

# BE YOND ND

THE FLOCK

Spring 2018. Volume XI

## LINCOLN'S ANXIETY EPIDEMIC

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Find and keep your calm  
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# EDITOR'S LETTER

Early this fall, I left a meeting with a college counselor holding a numbered list of goals in my sweaty palm, struggling to keep my breathing even. The list ranged from getting a near perfect score on the SAT, to getting As in IB classes, to having at least ten extracurriculars including volunteering fit together in a comprehensive and compelling story. And here's the kicker: all that might not be enough to get into a great college and achieve the American Dream. There is always more for high-schoolers to do.

Considering this lifestyle of constant deadlines and perfectionism, it is no surprise that the average Lincoln student is both chronically sleep deprived and chronically anxious. Some may say that students are just too sensitive, or that school is just a weak echo of the anxiety of the 'real world', but we cannot ignore the fact that the anxiety epidemic is very, very real.

In October, around the the time classes really started to ramp up, The New York Times came out with their article "Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?" The article describes the plight of teenagers suffering from anxiety disorders that prevent them from functioning in everyday life - students previously on track to college taking multiple AP classes and participating in extracurriculars. Furthermore, it explains, "Teenagers raised in more affluent communities

might seemingly have less to feel anxious about. But Suniya Luthar, a professor of psychology at Arizona State University [...] found that privileged youths are among the most emotionally distressed young people in America." While anxiety at Lincoln is by no means exclusive, or even concentrated, with our most privileged students, this does help explain the widespread and serious nature of the problem.

The article only solidified what I had already seen in friends crying in late night classroom corners, piles of homework building up like snow drifts, and crowds of peers with bruised, baggy eyes. If we don't address the issue of anxiety, we only allow each other to suffer in silence.

Beyond the Flock may not have the broad reporting power of The New York Times, but we are at anxiety ground zero. In this issue, we hope to create a more positive community at Lincoln by bringing anxiety into the open, such as in our report on the senior assembly (see page 14) and piece on Lincoln's culture of grade sharing (page 10). Through empathy and understanding, students and faculty can better support each other. We also share ways students have learned to fight back against anxiety, from rec soccer (page 16) to meditation (page 28) to cooking with friends (page 4). We all have things to stress over, but Lincoln students are also endlessly ingenious at finding things to celebrate.

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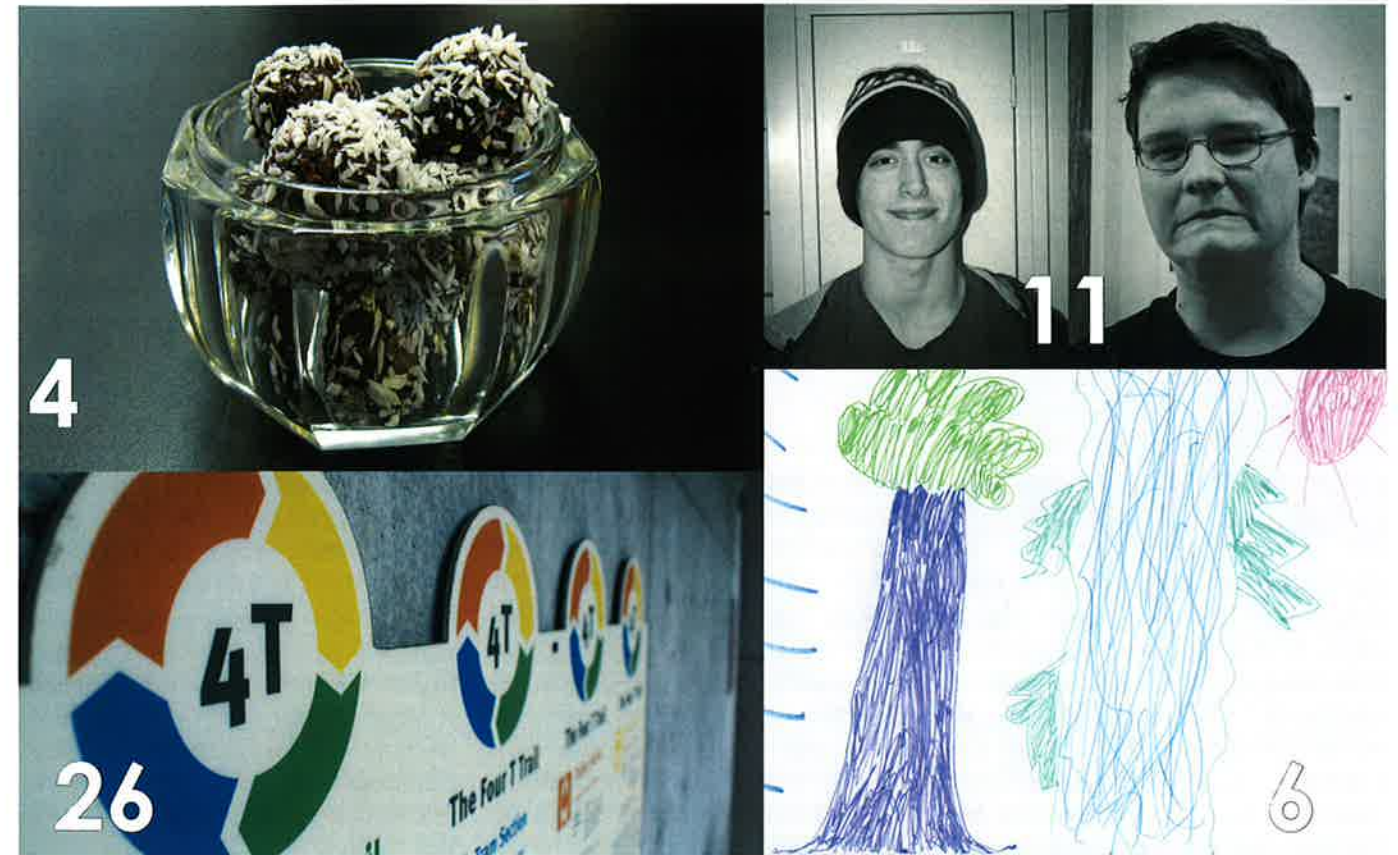
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# Comfort Cooking

An inside scoop on the most comforting and relaxing foods that I like to eat when I'm feeling stressed.

Written & designed by: Anna Jones

## Breakfast: Avocado Toast with Tomato Bruschetta



1. Chop tomatoes into quarters and finely dice garlic and onion. Sprinkle salt and pepper to taste and toss in a bowl.

2. After toasting your favourite pieces of bread, slather the avocado over the pieces, crushing them into the toast.

3. Place the tomato bruschetta on top of the avocado and enjoy.

**Ingredients:**  
10 small cherry tomatoes  
1/4 small red onion  
2 cloves garlic  
Salt + pepper  
1/2 avocado

The avocado craze; we've all heard of it. Millennials can't afford to buy houses because they're too busy buying all those expensive avocados... But maybe they're on to something. Avocado has a whole load of physical and emotional benefits. It's going to improve your vision and energy, all while providing you with a nutritious kiss from the inside, giving you

vitamins and hustling up to your brain to protect you against cognitive decline. So maybe those millennials aren't spending their money the wrong way after all... Now, let's talk about tomatoes. That sour fruit/vegetable adults go crazy for, but us kids? We don't tend to be the biggest fans. However, add a little salt and pepper and I

assure you, those tomatoes will taste so good you'll lie in bed at night thinking about breakfast. Tomatoes will help you maintain a healthy blood pressure and can contribute to heart health. These two very important ingredients help you feel physically great, so you have one less thing to really stress about.

## Snack: Bliss Balls



1. Add all ingredients together in a food processor and pulse until mixture is smooth.

2. Refrigerate for 30 minutes.

3. Roll mixture into tablespoon sized balls and coat in additional coconut.

4. Store these in the fridge for up to one week and enjoy.

**Ingredients:**  
15 medjool dates, pitted  
1 1/2 tbsp cocoa powder  
1 tbsp coconut oil  
1/2 pecans  
1/2 cup unsweetened shredded coconut  
1/4 additional shredded coconut

So, "bliss balls" might sound like something you'd eat before bed or a little treat to help hit the snooze button, but that's all wrong. It's like taking an 8 hour energy shot, like lighting a fire under your seat, but without all the bad stuff. So, no matter what time of day you're studying, this small snack is exactly what you need. Dates are pure carbs and the main energy booster in this snack. Coconut oil also boosts

energy, improves your immune system, increases your memory and recall, and balances your blood sugar. The list goes on and on. My point: eat more coconut oil! On to pecans... in a dessert? How nuts! But hear me out. They add a sweet crunch that is irresistible, improves your energy and acts as an antioxidant. Finally everyone's favorite part of this recipe, or maybe the only part that caught

their attention: cocoa. If you've ever heard about it, you might know that it improves blood flow to the heart and brain and helps you learn things faster. The more you eat, the more you think! It also helps to reduce inflammation. So, when you have one of those "eight hour study headaches", this is certainly the snack for you.

## Lunch: Sesame Noodles with Baby Bok Choy



1. Boil water and cook udon as directed.

2. Saute garlic, chilli, and ginger in 2 tbsp sesame oil on medium-high heat until fragrant and soft.

3. Add bok choy and allow to soften for 2-3 minutes.

4. Pour syrup, soy sauce, and oil into pan and coat contents.

5. Place warm udon into pan and coat with sauce.

6. Garnish with chopped green onions and roasted sesame seeds.

**Ingredients:**  
4 tbsp sesame oil  
2-3 cloves of garlic  
2 small red chillies  
1 4-inch piece of ginger  
1 1/2 cups baby bok choy  
1 tbsp maple syrup  
3 tbsp soy sauce  
1/2 pack uncooked udon  
Green onions and sesame seeds to garnish

I know what you're all thinking... "How is a pile of noodles with a few greens thrown on top really going to help my emotional health?" Well let me stop you right there. This spicy, flavourful meal isn't a "pile of noodles," and those greens? They definitely weren't just "thrown" on top. There's a whole lot of stuff going on. Let's kick it off with sesame. Sesame seeds, sesame oil, sesame everything! Sesame products have a very similar impact on the brain as antidepressants do. And, if it's frequently consumed can lower anxiety. So, for whatever gets you

down, now you know where to turn for a little comfort. Moving on: for those of you who can handle a chili or two, you'll be happy to know that, in Japanese culture, eating chili is thought to strengthen the mind. You might like to think of these noodles as your midday wake up - a quick hit of spice that'll make your eyes pop out of your head. Now, let's talk about those greens that we just "threw" on top.

