that those problems were caused by a chemical problem the drug corrects. Aspirin alleviates headaches, but headaches are not caused by a deficiency of aspirin.

Changes in the body's balance of hormones may be involved in causing or triggering depression.

Aside from the brain's chemistry, possible clues lie in the brain's structure as well. Imaging studies from Scientific America have revealed that certain brain areas differ in size between depressed and

mentally healthy individuals.

The amygdala (located in the brain), which responds to the emotional significance of events, tends to be smaller in depressed people than in those without the disorder.

Nevertheless, the effects of these shrinkages on depression, if any, remain an open question.

Statistics pulled from the National Survey on Drug Use and Health conclude that an estimated three million adolescents, ranging from ages 12 to 17, will experience at least one major depressive episode in the coming year. That's around 12.5% of the U.S. adolescent population, and the numbers are only rising.

More than "the blues," depression isn't a weakness that someone can just simply "snap out" of. Depression may require long-term treatment, but most people with depression feel better with medication, psychotherapy or both.

Common signs and symptoms of depression in children and teens are similar to those of adults, but there can be some differences.

In teens, some symptoms may include, sadness, irritability, feeling negative and worthless, anger, poor performance or attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interests in normal everyday activities, and avoidance of social interaction.

Although depression may only occur once in one's life, people typically have multiple episodes of depression. These episodes of depression can include symptoms of:

- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or current

work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

"It affects me in the way that I feel numb all the time and I forget to take care of myself - showering, brushing teeth, and eating," explains Ashley. "Along with I feel a lot of emotions at one time which then I just break down because it's too much and I'm used to being numb."

"Depression affects literally every aspect of your life", states Joe. When mine was at its worst, I couldn't get out of bed and it was just crippling to every aspect of my life. Especially my social life, which became non-existent."



thoughts of death, suicidal thoughts, suicide attempts or suicide

For many people with depression, symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as

Photo by Jay Phelps

For Joe, dealing with his depression consisted of taking medications and going to see a therapist. Coping skills, along with regularly seeking guidance from a therapist, are typical

ways to help treat and deal with depression.

“One thing I would like to add is that depression shrinks how you perceive things and limits the options you think you have,” said Joe.

Depression is serious and, if left untreated, can worsen to the point of becoming life threatening. Therapy can help teens understand why they’re depressed and learn how to cope with stressful situations.

There are various types of therapy that can be compared to your particular situation and matched up uniquely to fit your needs. The variety of therapy available for treating depression include cognitive behavioral therapy (CBT), psychotherapy, counseling, family therapy, relationship counseling, group therapy, interpersonal therapy, behavioral activation...and so on.

Psychotherapy provides teens an opportunity to explore events and feelings that are painful or troubling to them. Psychotherapy also teaches them coping skills.

Cognitive-behavioral therapy helps teens change negative patterns of thinking and behaving.

Interpersonal therapy focuses on how to develop healthier relationships at home and at school.

Medication relieves some symptoms of depression and is often prescribed along with therapy.

Some teens reach a level of depression at which the only option they see possible to stop the pain is ending their lives. Each year, almost 5,000 young people, ages 15 to 24, kill themselves. The rate of suicide for this age group has nearly tripled since 1960, making it the third leading cause of death in adolescents and the second leading cause of death among college-age youth.

“I’m learning different ways to deal with it all, but it’s important to remember that what is happening is something inside of you that you can’t control and that you will be okay,” said Ashley.

Studies from MHA show that suicide attempts among young people may be based on long-standing problems triggered by a specific event. Suicidal adolescents may view a temporary situation as a permanent condition. Feelings of anger and re-

sentment combined with exaggerated guilt can lead to impulsive, self-destructive acts.

The main point is to seek help.

“Anyone who is experiencing signs of depression should reach out to someone. Whether that person be a family member, friend, teacher, or counselor; it is crucial that they explain their experience and seek support,” insists Landry. “Depression takes many forms and sharing your thoughts and feelings is the first step to understanding which resources and treatment are best for a person’s specific situation.”

