

Let's talk about stress

BY MISSY WILBURN

It plagues our bodies every moment of every day. Some days it's good and some days it's a curse. Whether we want it or not, stress is here to stay. With the holiday season in full swing, students have



more to worry about than their next portfolio piece.

"It's really hard to go to school and make enough money to pay for my car," said senior Jennifer Carmack. "With Christmas coming up, I worry that I won't be able to get everyone something."

Some people don't even need a reason to stress.

"I get bored when I can't stay busy. I just stress," said senior Chelsen Stratton. "I really don't stress any other time."

A recent poll showed that the main items RCHS students stressed over were money, family issues, school, work, and portfolio pieces.

According to Ms. Marla Thomas, Psychology Instructor at Madison Central High School, not all stress is bad. "Some stress can be constructive to help motivate students."

However, stress can cause negative effects in the body. When you become stressed, harmful hormones are secreted, essential cells die and pathways of memory in the

brain are broken.

In severe cases, stress can change the physical structure and chemistry of the brain. More noticeable symptoms include abnormal eating patterns, nausea, anxiety, irrational fear and even depression.

With so much at stake, what can we do to help prevent stress?

"Exercise is probably the best way to reduce stress," said Ms. Ruth Lane, Advanced Registered Nurse Practitioner from the Rockcastle County Health Department.

RCHS Instructor Mr. Pat Greene has a different approach to avoid stressful symptoms such as high blood pressure and restlessness.

"Put things into perspective and take a vacation. Drop everything and run like a mad person screaming," said Mr. Greene.

Christmas is a time for cheer, not panic attacks and ulcers. So during your holidays, make sure you have visions of sugar plums instead of portfolios dancing in your head.

Top 15 Ways to Reduce Stress

1. Exercise
2. Stretch
3. Breathe Deeply
4. Take a Shower
5. Get a Massage
6. Reduce Caffeine
7. Relax Emotions
8. Talk to Someone
9. Take up a Hobby
10. Cry
11. Sing
12. Read
13. Scream
14. Meditate
15. Laugh

What's in a name?

The zany names we call our pets and why

BY AMY CLARK

Many students at RCHS have pets with very weird names, but some names aren't as weird as you think. The stories behind the names are the really interesting parts.

"My dog is a toy rat terrier," said junior Dougie Hayes.

"I named him Radar because when the song 'Radar Love' came on, he started dancing back and forth."

Hayes isn't the only one who has a pet with an unusual name.

Senior Ellie Earhart has a very strange name for her dog.

"My chow's name is Kitty because when we called the cat, she came running," she said.

Senior Robert Payne's pet's name is exactly the opposite of Earhart's. "I have a cat named Pup because

it whimpers like a little puppy and looks more like a dog than a cat," he said.

Teachers at RCHS also have some weird pet names.

"I named my cat Cocoa because she's black and brown and looks like chocolate," said English teacher Ms. Wanda Gonzalez.

Some students even name their pets according to their best friend's pet's name.

Junior Kaliesha Robinson named her dog Buttons because it has a spot on its head that looks like a button.

Her best friend, junior Daphne Adams, named her dog Zipper to go along with Kaliesha's dog.

Maybe all of these weird pet

names is where they came up with the cartoon Catdog!

If your pet acts like another animal other than what it is, maybe it's because of the name you gave it.

It makes you wonder what kind of weird names our pets have for us.

Protect yourself, know the signs

BY NIKKI WOOD

"He said, 'C'mon in the house with me, honey. We've had a rough evening,' just as sweet as can be. I didn't dream anything was wrong."

"But when we got inside, everything changed. 'Are you happy now? You ran her off, I liked her too. I don't care if you are my girlfriend, I can spend time with other girls without you starting fights with them and running them off.'"

Then he started to hit me. He was so much bigger than me, all I did was raise my hands to protect my face. Then he tried to 'make up' for what he had done.

"I craved the affection, plus, I was afraid, so I did it. But there was nothing sweet about that either. He hurt me worse than he had before..."

These are the chilling words of Jane*, a senior at Rockcastle County High School. After that happened, she left the boyfriend, and hasn't been around him since.

At the time of the confrontation, she was taken by surprise, but in

retrospect, the girl realized that there were plenty of warnings of what lay ahead. She came to the conclusion that she had just not seen them until it was too late.

It probably wasn't her fault, though. Sometimes, when a relationship is just starting, it is difficult to tell whether or not the situation is safe.

"Everyone is on their best behavior at the very first of a relationship," Youth Services Director Mrs. Jill Ponder explained.

As things progress, however, the warning signs begin to appear. According to guidance counselor Mrs. Janice Miller, one of these is a quick temper.

If after spending time with your significant other, you begin to notice that they easily or frequently lose their cool, it may be a sign you should be a little cautious with them. This is especially the case if they use their fists on hard objects like walls and tables, then say that they can't feel it when they hit things out of anger.

Mrs. Ponder warned that alcohol and drugs are also a flashing caution light.

"When you take someone who has other characteristics of an abuser, and you throw in drugs and alcohol on top of that, it only makes the situation worse," she said.

Mrs. Miller agreed, "That makes them uncontrollable."

It may also be time to worry if your sweetie gets too nosy. If they want to know everywhere you go, everything you do, and everyone you

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