The color green can actually help improve concentration. So if you have a test TOMORROW(!) that you didn't study for, this dish will get you in the mood to learn all you need to know. Or more realistically, memorise for one day and then forget for the rest of your life. I don't know what could be better than a meal offering all this.

## Dinner: Mushroom Risotto



1. Saute onion and garlic in oil on medium high heat until fragrant and transparent.

2. Add the mushrooms and heat until soft and reduced.

3. Add rice and allow to crisp slightly for 1 minute.

4. Pour in vegetable stock so that it covers rice. As stock boils off, continue to consistently add more until out of stock, stirring frequently.

5. Salt and pepper, adding parmesan if desired.

**Ingredients:**  
1 tbsp olive oil  
1/2 yellow onion  
2 cloves garlic  
4 oz shiitake mushroom  
1 cup uncooked arborio rice  
3-4 cups vegetable stock  
Salt and pepper to taste  
Parmesan (optional)

This mushroom risotto is perfect for anyone who gets home on any day of the relentless school week and just thinks "I sure could use a hug." No matter what's getting you down or stressing you out, this hearty meal will be there to keep you warm. It's the same as falling into bed after a long day, hugging your sheets as you drift to sleep, only the rice is hugging you from the inside. Not

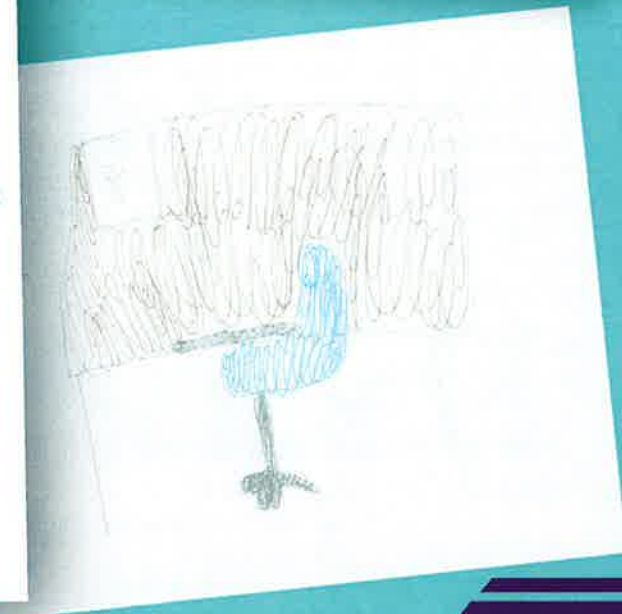
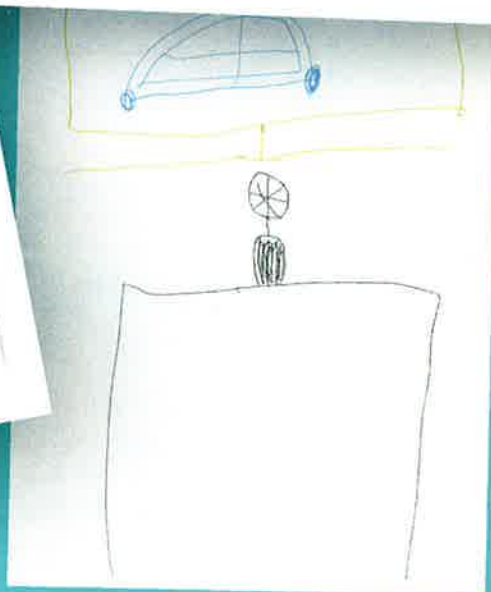
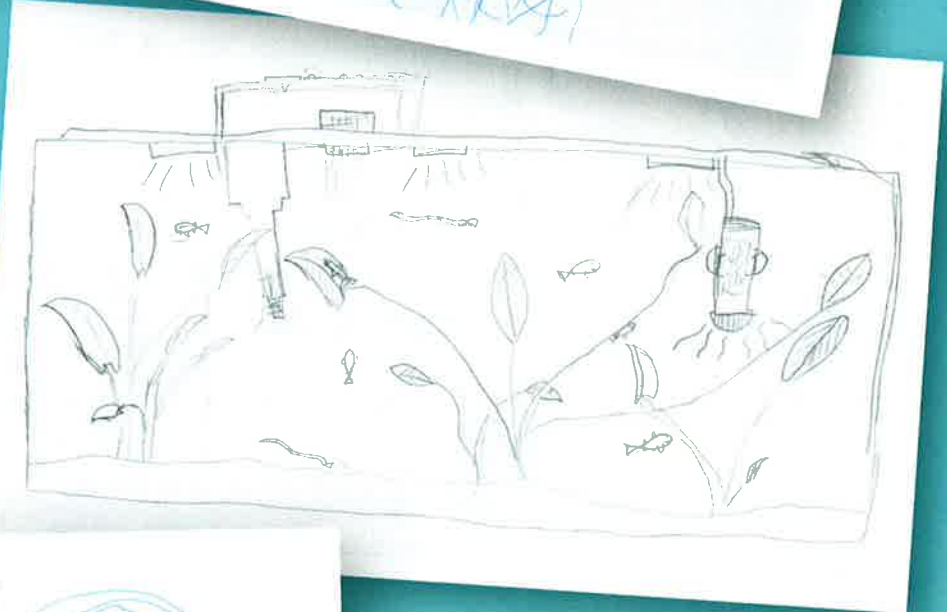
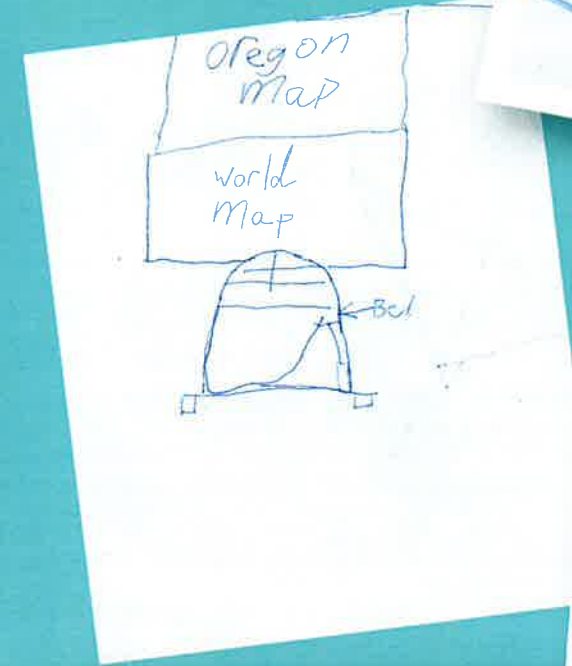
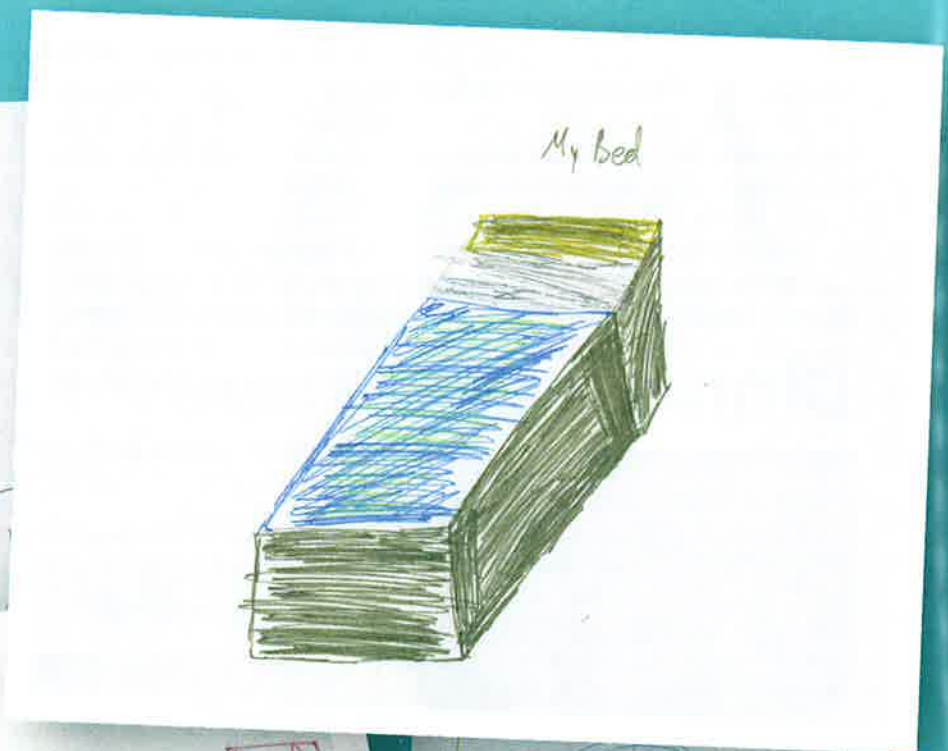
only will this meal help you feel physically good - because who doesn't love feeling full? - but it has emotional benefits as well. Garlic, an important ingredient in this recipe, has been known to reduce fatigue - a symptom almost all of us have experienced this winter - and to build up your immune system. Let's be realistic here: who can

concentrate on essays and tests while they're sick all day? The answer is: NO ONE! Mushrooms have a whole array of benefits as well. They too boost the immune system and improve energy and brain function. That's something all of us could use.