All names of students have been changed out of respect to their privacy

-Jay Phelps
Staff Writer

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Lauryn Lieske

Hot lunch then vs. now: What's behind school cafeterias?

Pizza, fruits and vegetables, chicken sandwiches, tacos, nachos and cheese, pretzels and cheese, salads, and so much more! New Berlin high schools have a variety of lunch food options students and teachers can choose from on a day-to-day basis.

There are two different lunch menus that both of the New Berlin high schools (New Berlin Eisenhower and New Berlin West) offer: the Daily Special and the Step It Up menu

along with several lunch entrees to choose from. The Daily Special menu includes specific lunch foods that are served for that day such as chicken nuggets, pizza, etc. The Step It Up menu includes healthy foods that are not processed at all or only slightly processed.

Cindy Jensen works for the School District of New Berlin, and is the director of school nutrition. She is also a registered dietitian and is in charge of planning the lunch

menus, purchasing food, and meeting the nutritional requirements for all hot lunches in all of the New Berlin schools.

In the past, the government decided what foods to give the food service department and notified the school lunch staff only a month prior to the next lunch menu about to come out. When talking about not knowing what foods she was going to receive from the government, Jensen said, “we were always planning the

lunch menus a few months ahead because we never actually knew what we were getting; things were getting crazy.”

Now, Jensen uses a process called Direct Diversion. This process occurs when the government gives back a certain amount of money for the number of students who buy a hot lunch meal each year, but the money (per meal) is not actually received until the following year. With direct diversion, Jensen now spends about eighty to ninety-five percent of her time purchasing something for the food service department in some way.

“We actually used to get chickens or turkeys where we would actually have to cook them off and debone them, but now,” Jensen said, “I don’t have to take what the government gives me; I can actually go to companies and bid or bargain on what food products to buy. With a specific budget for meat products, sometimes you have to go to a few different companies that are processing turkey or chicken or beef.”

There are some commodities (staple foods given to school lunch programs from the government for free) that do not directly divert the money used to purchase hot lunch food products

to a company, though. Jensen said that “there is still some money that is not directly di-

rectly with manufacturers. “There’s a lot of different levels I’m working with,”



“This year Fruit Roll-Ups just came back - I’ve always been surprised at how many high school students still love these. I guess it’s a snack for all ages.”



verted and then the state gets it. This is why we’re asked to be on the Commodity Task Force so we can advise them and tell them what food products we would like to see and if we get a product, decide if it meets our expectations.”

When Jensen is bargaining for food, she works

Jensen said. “Each area of the country will have a broker. Brokers will usually represent several manufacturers. They are there for the times when you can’t talk directly with manufacturers. And then you have a distributor, which are the people who actually drive the trucks with the hot lunches foods to

schools. Big food deliveries come twice a week on Mondays and Wednesdays, but we get our produce five days a week.”

There are also nutritional guidelines Jensen and the other hot lunch staff members have to follow to ensure that students are getting the proper



Timothy Kurek

nutrients in their lunches. When talking about the nutritional guidelines for hot lunch foods, Jensen said, “there’s calorie caps per meal, sodium caps per meal, sugar caps per meal, [and] fiber goals that we’re supposed to try to meet.”

Jensen then went on to list some hot lunch foods that have to be specially made to meet the nutritional requirements for school lunches:

“For example,” Jensen said. “If you look at the packaging on our Rice Krispies Treats, it actually says that it’s made with whole grain rice. And, if you put our Rice Krispies Treats right next to a regular Rice Krispies Treats you might notice a little difference, but they both taste the same, one is just healthier than the other.”

Fruit Roll-Ups, which are a very popular school lunch snack, had to go off the school lunch menu because they didn’t have enough real fruit in them, but, Jensen said, “this year Fruit Roll-Ups just came back - I’ve always been surprised at how many high school students still love these, I guess it’s a snack for all ages.”