# Happy Places

Sometimes, everyone needs to take a trip to their "happy place." Beyond the Flock commissioned elementary school children to draw theirs. Whether a physical or mental destination, kids can be found in some creative spaces when their emotions get heavy.

Written, photographed & designed by:  
Rachael Maloney



# The List: Spring Edition

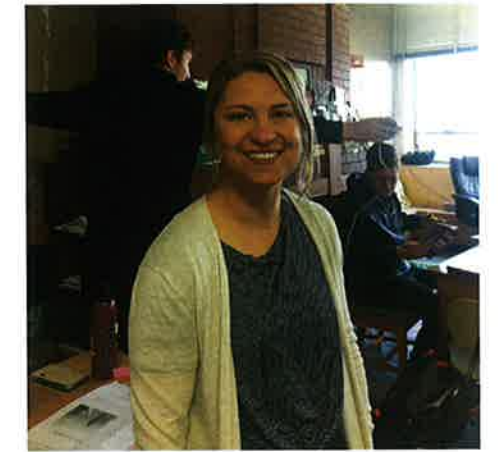
Written and designed by: Zoe Young and Natalie Brauser

1. Bats have thumbs.
2. A zeptosecond is one-billionth of a trillionth of a second and a jiffy is one-hundredth of a second.
3. Some spiders eat their own webs.
4. The longest place name in New Zealand a hill, in Hawke's Bay, is known as "Taumata whakatangihangakoauauotamateaturipukakapiki maunga horo nuku pokaiwhenua kitanatahu." This translates into English as "the place where Tamatea, the man with the big knees, who slid, climbed and swallowed mountains, known as 'landeater,' played his flute to his loved one."
5. Animals that lay eggs don't have belly buttons.
6. Sea stars do not have brains.
7. Apples are ¼ air.
8. An earthquake in Chile shortened the length of an Earth day by 1.26 microseconds.
9. Without mucus, your stomach would digest itself.
10. The national animal of Scotland is the unicorn
11. Some predict that night insects are attracted to light because they mistake it for the light of the moon, which they used to navigate the Earth before artificial lights were constructed by mankind
12. On Black Friday in 2014, Cards Against Humanity sold the "Bullshit box" for \$6, instead of putting their products on sale. This box contained feces from a real bull. It was meant to be a protest to Black Friday shopping but this special edition sold over 30,000 copies.
13. The word "oxymoron" is itself an oxymoron. This is because it derives from Ancient Greek where "oxy" means "sharp" and "moros" means "stupid".
14. All swans in England belong to the queen.
15. No square piece of paper can be folded more than 7 times.
16. In Alaska, a law says you cannot look at a moose from an airplane.
17. A duck's quack cannot echo, and no one knows why.
18. Grapes explode when heated in the microwave.
19. Children of identical twins are genetically half siblings.
20. If you google search "askew" the content will tilt slightly to the right. Asking people for small favors trains their brain to believe they like you.
21. Neil Armstrong had to go through U.S. customs after returning from the moon
22. A single cloud can weigh more than 1 million pounds.
23. The average person will end up spending 6 months of their life waiting for a light to turn green.
24. You cannot snore and dream at the same time.
25. Pigs physically are unable to look up at the sky.
26. Avocados are poisonous to birds.
27. Human thigh bones are stronger than concrete.
28. Worms will eat themselves if they cannot find food.

# The Fitz Philosophy

*A look at a teacher who truly understands the emotional toll school takes on kids and pushes herself to ensure she doesn't contribute to their struggle.*

Written and designed by: Anna Jones  
Photography by: Hannah Schuler



"I walked into this school understanding that there was stress and anxiety and depression and some severe mental illness issues," says Maureen Fitzgerald, an English teacher at Lincoln High School affectionately known as "Momo" by her students.

She shows how incredibly invested she is in her students' emotional health through her Winter Break assignment.

This assignment was the Winter Kindness Challenge, in which her students received a grade for recording one kind thing they did for someone else every day of winter break.

She explains the motivation behind the assignment: "If you do kind things... You will feel happier." The challenge was intended to remove some barriers between her students and their happiness. Being kind to someone else releases oxytocin (the "love hormone") in the brain. So, this challenge had a great potential to actually help her students.

Furthermore, Ms. Fitzgerald has devised a very specific style of teaching in an attempt to soften the blow of the "competitive, individualistic culture" that we Cardinals live in. Her assessment techniques focus on a student's ability to grow, rather than how talented they are from the get-go.

Instead of the strict, harsh approach of "deadline,

deadline," that many teachers enforce, Ms. Fitzgerald uses a different tactic.

She says she grades "on the revisions rather than the final product [to] encourage a growth mindset rather than a fixed." For her, this distinction is imperative in creating a welcoming and productive environment for her students.

Ms Fitzgerald believes that the traditional rubrics teachers use are "subjective and odd" because she doesn't think she should be able to determine the strength of your writing based on what she wants.

This position is one that many of her students appreciate. It can be hard to figure out what exactly a teacher wants from you. It's hard to determine whether your tone or sentence structure are correct when every teacher you've ever had is looking for something different.

This is where Ms. Fitzgerald's idea of revision-based grading comes into play. When devising her teaching approach, she asked herself, "How can I not perpetuate a culture of competition and how can we celebrate writing and celebrate voice?" Because of the competitive nature of the world, and especially of Lincoln High School, Ms Fitzgerald wanted to promote personal writing rather than writing with the goal of impressing someone else.

Ms. Fitzgerald reports that

many of her students experience lower levels of stress in her English class than any other. As one of her students, I can vouch for this. I find that, when preparing for her class, my anxiety levels are low, while my engagement in class still remains high.

I would grant a lot of the reason for this to her grading scheme. Knowing I don't have to worry about how she thinks my writing should sound, I'm able to focus on what I want my voice to be.

Ms. Fitzgerald says another reason she uses this approach is to encourage her students to "get away from pleasing the teacher... and [to make] the student develop their writing and their identity."

Instead of promoting a system where one student is able to write their essay the night before, put in no effort and get an A, while another student spends weeks improving, putting a lot of effort in, and ultimately not reaping the benefits of their hard work, Ms Fitzgerald is acknowledging the skill-gap between students and allowing everyone to achieve the grade that their effort deserves.

She explains how it's hard to keep grading her students on achievement when she really wants to be grading them on who they are as individual people.

As "Momo" says, "I see the whole person." ♦

# None of your

# **B**eeswax

*Why sharing grades is detrimental to Lincoln's atmosphere.*

*Written by: Will Cozine  
Designed by: Anna Jones*

**T**here are always a few noticeable eyerolls whenever a teacher chides a student for sharing their grade or for asking for someone else's. But, what if they are actually right? It is understandable that students want to know how they stack up against their peers, but there are much better ways to do it. Teachers can confide in students how they compared to the rest of class. Some teachers give averages.

The key point is this: there is always a loser when grades are shared. Someone feels happy that they aren't the lowest on the totem pole and someone feels like crap. Imagine if teacher showed the class where all of the students stacked up with each other. That be unethical and would likely result in the teacher getting fired, so why should students try to find out their rank at the expense of their peers?

The first step to solving this issue is eliminating the stigma associated with not being willing to share grades. One saying that is thrown around a lot is that, "the less you reveal, the more people wonder." When someone chooses to keep a score to oneself, others will assume the score was so bad they are embarrassed to share it. This pressures people into revealing their grade regardless of what they got.

If they got a C, they might worry that the other person thinks

they got a D or an F. This applies to all grades and creates a toxic environment. It adds to the competitive nature of Lincoln and detracts from what should be a collaborative educational experience. If people are genuinely able to withhold their grades without judgment, it will go a long way towards reducing the anxiety of grades at Lincoln.

*There is always a loser when grades are shared.*

Another thing to keep in mind is that everyone has different expectations for themselves. Someone could feel great receiving a B or happy that they passed. That is, until they hear about a student who got an A on the test. And the student who got an A on the test could be upset because someone else in their class aced the test. This leaves the student who did even better the test feeling happy, right? Well, it does until people start to make judgments about them and mock them for doing well.

Lincoln has so many students from a plethora of different backgrounds, each student with unique values and interests. When we as students measure our success against our classmates instead of trying to fulfill our own dreams and expectations, it limits the uniqueness and artistic abilities that Lincoln is supposed

to represent. Yes, students should strive for excellence, but it needs to be excellence in the field where they truly want to succeed.

It would be unreasonable to suggest that people cannot discuss tests and assignments. However, grades can and should be left out. We need to change "What did you get on the test?" to "How do you feel about the test?" This simple difference means that students could respond with, "I don't feel too good about it" or "I feel like I did really well." Students can then, if they felt comfortable, discuss certain concepts and problems without jealousy or resentment.

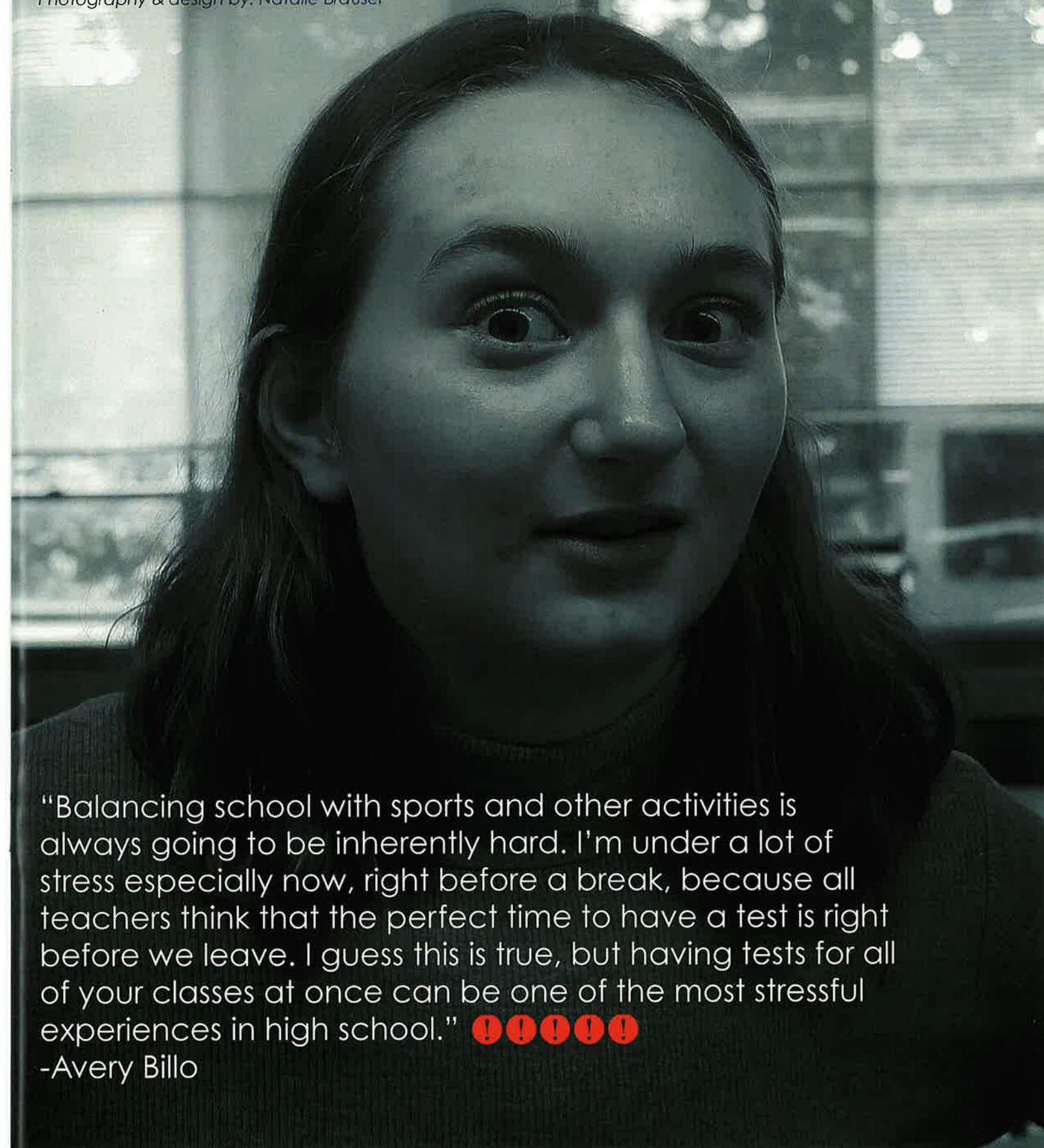
Lastly, there is one word we must do away with in our school: "easy." The test was easy. This teacher is easy. This subject is easy. The word creates so many problems. It creates expectations for students that they wrongly feel they must live up to. If a class is deemed an "Easy A," the student will have to get an A, or else they let themselves down. If a subject or a test is "easy", then then students might not feel the need to study as they might have done before.

Removing this word and the discussion of grades at Lincoln will drastically reduce the anxiety levels of students and make Lincoln a less toxic environment. ♦

# Facing Stress

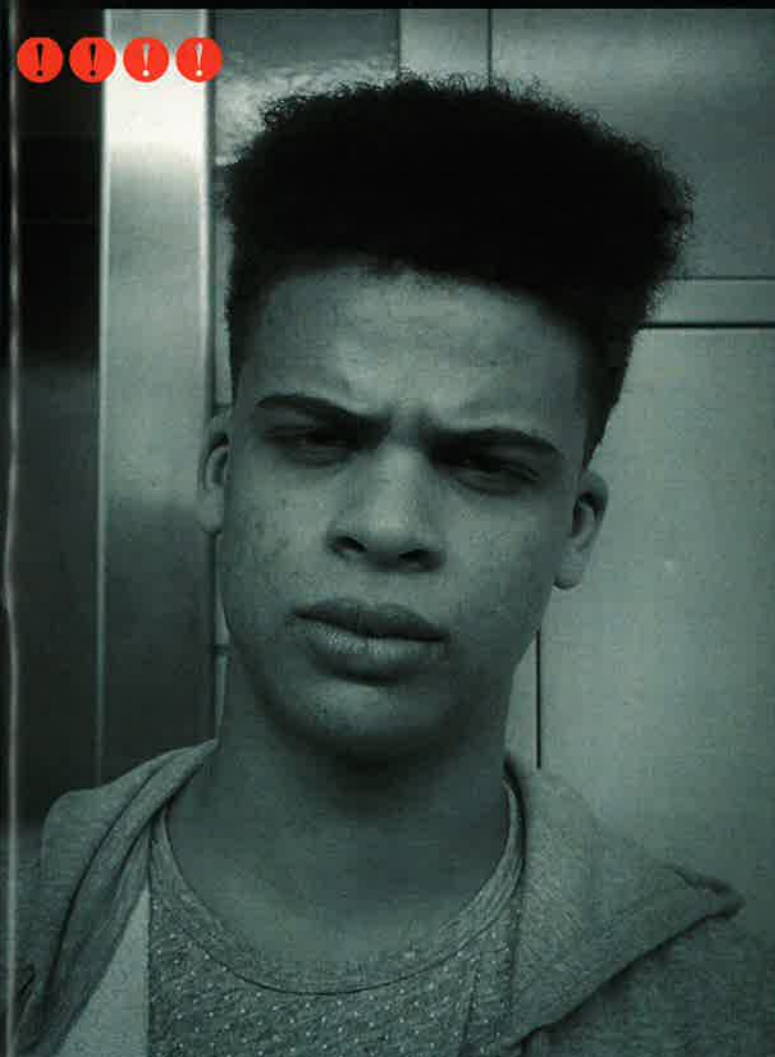
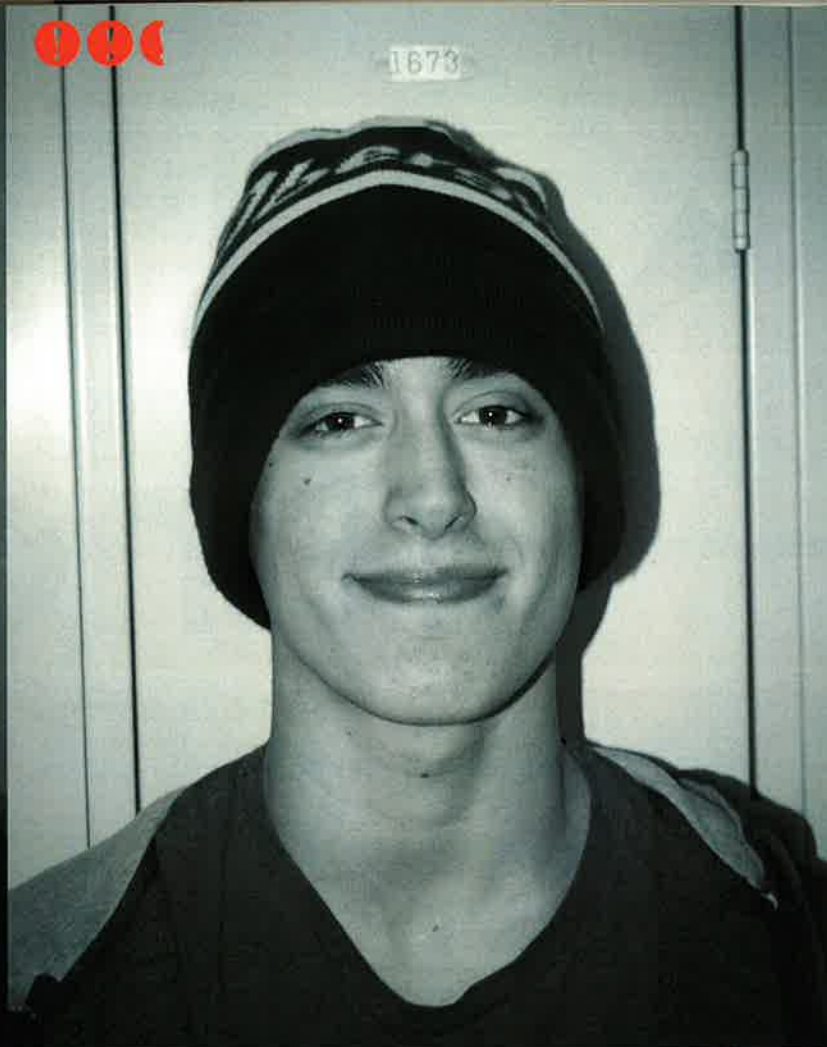
A photo essay asking students to display how stressed they are through facial expressions.