There are also different grades when it comes to food. These different grades of foods are sorted into categories concerning

freshness, market price, quality, shape, size, etc. Jensen said, “grade A canned fruit is the best; you’re not going to find any odd pieces, coloring, or stems. Grade B canned fruits may have some odd pieces but it’s pret-



ty good, but grade C canned fruits are usually the last crop of whatever fruit you are getting - it’s very irregular so you don’t really want that. We only get grade C fruits if we are planning to dice or cut up the fruit.”

Most of the fruits and vegetables Jensen purchases are fresh, not canned.

“Generally, everyday, there is one warm vegetable of some kind. On

each side of the cafeteria,

there is a garden bar that always has fresh greens like a spring mix or something with fresh romaine or spinach. There’s never just iceberg lettuce, it’s always mixed in with the other greens. We also always have

at least one fresh fruit and one canned fruit everyday.

On another note, there is also pizza, sandwiches, and drinks for students

who have after school activities like sports, clubs, etc. For example, Domino’s Pizza gets delivered on Mondays, Wednesdays, and Fridays, while Pizza Hut pizza gets delivered on Tuesdays and Thursdays. When talking about serving food after school, Jensen said “we decided to [offer after school food] as a service to the students. Plus, it’s a healthier option for students instead of them just eating junk food.”

All in all, Jensen and the other hot lunch staff members have goals in mind in order to be successful in the process they use to buy food products for hot lunches:

“We are always trying to keep the food production cost down by using less commodity things as much as possible and making sure there are foods that the students like while also meeting the nutritional guidelines that we have to follow.”

Lauryn Lieske, Staff Writer



Five NBW athletes compete in state competitions

New Berlin West is well known for our academic success, but something that often goes under the radar is our athletic success. Five of our fall athletes qualified for their state competitions to compete at an elite level. These are some amazing accomplishments that deserve to be recognized.

Being the first boy to qualify for the WIAA state cross country meet from West since 2012, Tommy Martin placed 9th at his sectional race on October 21, 2017.



Tommy Martin at 2017 Cross Country State Championships, alongside assistant coach Samantha Jayne. Photo by Josh Pike.

Martin was the fifth and last individual qualifier from his sectionals to advance onto the state meet.

Since his freshman year, Martin has improved immensely, and has dropped over three minutes on his 5k (3.1 mile) time. When asked what led him to these improvements, he said, "I'd say off season training and my teammates pushing me were the two biggest things. A good diet, that was something I did not do good last season, but I did this season."

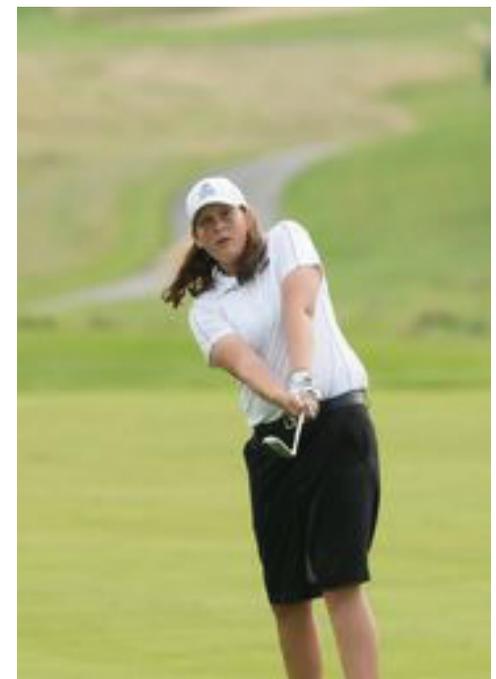
Without his relentless work ethic, Martin would have not been able to have the season he did. Even though Martin's cross season came to an end, he'll be continuing his running career throughout the year joining the Milwaukee Mustangs track club this winter, leading him up to the school spring track season. He has high aspirations for the future.

"Next season, I'm looking at individually, for me to break 17 [minutes in the 5k]. For team wise, I think if we all worked in the off season, qualifying as a team would be a possibility."

On the girl's side of things, senior Andrea Groendal qualified for state her first time additionally in girls golf. Throughout the season, Groendal was commonly recognized and praised for her positive and easy mindset - and that is ultimately one of the things that led her to qualify for the state competition.