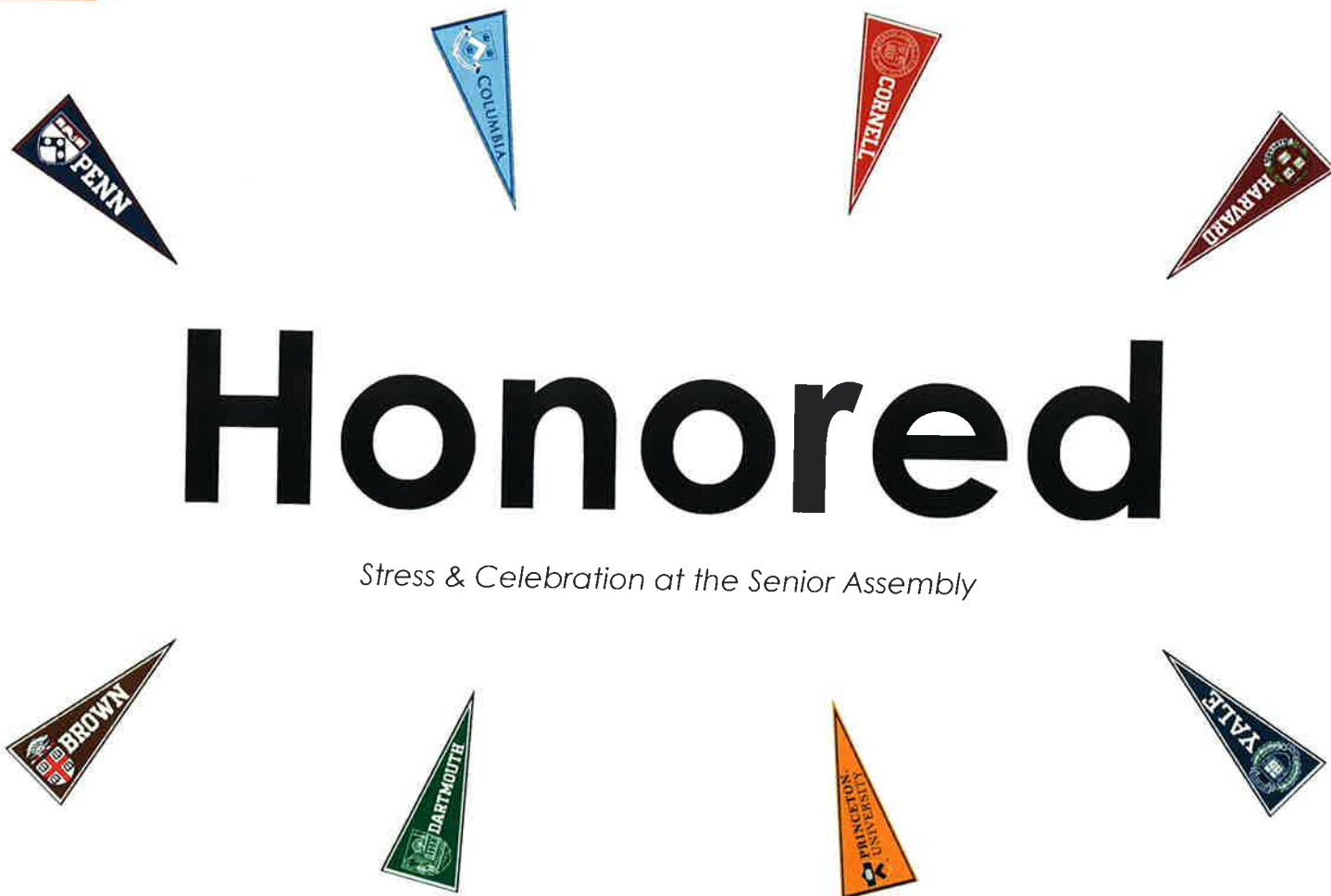
Photography & design by: Natalie Brauser



"Balancing school with sports and other activities is always going to be inherently hard. I'm under a lot of stress especially now, right before a break, because all teachers think that the perfect time to have a test is right before we leave. I guess this is true, but having tests for all of your classes at once can be one of the most stressful experiences in high school." ❗❗❗❗❗

-Avery Billo





# Honored

*Stress & Celebration at the Senior Assembly*

*Written & designed by: Mia Kittredge*

**H**ave you been admitted to college yet?

Alongside asking if someone is pregnant, this is one of the worst questions to ask the wrong person. After an awkward pause, a stressed-out high school student will respond with a grimace or a sigh. The high-stakes college admissions process forces students to compete with their peers to determine their future. Even just talking about it may cause students to melt into a puddle on the floor. Therefore, a two-hour-long assembly celebrating seniors' high school accomplishments and future plans is bound to be controversial.

Sophomore Zoe Fanning sums up the two perspectives towards

this assembly. She sees that "there is a benefit to the senior assembly and seeing the senior class graduate and recognizing that accomplishment... because that's part of being a community."

"But," she carefully explains, "at the same time, it can be alienating if the path that you want after high school isn't college. Or, if you feel like school isn't something that is your strong suit... Watching people who are the ideal of this system at Lincoln and then feeling unconnected from that can be difficult to process."

When interviewed, Ms. Chapman said, "The academic, athletic and community service awards inspire me and hopefully serve as inspiration to our

underclassmen... The message should be there's a right college, career and pathway for each and every student and the majority of students seem to enthusiastically celebrate their peers for a host of diverse choices and plans for post Lincoln life."

Leadership teacher Ms. Accetta adds, "The whole aim of the senior assembly is to celebrate students. And it's not to celebrate our top valedictorian students, it's not to celebrate just a small number, it's to celebrate everyone."

The faculty has already worked hard to address the stressful nature of the assembly and limit unhealthy comparisons. One of the most controversial parts

of the assembly is the slideshow, which showcases the students' future colleges, as well as gap year or military service options. This slideshow used to include students' names, but the faculty recognized that this could be very uncomfortable for students. Now, students can choose whether they want to stand up and be honored for their plans.

Ms. Accetta also notes that Lincoln is "a very academic school, very rigorous" and so when she started teaching here four years ago, "just a small percentage of the students were getting recognized... and that was not the goal." Ms. Chapman emphasizes, "It is cool to be smart, involved, and follow your passions and people can be smart in so many different ways." Therefore, the school has worked to add non-academic and non-athletic awards such as the Anti-Bullying and Social Justice awards to show the many ways students can take leadership positions in and outside of the classroom.

Lincoln is still trying to find new ways to improve this assembly. From a more practical standpoint, the assembly is insanely long. For this reason, the faculty is discussing adding an evening assembly, which more parents could attend, in order to shorten the daytime assembly. However, as Ms. Accetta puts it, "Any time you try to change anything at Lincoln, you have so many people that are like 'No! That's the way we've done it for forever. And we sat through a two-hour assembly. The freshmen need to sit through it too.'"

Additionally, by recognizing the difficulty of the college admission process, we could band together as a community. Ms. Accetta has one exciting idea: "Some schools have this really fun thing where they have a dart board up, and they throw all their rejection letters up there... And at the Senior Sunrise, or Sunset, they have a big bonfire, where they burn all of them, which I think would be so fun."

However, simple tweaks may not be enough. The uncomfortable feelings associated with the assembly are symptoms of underlying issues. Ms. Accetta believes that "students are now going off to college and experiencing the highest amount of depression and anxiety because it's never enough" and that "this comes from our society... from what we're drilled in all the time." This never-enough feeling is from perfectionism, the overwhelming need to always look and act perfectly, coupled with the belief that others are managing to achieve this perfection. Achieving perfection is impossible, which leads to great feelings of inadequacy and anxiety about the smallest mistakes.

Through this lens, the assembly showcases others' supposed perfection and exacerbates the feeling of inadequacy. But, it is not the cause. As Ms. Chapman says, "there is research that suggests we need to work harder to help students build the skills that help build inner confidence so that they don't feel 'less than' or 'more than' when peers make different choices based on individual interests and strengths." It is important to remember that perfect appearances are deceptive. While the college admission process encourages competition, using others as a standard for personal achievements will never be beneficial.

The faculty members welcome student involvement. "We really need to listen to our students to know what is working and not working," Ms. Chapman explains. "We need to make sure we support our most anxious or self-doubting to feel confident and proud of their unique strengths and growth here at Lincoln."

"The more the better!" Ms. Accetta agrees. "Anyone who has any ideas about stress relief bring it on and let's make it happen." ♦

"Watching people who are the ideal of this system at Lincoln and feeling unconnected from that can be difficult."





“Being able to have a good time while still focusing on getting a quality education is a good thing”

## Basketball

Rec basketball is the most exclusive of the three sports. This means that the teams usually consist of a tight-knit group of guys, where everyone is good friends with one another. It is hard for someone to join a team without creating it with friends. I have no experience with the girls league, so it may be different. Additionally, basketball is the most competitive of all the sports I have played recreationally and is not the best option for people who want to learn to play for the first time. Roman Smith played basketball on a team for the first time last year as a member of our team.

He noted the “competitiveness and the lack of respect shown by players in what should be a fun and friendly sport.”

This does not mean that you should not play rec basketball, but it does not fit the mold of what rec sports were designed to be. For someone who seeks the competitive side of sports but maybe didn't make the school team, rec basketball brings you closer to that atmosphere than the other sports do.

## Soccer

Soccer is less exclusive than basketball. The rec soccer leagues are co-ed with rules that require all people have relatively equal playing time. From my experience, everyone on the team became good friends by the end of the year. I hadn't played soccer on a team since second grade before I joined the team this year at the request of my friends, and I still had a great time. Roman also played rec soccer on the team and had a much better experience than when he played basketball.

“Soccer is more inclusive in terms of actually playing the sport but also in the registration,” he said.

“Anyone who wants to play soccer and goes to Lincoln can sign up for the team, unlike basketball where you can't sign up by yourself.”

The co-ed aspect and wide range of skill levels both contribute to its inclusivity.

## Frisbee

Frisbee is most inclusive of the three sports that Roman and I played. Anyone can play in the Ultimate League even if you have never touched a frisbee before. We had players at all skill levels but everyone was able to have fun. We lost most of our games, especially against the more experienced teams, but even losing was really fun because everyone was a good sport.

Roman, who was responsible for organizing the team as well as being our most experienced player, had some words about the philosophy of the sport: “It lives up to its reputation as a very friendly and welcoming sport.”

This matches my experience with playing Ultimate; everyone was willing to share tips and strategies to others regardless of what team they were on. For someone who is looking for a more welcoming and community based sport, frisbee is a great option.

One example of this welcoming attitude is spirit circles. The idea from its name suggests a childish activity, but it really exemplifies what the sport is all about. Teams link arms in a circle and spend a few minutes giving compliments to the other team about what they did well. This kind of act really brings people together and leaves everyone feeling good about themselves as they leave the field.

# Rec Sports Sub In

*Why students need an alternative to the stressful life surrounding competitive sports.*

*Written by: Will Cozine  
Designed by: Jax Nicoloff*

Competitive sports are not the best fit for everyone. While they offer exhilaration and an experience like no other, they also take a toll on students. There are lots of practices and games that are filled with stress, and while there are plenty of upsides, students often need a break or an alternative. Recreational sports offer the fun of sports minus the competitiveness and stress of competitive sports. While the Lincoln administration does not offer recreational sports, I have played many at other places. These include Portland Parks and Recreation and leagues for specific sports.

Roman Smith, a junior at Lincoln High School, has personally played three rec sports on same team as me: basketball, soccer, and ultimate frisbee. When describing the benefits of rec sports, he talked about how it allows for students to get physical activity while still having enough time for school. “Most students are not going to be playing sports professionally so being able to have a good time while still focusing on getting a quality education is a great thing.” We both enjoy playing all three rec sports because each provides a unique experience. Each have different levels of intensity and are better fits for different people.

# Resources

Need an outlet or a safe space? There are couple lesser-known options that can give you the help you are after.

Written & designed by: Rachael Maloney



## Gina Batliner

Who she is: The school therapist

What she can help you with: Issues regarding grief, family, mental health, unhealthy eating habits and/or disorders, and more

Where and when to find her: Each Tuesday in the IB Center (Counseling Office)

How to schedule a talk: Talk to your school counselor. They can refer you to Western Psychological & Counseling Services, the organization Batliner works for.

A quick tip from Gina: "Get enough sleep and eat right. Students at Lincoln do a lot of negative thinking, and I think being able to do some thought stopping before your mind completely spirals down the 'rabbit hole' is key."



## YOU ME Health (Youth Owning and Understanding Mental and Emotional Health)

What the club does: Creates a safe space through meditation, reflection, community conversations, activities around stress management, and more

When the club meets: During lunch on the last Friday of each month, and occasionally other times as needed for the community.

Where it meets: Room 152 (Dr. Goldhammer Room)

How to join: Pop on into a club meeting, or check out the instagram (username: u.me.health)

Club message: Everything within the club is confidential, and everyone's experiences and ideas are respected

## Hotlines: Reference 'Pocket Directory' (copies in Nurse's office) for more

For legal information:  
For alcohol and drug treatment:  
To talk immediately (crisis):

Youth Rights & Justice \_\_\_\_\_ 503.232.2540  
Alcohol & Drug Helpline \_\_\_\_\_ 1.800.923.HELP  
Suicide Hotline \_\_\_\_\_ 1.8000.273.TALK  
Or text "Teen" to \_\_\_\_\_ 839863  
Sexual Assault Resource Center \_\_\_\_\_ 503.640.5311

# STRESS QUIZ

### Instructions:

Rate the statements below using our key to find out if your ways for handling stress are helping or hurting your long-term health. Be sure to tally your points for each category to find out where you fall on our scale and discover tips for helping you cope in positive ways!

### Key:

- 0 - I never do that!
- 1 - Eh, sometimes...
- 2 - Yep, thats me!

## When I'm Stressed About:

### School

- I cram study. Who needs sleep when there is work to do? \_\_\_\_
- I pretend my homework doesn't exist (homework is a myth). \_\_\_\_
- I study instead of eating, or eat instead of studying. It's a love/hate relationship with comfort food. \_\_\_\_

Added score \_\_\_\_

### Family

- I isolate myself in my room. Tis' my nest, safe haven, refuge. \_\_\_\_
- I stay out of the house. There is no need to hang around that kind of environment. \_\_\_\_
- I become irritable and argue with family members. I would like to talk things out, but just can't do it right now without yelling. \_\_\_\_

Added score \_\_\_\_

### Social Life

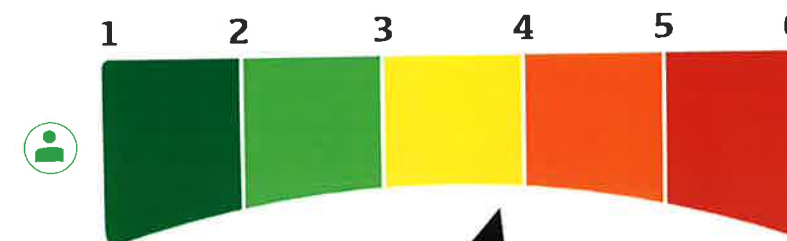
- I lash out at friends. I don't mean to be rude, but please do not test me right now. \_\_\_\_
- I turn to alcohol or other drugs. This may be by myself or at a party. \_\_\_\_
- I withdraw from people close to me. I love my friends, but need some (or a lot) of space. \_\_\_\_

Added score \_\_\_\_

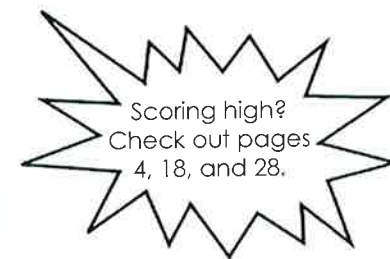
### Outside Commitments

- I don't do activities outside of school. Who has time for extracurriculars? \_\_\_\_
- I consistently avoid the task (skip practice, work, ect.) \_\_\_\_
- I over-immense myself in the task (ie: spend extra hours weight training, even if I am sore; pick up extra hours at work, even though I know I need time to relax). \_\_\_\_

Added score \_\_\_\_



STRESS -O- METER



# TECH + STRESS

Written by: Jax Nicoloff  
Designed by: Nico Steeves

Today, the conversation around technology is littered with studies saying that it contributes to increased stress and anxiety. But, let's face it: smartphones, tablets, and computers aren't going anywhere in today's world. So, how do we turn these devices that we can't live without into something that helps us live better? Here are some ways tech can actually lower stress.

# SOOTHING SOUNDS

Studies show that music can have great effects on your mood. Listening to a slow and calm song can help relax your muscles and your mind. An upbeat one can lead to a more optimistic vibe. Check out some of the playlists made by the Beyond the Flock team for music ideas.

## Staying Organized

Missing an important homework deadline or forgetting about an upcoming test can lead to serious anxiety, so it's important to organize your life in a reliable way. With the ability to set reminders, assignments. Both smartphone apps allow you to write something down and not have to always remember on your own. This clears your head and allows you to focus on other things in life. The basic calendar app on all devices can do just this, but some apps go further.

## Sleeping Well

The effect sleep has on your sense of well being is more than well proven. Further explanation on sleep's importance can be found on page 22 of this issue of Beyond the Flock. With smartphones you can not only set more customizable alarms than with a standard alarm clock, but you can also track your sleep, providing numerous benefits. Apps like SleepCycle use your phone's microphone to wake you up during your lightest sleep within a scheduled time frame, allowing the easiest possible start to your day. You can also look at your sleeping pattern to understand how you can get a better night's rest. Another leading app, Pzizz, allows you to choose between between zen, nap, and sleep, giving you a specific guided meditation for whatever type of sleep you're feeling.

## Feeling Fit

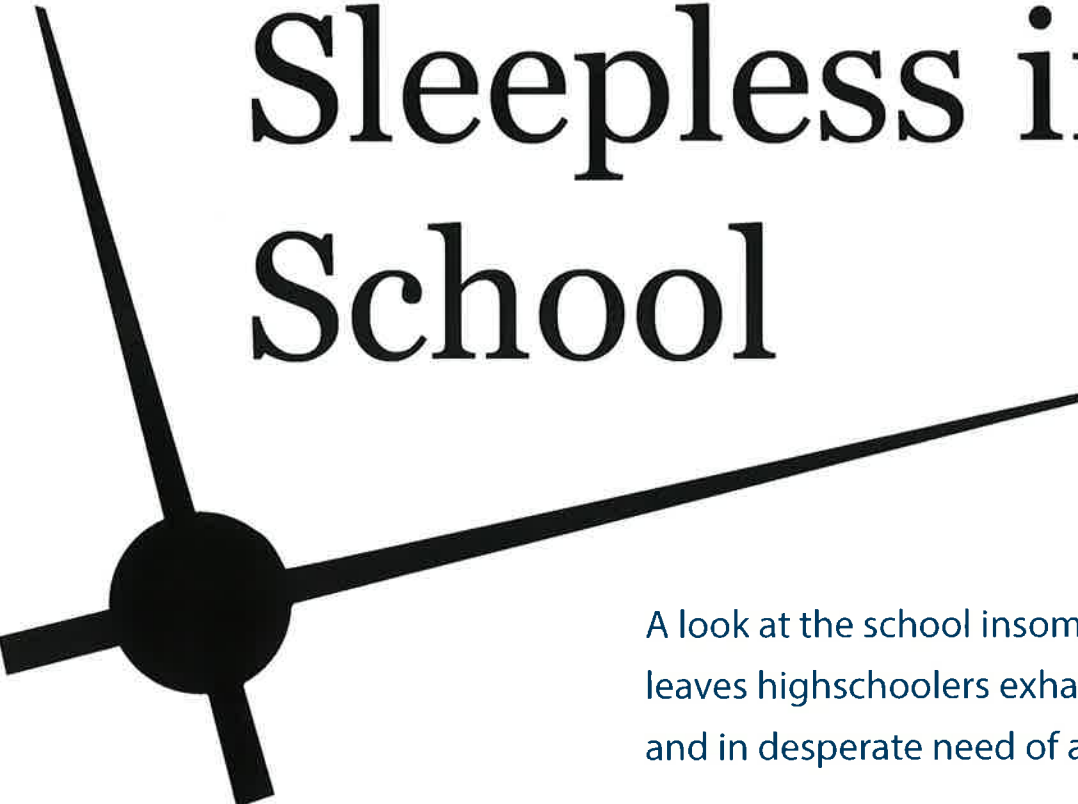
Exercise is a proven stress reducer. It releases endorphins in your brain, making you happier, while increasing self-confidence and decreasing anxiety. Health and fitness apps make it easier for those who lack structure and organization to physical activity. Top rated fitness app, Sworkit, allows you to choose how long your workout is, shows you how to do it, and will remind you when it's time to get fit. Feeling mentally fit is just as important, so see page 28 in this issue of Beyond the Flock for tips and tricks on how to relax your mind.