"Golf is a mental game, and getting upset can turn your whole

game around," stated Groendal. Groendal advanced well through regionals, which then led her right to sectionals, the state qualifying competition. Despite her positive outlook going into it, she was unsure if she would even advance through sectionals. Groendal ended up surprising everyone there, including herself, with a score of 82. This was a significantly better score than she had averaged all season and led Groendal to earn the second out of three individual qualifying spots for the state tournament.



Andrea Groendal qualifies for state in both 2016 and 2017. Photo by Russ Pulvermacher for Now Media Group via Journal Sentinel.

State was held on October 9th and 10th at University Ridge Golf Course, where the Madison athletes play.

Groedal commented, "The course was extremely beautiful and it was kind of cool because it's the same course that the Wisconsin Badgers Golf teams play on."

Groedal golfed a total of three rounds, one practice and two scoring, and ended up tying for 34th place out of the 7 golfers competing at the Division 1 level. A very impressive feat, to say the least, but Groedal is humble through it all.

"Just having the opportunity to continue my high school golf career for 3 more rounds of golf made it all worth it."

In the wetlands, our girls swim and dive team is a force to be reckoned with. At certain points in their season, swimmers had practice six out of seven days of the week - sometimes twice a day - and additionally had meets at least once a week. Their dedication was bound to create state level athletes.

Diver, Dailey Albino,

Sarah Hamilton takes 5th place on the podium at the 2017 girls State Dive meet, alongside teammate Dailey Albino. Photo via NBW Athletics on Twitter.



along with swimmer, Paige Pelikan, both qualified for the state swim/dive competition for four consecutive years. Additionally, Sarah Hamilton impressively qualified for the state dive competition a for three consecutive years.

Dailey Albino has a very experienced background with state competitions. She qualified for the state

diving competition four years in a row: freshman year placing sixth, sophomore year placing second, junior year placing third, and finally senior year placing second again.

Albino is a knockout when it comes to her athletics, not only placing at the state level all four years of her high school career as a diver, but she also is the 2017 state champion in pole vault.

Track is Albino's main focus and will be continuing her pole vaulting and academic career at UW-Madison next year.

Despite her focus being on a different sport, that didn't stop Albino from snagging yet another state medal.

Alongside Albino diving throughout the years was her teammate Sarah Hamilton.

"It's always such an amazing experience. I'm lucky to have qualified for my third year in a row with my teammate Dailey," Hamilton said. "The memories that have been made going to state will stick with me forever."



Dailey Albino signs with U-W Madison to continue her academic and athletic career in Track and Field on November 8th, 2017. Photo by Journal Sentinel.

Hamilton's 2017 state qualification led her to a long awaited and greatly earned fifth place finish, and medal.

That medal did not come easy, though. Hamilton has been dedicated to diving for three years.

"Mr. Heft, the previous swim coach, found out I was a former gymnast and finally got me to join diving my sophomore year after two years of trying to convince me to."

Little did everyone know that Hamilton would later be one of the strongest assets to the team time and time again, qualifying for state her first, second, and third year of participating in the sport.

"It [state] was slightly more emotional this year since it's my

senior year, but I was finally able to achieve my goal of making the podium with a 5th place finish."

Yet another very strong addition to our swim and dive

Pelikan has qualified for the state swim meet all four years of high school.

team is swimmer Paige Pelikan.

Pelikan has always had a passion for swimming and has been swimming for 10 years.

"I first joined swim at seven years old because I enjoyed it after taking swim lessons when I was little," expressed Pelikan. "I was successful at the lessons and my mom enrolled me on a team; SWAT."

She is also known for her positive attitude and passion for her sport, which are some of the things that led her to qualify for her state meet.

Pelikan has qualified for the state swim meet all four years of high school. As a freshman she placed ninth in the 100 backstroke, as a sophomore she placed sixth in the 200 freestyle and additionally placed eleventh in the 100 backstroke, as a junior she placed fifth in the 200 freestyle, and finally closed her high school career out with a tenth place finish again in the 200 freestyle.