## 10 of the Most De-stressing Songs According to Science

1. "Weightless," by Marconi Union
2. "Electra," by Airstream
3. "Mellomaniac (Chill Out Mix)," by DJ Shah
4. "Watermark," by Enya
5. "Strawberry Swing," by Coldplay
6. "Please Don't Go," by Barcelona
7. "Pure Shores," by All Saints
8. "Someone Like You," by Adele
9. "Canzonetta Sull'aria," by Mozart
10. "We Can Fly," by Rue du Soleil (Café Del Mar)

According to [www.inc.com](http://www.inc.com)



# Sleepless in School

A look at the school insomnia epidemic that leaves highschoolers exhausted and in desperate need of a fix.

Written & designed by: Jax Nicoloff

**H**annah Schuler is a senior at Lincoln High School who deals with clinical insomnia every night. Or, as she understatedly puts it, she doesn't sleep well. On a typical weeknight, she takes sleeping pills that put her to sleep by eleven o'clock so she can sleep until around six. These seven hours of sleep are routinely interrupted by anxious dreams which wake her up two to three times a night. Without medicine, which she can't always take, she wakes up eight to twelve times a night. Thinking back to when she first started dealing with insomnia, Hannah says it made it much harder for her to function throughout the day, leaving her frequently "zoning out" during classes and turning down plans with friends.

Studies show that four to five percent of adolescents are medically diagnosed with insomnia like Hannah but almost a quarter of teens suffer from its symptoms, including not being able to fall asleep, waking up throughout the nights, and not feeling rested after sleeping. Insomnia can be caused by a variety of things, from anxiety to biological factors.

High schoolers are incessantly reminded of the importance of sleep for their 'growing bodies' and constantly told to get a good night's sleep by doctors, parents, and teachers. It's true, sleep has been proven to be vital for learning, maintaining a good metabolism, preventing diseases, and driving safely. Not getting enough of it leads to a much greater risk of depression and anxiety. As someone who also deals with anxiety, Hannah says the first thing every doctor asks her at an appointment is if she's sleeping well.

The 'get more sleep' solution isn't working. While it sounds great in theory, it's not totally possible for most high schoolers to simply choose to sleep more. Biologically, adolescents are at a stage where their melatonin levels peak late at night and don't decrease until later in the morning, leaving most unable to fall asleep until around eleven pm and not able to fully wake up very early. A high schooler's sleep cycle is inherently different than that of an adult, so the idea that school teaches kids to adjust to an adult sleep schedule is objectively wrong.

On top of this, high schoolers

are dealing with non-stop school and extracurricular activities. The societal mindset that teenagers should attend prestigious universities by achieving perfect grades in the most difficult courses, all the while engaging in as many outstanding extracurriculars as possible, means very little time to get the necessary sleep they need. This isn't to mention any type of social life on top of this.

With doctors insisting on the importance of sleep, high schools demanding hours of work, and competitive colleges selecting only those with the most activities, something has to give. Typically, it's the sleep that teenagers need the most that's sacrificed. According to Scholastic, 87 percent of U.S. high school students are not getting the recommended 9 to 10 hours of sleep they need. This shouldn't be surprising; to get 10 hours of sleep but still wake up at 7:30am for school means regularly going to bed at 9:30pm, an idea completely laughable to anyone who has ever been a high schooler themselves.

The problem is evidently rooted in the way our education system

is set up. For teenagers, sleeping and school don't jibe. School is primarily responsible for adolescents staying up late and waking up early, leaving students feeling worse and performing less academically. This in turn leads to anxiety and a lack of sleep the next night, and the exhausting cycle continues. A solution is to push back school start times.

Conor Fahey is a full IB junior at Lincoln and is on the JV basketball team. As a freshman, he remembers waking up at 5:00am, typically skipping breakfast, for 6:00am team practices and frequently went to bed at 12:30am after homework and late games. Conor says early practices left him "without the much needed energy to get through the rest of the day", making it harder for him to focus in class. For Conor, a later school start without practices before school would be very beneficial in both his academic and basketball success.

It's not just kids who are advocating for change; in April of 2017, the American Academy of Sleep Medicine published a position statement asserting that schools should start no earlier than 8:30am. On board with this minimum time is the American Academy of Pediatrics and the Center for Disease Control and Prevention. One analysis of 38 studies shows that generally later start

times corresponded to "improved attendance, less tardiness, less falling asleep in class, better grades, and fewer motor vehicle crashes". With evidence, there's no denying teens are harmed by sleep deprivation caused by school.

So, if it's school that's the problem, why doesn't it change? The main argument in response to later start times is that city timetables depend on when schools start, and thus changing that time would mean changing the whole system. However, the proposed shift to start school at 8:30am doesn't need society to change at all. The typical 9-5 workday means public transportation is already set up to allow for a 9:00am school start, and parents could see their students to school with plenty of time to get to work.

The proof is there. School is standing in the way of high schoolers getting the sleep they badly need and deserve. While anxiety and stress among teens continues to grow, it's time to listen to scientific studies and medical expert opinions. The responsibility is on school officials to do their research and make sound policies that give teenagers the right to go through their day awake, alert, and safe. ♦

The societal mindset that teenagers should attend prestigious universities by achieving perfect grades in the most difficult courses, all the while engaging in as many outstanding extracurriculars as possible, means very little time to get the sleep desperately they need.

# How Do I Deal

Everyone has stress. Unfortunately, most people don't know what to do with it.

Written & designed by: Natalie Brauser

**S**tress is present no matter where you look. Sports, families, friends, and especially school all contribute to stress.

With all of this piling on you, it's hard to know what to do to get rid of those nasty feelings stress can create. However good avoiding your problems may feel in the moment, you can't simply cut yourself off from everything that stresses you out.

In fact, stress itself is not bad, but rather the way you *think* about stress can be harmful. Thinking about stress as a negative can take years of your life. With a good mindset, you can change the way stress affects you.

After talking with Lincoln's resident therapist Gina Batliner, we came up with a list of how you should, and should not, cool down your stress levels. ♦

## How to deal with stress:

**Exercise:** Exercising is one of the best ways you can reduce your stress. When you workout, your brain releases endorphines, which act as a natural painkiller to reduce your stress levels and increase your ability to sleep!

**Socialize:** When you talk to or touch other people, your brain releases oxytocin. This is a chemical that raises your mood. All you have to do is give someone a (consensual) hug, and you can drastically change their mood for the better.

**Keep a diary:** Simply recording the events in your day, especially how you feel about what's happened, makes it clear what is making you feel stressed out. While you can't cut out stressors like school work, you can control who your friends are. Often, people are stressed out by situations within their friend groups, and if you map out how often your friends stress you out, you may discover which friends are not healthy for you.

**Sleep:** Sleep is so important! Get eight hours of sleep each night if you can; it improves your memory, mood, and judgement.

**Do something you genuinely like:** This can be seen as a distraction, but instead of doing something you like to simply put off your stress (making it worse), do what you like to calm yourself. This can be anything, but some ideas are: meditating, baking, cleaning, puzzling, drawing, taking a long shower, people watching, or going on a walk.

**Find something you can control:** Usually the things that stress you out are the things you cannot control. For example, this could be a grade you're waiting for on a paper, or whether or not you're going to win your important sport event or competition. Sometimes it helps to start a project for yourself or find something in your life that you have complete control over so you regain a sense of power in your life.

# With Stress?

## How NOT to deal with stress:

**A Lot of Caffeine:** Caffeine and stress both elevate your cortisol levels, and so drinking too much coffee or energy drinks will prolong your elevated cortisol levels, leading to weight gain, moodiness, heart disease, and diabetes.

**Studying too much:** Doing this will BURN YOU OUT! As people, we need breaks from our work. Overstudying leads to excess amounts of stress and tension, which will can to heart disease.

**Watching TV, playing video games:** Watching screens can psychologically stress you out. You see a dramatic or dangerous situation on the screen, and your brain reacts the same as it would using the fight or flight response. Screen time usage also correlates with high blood pressure and increased food intake.

**Procrastinating:** This is just putting off your stress load! Procrastination is never an answer. Everything will just build up, leading to an epic stress out of major proportions down the road!

**Eating:** Many people consider themselves "stress eaters". You only want to eat when you're stressed because the hormones released in your brain push you to want sugary foods and to overeat. Usually this is insatiable hunger, so you'll just eat until you are sick.

**Skipping Class:** This is never a good idea. Your teachers know when you're skipping class- and your teachers talk to each other! If they see you in Starbucks and they know you're supposed to be in their teacher friend's class, they will rat you out! Granted, most of the time you skip class because you aren't ready to turn in work or take a test. However you must remember that by skipping, your work load will pile up and it will get even harder to catch up.





# Walk Portland

## The 4T Trail

Written, designed, & photographed by: Tavia Kittredge



**A** grand adventure awaits you less than a block from Lincoln High School's doors. It will take you from the lowest point in Portland (and the second lowest subway station in the world), to its highest peak. You will travel between skyscrapers and the river, fly through the sky, and muddy yourself in the wilds above Portland. You will escape from the boring world of school work and seasonal depression to a paradise where birds sing and bikers wave rude gestures at honking cars. Best of all, with your Lincoln Trimet pass, it is absolutely free!