One could say that Pelikan is a naturally gifted athlete, but when that's mixed with the pure drive and dedication she has, it is bound to create success.

Meanwhile, Pelikan is keeping everyone on their toes while she is making the decision on where she wants to continue her academic and athletic career.

These athletes are the kids that put in their 110% effort, go the extra mile, stay the longer practice, and dedicate everything to their sports in their season. These are the athletes that represent New Berlin West High School fall sports.

Molly Thomas, Staff Writer



Paige Pelikan swims to qualify for her third out of four consecutive State Swim meets in November of 2016. Photo by Kenny Yoo for Now Media Group via Journal Sentinel.

Grady Davis: Sophomore Cross Country Struggle

Who is he? That's a question few of you might be asking right now, but most of you might already be thinking about him and his overflowing extrovertedness. However, do you know anything about his work ethic? Do you know how much cross country means to him, and how bad he wants to be successful?

Last year, Grady Davis ran a 5k time of 17 minutes and 35.6 seconds; which was faster than any Freshman in the years that records have been at New Berlin West(2006) by over a minute and a half. However, Davis was very unfortunate at most of

the meets his Freshman year, in terms of receiving medals, starting off in his first meet receiving 28th place when top 25 would receive a medal. In many other meets to follow in the season, Davis was consistently within 5 places of medaling but only managed to receive one medal all year.

I had the pleasure to sit down with Davis and ask him a lot of questions about his cross country season so far this year, about his goals and expectations going into the rest of this season, as well as in the seasons to come.

When Davis was asked about what he has changed from his

Freshman season to this season, and how it all paid off, it was clear to see his enthusiasm.

"I'm really glad you asked that.... I didn't watch my diet ever until the last bit of the season, I was like, 'Woah!', I can really do something. So this year I'm going out for a club track team. I'm gonna get way better. I've cut soda out of my diet; I've cut so much stuff out of my diet. I'm ready to shine and be a great athlete, and work as hard as I possibly can to reach my absolute potential."

Not only did I want to know how he has gotten the results he has, but also what the hardest



part of cross country has been in his own experience to which I received a shocking answer.

“The hardest part of cross country is definitely, it’s sad, but the hardest part is the criticism of other players, so it makes me mad because especially fresh-

”

“I’m giving it my all every single day, and I’m gonna come back swinging.”

man year, if you didn’t know I’m flat footed, I had this one person on my team [currently not on the team] who would say you can’t do anything because your running form is garbage, you can’t do this, you can’t do that, you can’t make var’, you can’t go to state...”

Photos by Josh Pike



Davis continued, “and every time I hear those people just telling me I can’t, I remember them in my races, in my practices, and I remember how bad I want state and I just want to prove them all wrong. Prove everybody wrong. That’s my goal.”

Davis shows how instead of people’s negative actions and words putting him down, they instead fuel him to be the best runner he can be to prove people wrong

He responded on what his biggest hurdle has been this season, rather than what happened



last year. Davis talked about how this season he’s been running faster, and with that comes better competition, but the biggest hurdle is his sprained ankle.

Davis missed around 3 weeks which cut very close to the final meets of the season but as Davis said himself, “I got a dog in me. I’m giving it my all every single day, and I’m gonna come back swinging.”

At the WIAA Sectional on October 21, Grady Davis had a slower race than usual because he didn’t fully recover from his ankle with a time of 19:50.95, he didn’t qualify for state like his counterpart, Robert “Tommy” Martin. With the disappointing end to the season for Davis, he is ready to work extra hard in the offseason and be ready for track and eventually next year for cross country.

Davis might be down for now, but he is ready to come back as fast as he can, with a flame so bright and intense that he’ll be able to run faster than he’s ever ran before for track, and upcoming cross country seasons.

Josh Pike, Staff Writer

Will the Force be strong in *The Last Jedi*?

The *Last Jedi* has been long awaited and now that the release date is so close fans have many questions. The trailers gave viewers many new questions, well at the same time, answering a few previous questions.

For example, it is pretty obvious that Luke Skywalker has accepted Rey's request to be trained as a Jedi. In the trailer, when Luke is training Rey he says, "I have only seen this raw strength once before. But it didn't scare me enough then but it does now."

Through Star Wars Canon (Official) and legends (Non-Official) we know that Luke trained Kylo Ren (Ben Solo). Kylo Ren is the person Luke is referring to having the raw strength.

In another trailer, we see Luke's Academy burning down after Kylo Ren turned to the dark side and wanted to cause chaos and to hurt the new Jedi. This is the event, Luke said, "...it didn't scare me enough then but it does now."

Luke seems to almost be afraid of training Rey because he doesn't want her to fall to the dark side as well. This also explains why Luke

went into hiding: to not train any more Jedi so that he didn't have to see any of his padawan's turn to the dark side. This makes the scene where Rey asks for guidance and Kylo offers to guide her through the chaos even crazier.

Now we also have to consider that the scene could be a total mislead. This could actually be Rey asking Luke for guidance. As well as the scene with Kylo, he could be offering to guide someone from the First Order through the chaos. So to create confusion, Rian Johnson (the film's director) might have just cut out the parts with Rey and Kylo and just merged the two scenes together just for the trailer.

Another big question fans have is: who is Supreme Leader Snoke? Now a quick youtube search of Snoke leads you to endless theories of his identity. Some say it's Mace Windu, while some say it's Darth Maul, and some say it's Darth Vader, etc. Another big theory is that he is just a new character and not a previous character returning for revenge. So it will be very exciting to see the truth of Snoke's identity.

On the topic of the dark side, Kylo Ren wasn't really well received by the older generations of Star Wars fans because he killed his father -- one of the most beloved characters in the Star Wars universe. Some say he just wasn't as cool as Darth Vader, and for some there is just no nostalgia for Kylo.

A scene in one of the trailers showed Kylo Ren zooming around space in a dogfight in his Tie Silencer (a form of Tie Fighter). We then see Kylo in his Tie Silencer lock onto the Raddus (General Leia Organa's Flagship), and then see his finger going closer to the missile button on his ship. The scene flashes to General Leia Organa looking nervous, angry, sad, scared, and disappointed, then back to Kylo Ren looking sad and the mini scene ends.

If Kylo Ren does end up killing General Organa that would mean Kylo would have killed off both his mother and father. This may lead to some very angry fans. On the other hand, though, this would make sense because Disney has to kill her off or make her disappear somehow because Carrie



Collider.com

Fisher (Princess/General Leia Organa's Actor) recently passed away and it would be hard for them to include the General Leia Organa in the ninth film without the iconic Carrie Fisher.

Fans are also worried that it will have the same plot as *The Empire Strikes Back*. This fear comes from how *The Force Awakens* plot is almost identical to *A New Hope's* but with different characters. The director did state in an interview that he did not think *The Last Jedi* is a remake of *The Empire Strikes Back* even though there are some similarities in big events in the plot.

All of the action that will ensue a great movie also has to compliment the plot with good music, lighting, and more. Typically



Star Wars movies are great at these things, but we will just have to see if they are up to fan's expectations.

Also Star Wars movies make a lot of money at the box offices so we will have to see how this movie ranks in box office profits compared to the other Star Wars films.

Overall, *The Last Jedi* has been very hyped up and we will just have to wait until December 15th (The movie's release date) to see if the movie lives up to the hype. Buy your tickets now because this is a film you won't want to miss.

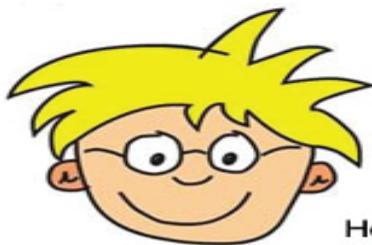
Connor McKenzie, Staff Writer

Like this article? Check out Connor's review of *The Last Jedi* next week at MyNorseCode.com!

You'll never guess what I just heard! The Norse Code is available online at MyNorseCode.com! You can find additional articles, photos and videos!

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