Welcome to the 4T loop, the perfect way to spend an active afternoon exploring Portland with friends. You will sample the city's public transportation from the MAX train by Lincoln, to the waterfront trolley, up OHSU's tram, and through the trails of Forest Park and Council Crest. In its entirety, the 4T takes about four hours and includes about four miles of steep uphill

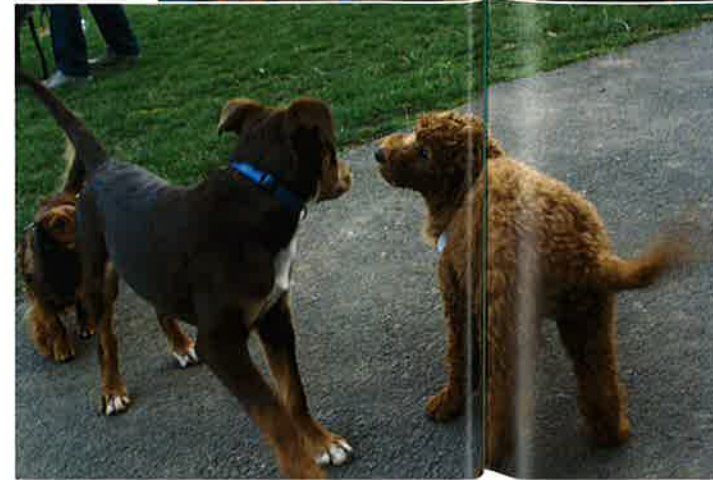
### Train

From Lincoln (to do the loop clockwise and head toward the trolley) catch the East-bound red or blue line MAX train. Stay on for two stops until you reach the Library/SW 9th Ave stop, by 10th and Yamhill.



### Trolley

Catch the trolley behind the old public library at SW 11th & Taylor. Before you start your trip, especially on weekends and holidays, check online to make sure the trolley is running. There is about a block of walking from the train. In order to get all the way to the tram, make sure to board a South-bound green line and ride to SW Moody & Gibbs. The trolley will give you a great view of the waterfront and bridges, so look out!



### Tram

The tram is just across the street from the SW Moody and Gibbs trolley station. With an annual trimet pass from Lincoln, the ride up is free! Board and ride up to OHSU, watching the city shrink below you. Look quickly, because the tram is a surprisingly fast ride.

At OHSU, be sure to use the bathroom. This will be your last chance before what may become hours of hiking. It is also your last chance to refill water bottles.



### Trail

The trails are very steep and muddy, so make sure you are prepared. This part is made up of multiple trails and even short lengths of road. Luckily, it is extremely well marked, but it is also worth printing off a map. Follow signs with the 4T symbol up the road from OHSU, and then up trails to Council Crest. Once you are at Council Crest, stay on the Marquam trail. There are lots of cute dogs in the park near the trail. The trail will take you down along Talbot Road, past the Chevron station and St. Thomas More Church, and down to Sunset Highway. You will have to walk up the highway a few hundred feet (you have plenty of space) and then across an overpass. Follow signs to the Oregon Zoo and Children's Museum.

In the parking lot, you will find the MAX station. Take the elevator down to catch the East-bound train back one stop to Lincoln.

Finally, you will have completed the legendary 4T trail!



# Meditation

Practicing meditation can change how you live and perceive your life

Written & designed by: Zoe Young

## How Is Meditation Beneficial?

- Helps control stress, reduce anxiety, cope with depression and improve cardiovascular health
- Can decrease inflammation in the body
- Boosts skills like memory and self-awareness
- Increases tolerance and patience
- After a few weeks of steady meditation practice one can develop denser brain tissue in areas connected to learning, emotion regulation and memory processing
- Decreases amounts of grey matter in the part of one's brain that is connected to fear and stress.
- Can give one a sense of calmness, peace and balance
- Aids one in gaining a new perspective on stressful situations
- Helps people focus on the present
- Elevates imagination along with creativity
- Can help manage symptoms of asthma, cancer, chronic pain, heart disease, high blood pressure, sleep problems and tension headaches

## THINGS TO REMEMBER

- You can meditate anywhere for how ever long you would like, any amount of time helps increase your future success with meditation
- Practicing this skill is essential in order to reap the benefits

## Key Elements to Meditation

- Silence
- Repeating sounds, words or phrases (mantras)
- Sitting with good posture but comfortable
- Eyes closed
- Breath through your nose, slowly and deeply
- Focus on the repetition
- Can range from as little as 5 minutes up to an hour
- Quiet place free of distractions
- At first, refrain from having distractions around like a tv, radio or cell phones
- Relax your muscles, starting with the feet and progressing up to your face
- Focus attention
- Open attitude
- Relaxed breathing
  - Deep
  - Even paced
  - Use diaphragm
- Slow your breath, take in oxygen, reduce use of shoulder, neck, and upper chest in order to breathe more efficiently

## Apps to Help with Meditation



"Stop, Breathe and Think" is the motto of the Breathe app which seeks to help people meditate in a way that will benefit them personally. The app gives you the option of signing up or just browsing. The very first thing the app asks you is "How Are You?" It goes on to ask you about your physical and mental state. Afterwards it shows you a list of 5 faces, expressing different emotions. You click one and a list of words appears. You pick a few describing your current

feelings. Based on your results the app recommends certain meditations, it displays the goal, what is involved and how long it will take. In addition, it provides the option of seeing more if none of the suggested look appealing. Once you click on your choice, there is more information and then it is time to begin.



Calm is a mindfulness and meditation app. When you first open the app, it has a plain blue page with the words "take a deep breath" across the screen. After passing this page, it has you select your top goals for the day; these being: develop gratitude, increase happiness, build self-esteem, better sleep, improve focus, learn to meditate, reduce stress, and reduce anxiety. You have to sign up for the app, by creating an account with either your email or Facebook. Calm has more

than 100 guided meditations with an entire library of sleep stories and music geared to focus, relaxation and sleep. It is great for beginners learning to meditate and for experienced people who want easy access to different techniques. Another plus about the app is that it duals as a website. As long as you know your account information, you can connect to the app on your phone and computer.



The Insight Timer app has "The largest library of free guided meditations on earth". When you first open it, the app will question you about your experience with meditation and has you create an account. Then it lets you see the profile names of people meditating around you along with how many are using the app to meditate at that moment. There are options ranging from guided meditations, music, popular choices and talks with

professional teachers. Within each you select how much time you are willing to spend on the meditation. You have a choice of bells, durations and ambient sounds along with a variety of languages.

A satirical look at teachers' stress

# Judgement Day

Written by: Will Cozine  
Designed by: Mia Kittredge

The bell to start third period rung and anxiety built inside the young english teacher. He looked pleadingly at his students, thinking about how they never behaved. He just needed them to be good for one day.

A few minutes after class began, the door swung open and the Vice Principal's dark figure loomed in the doorway.

'Oh man, I can't have a rowdy class today, not in front of the vice principal,' the teacher thought, panicked. 'I have to say something to bring order.'

He boomed, "All right, class is starting!" but his voice cracked on the last word and the class exploded in a craze. Little did he know, this was because Timmy had just gotten first place in Fortnite, and no one was paying any attention to his voice crack.

The vice principal took his seat and looked on the class with apparent displeasure. 'Shoot, I forgot to tell my wife to pick up the kids today,' the vice principal thought. 'Ugh, why am I even here? It's not like I'm gonna fire the guy no matter what he does.' Then, he reached in his bag for his notepad so he could begin writing a letter to the District Superintendent about the stupidity of teacher evaluations.

The poor english teacher saw him taking these furious notes and grew more anxious. 'Oh my gosh, he is actually going to end my career' he thought frantically. He changed the lesson plan so the class would have work time for their essays. The less talking he did, the better off he would be.

As the class continued, it got

better. The students were diligently working on their essays, but the VP kept on scribbling. Finally, the teacher came over and asked how class was going.

"Man, I can not stand this," the VP griped. "Wait 'til the people upstairs get a load of this," he added, turning back to his writing.

This did not ease the teacher's anxiety one bit. In his state of panic, he interpreted the VP as saying that he was doing a horrible job and that the upper administration was going to take disciplinary action.

As the vice principal continued his furious scribbling, the young teacher looked around with darting eyes. He was seriously considering running out of the classroom and never coming back. He was going to be the laughingstock of the school. He could never attend any staff meetings if the vice principal was there too. He needed to buy some time so he could devise a plan. There was only one logical course of action.

Two days later, the students filed into class but the teacher was nowhere to be found. Class started and the ominous phrase rung throughout the class: "If he doesn't show up in 15 minutes, we can all leave." Ten minutes went by and the students grew restless, but then an odd looking man walked through the door.

"I'm Mr. Jamison and I'll be your sub today. Your teacher is out... with an emergency." The students hadn't caught on yet, but this Jamison guy was actually their teacher... just with glasses and a mustache. ♦

His voice cracked on the last word and it set the class alight.

## The Normal Ones

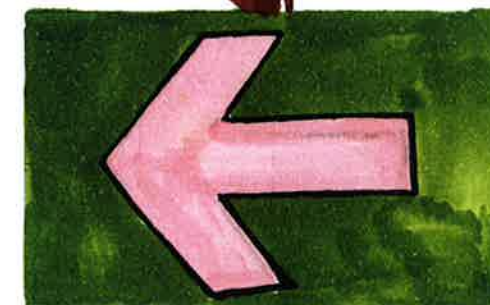
Written by: Tavie Kittredge  
Art by: Anna Belding

We are the teens who live in fluorescent textbooks  
In the four-year marathon of 4.0s  
When every assignment is another chance to lose  
Under the panopticon of college admissions  
Where every club, every plastic smile,  
Every choice proves we might be good enough

We are the friends that replace 'Hello'  
With 'I want to kill myself'  
Who eat \$1.25 chocolate muffins for lunch  
Squatted on linoleum stained with coffee  
Cramming for another test  
And who never have time to hang out  
Because volunteering can go on a resume  
And friendship can't

We are the students that schedule panic attacks for the weekend  
Who pant trudging up stairs,  
Living with sleep deprivation like a weather event  
That lasts from September till June

We are the future



AMB  
2K18



 @BEYONDTHEFLOCK