

# THE TIGER PEN

Volume III | Issue III



# Depression and Mental Health

## How to Deal with Depression:

There are many ways to overcome depression but here are some medical procedures to overcome depression.

### **Cognitive Behavioral Therapy (CBT)**

Changes the way people think and behave.

### **Antidepressant Medication**

It's a pill that balances chemicals in the brain that control your emotions.

### **Electro-Convulsive Therapy (ECT)**

A procedure, done under general anesthesia, in which small electric currents are passed through the brain, intentionally triggering a brief seizure. Ect seems to cause changes in brain chemistry that quickly reverse symptoms of depression.

## What is depression

**Depression:** Feelings of severe despondency and dejection.

Depression is a common and serious disorder. Depression causes severe symptoms that affect how you feel, think, sleep, eat, and work.

To be diagnosed with depression, these symptoms must be present for a minimum of 2 weeks.



Depression affects us all in many ways and the way we deal with it is different from one another but the best way to deal with depression is to do what you love whether it be listening to music or drawing pictures.

**Psychotic Depression:** When a person has depression plus some form of psychosis, such as delusions, and hallucinations.

**Bipolar Disorder:** Someone who experiences episodes of extremely low moods, and experiences extremely high euphoric or irritable moods also called "mania" or a less severe form called "hypo-mania."



## **People Who Suffer from Depression**

There are so many people with depression and in fact I am a person who suffers from depression. It all started from when I was a small child. I was sexually assaulted by a man who didn't care what he did to me. I had went to a counselor but it never helped. I always doubted my self saying that I should have fought back and that's why I didn't say something. I started thinking of harming my self. I was always sad and always thought of death and how nobody would care if I was dead. I started harming myself and putting my self in scenarios that could kill me or injure me really badly. Life didn't look that well for me as a kid. Then I started middle school and it never got better. In fact, it got worse. I was always getting picked on about my weight and how I looked. I was one of those kids who wasn't loved only hated. All middle school years I was depressed always doubting how smart, fat, and how ugly I looked. My freshman year of high school was the year I stopped being so depressed because I learned that life was too short to live in depression. I had to live my life to the fullest because if I didn't I would regret it when I died. It was hard not to think about my depression but I had to fight it and I fought it by doing what I loved and that was cooking.

In order for you to get over your depression you have to realize that your not going to reach your dream goal in life by living in depression. You have to pick your self up off of the ground and continue walking your path to your future. This life is too short to let things and people get into your head you have to ignore them even if it hurts you or else your going to live with it for the rest of your life. If your suffering from depression I advise you to go talk to someone because after you do you will feel better physically and mentally.

**If you need someone to talk to please contact these people.**

**Jody@markarmijo.com**

**Mica@markarmijo.com**

**suicide hot-line @1-800-273-8255**

## **A Helpful Guide to Overcoming Depression** by Harrison Ford

Depression. It sucks. Being a teenager is awful. Believe it or not, I was once a teenager. While I was never depressed when I was younger, I have very close relationships with people that suffer from depression. Interacting with them has changed my entire perspective on depression. I used to get frustrated with them because I just could not understand why they were depressed. They have a house, car, money to travel, a good family, and things that I thought they should be grateful for. I knew dozens of other people that had less than them that should be depressed. But that is not how depression works. Depression does not discriminate. Depression will take on, tackle, and bring anyone down. Kevin Love, the NBA star, recent teammate of LeBron James, who just so happened to sign a \$120 million contract over the summer, just opened up about his depression. While a shock to many, I understand where he was coming from. Over the past couple of years, with different projects and assignments in my classes, students have opened up about their depression. However, based on my experiences with students and depression, I don't think many students 1) know how to talk or address their depression, and 2) don't know tools or practices they can do to combat their depression.



## Tips to Fight Depression:

### 1) Small Steps Leads to Large Progress

Depression can be exhausting...literally. Depressed people feel fatigued, often have trouble eating, and are not motivated to move around, exercise, and lack energy. To improve on this, make small changes to move around. Stuck on your bed watching Netflix? Check the mail. Small movements like checking your mail, though seemingly hard to do, may actually lead to larger movements, like going for a short walk. You don't have to go straight from being locked up in your room to an hour gym session. A quick walk to the mailbox will suffice. Small changes can produce large results. Try it.



### 2) Find a (healthy) Outlet

Find a way to express yourself in a way that you feel comfortable with. Some people don't mind opening up and talking to people they feel comfortable with. Some people exercise, go for walks, play with or even get a pet. Some play video games, get lost in dramedy movies. Another good outlet is writing. Writing provides clarity. A lot of people turn to writing to make sense of situations. The same goes for depression. Writing out your thoughts and feelings helps you to think things through.

### 3) Today ≠ Tomorrow

Depression can make you feel like it is never ending and will linger like a bad smell. Try to remember the present does not equal the future. Time does heal and you will get through things, even though it may not seem so.



### 4) Set 'Real' Goals for Yourself

Goals are good to have. Goals can keep us focused and give us something to look forward to. It is good to set goals for ourselves and to constantly set new goals. But the goals have to be 'real.' You cannot set a goal to beat depression by the end of the year. While good to shoot for, this goal may be unattainable. A more realistic goal might be, I will increase the time I spend outside of the house by 15 minutes every two weeks. It is a small goal that will keep you looking forward to things.

### 5) Reward Yourself

Any accomplishment deserves recognition, even if it is by yourself. Did you say good morning to a stranger at the store? Great! By yourself some chocolate. Did you exercise for 30 minutes? Congratulate yourself! All goals are worthy of recognition. Whatever goals you set or anything you do that deserved a high-five, celebrate! Reward yourself. It is OK to be happy.



### 6) Do What You Enjoy

Every once in a while, it is OK to be selfish. When you are feeling down or sad about something, do something that you enjoy. Zone out with some tunes, get down on some Madden, paint the mural, or build that tree house. Whatever makes you happy, enjoy it! Do things that make you happy to get you out of that funk.

### 7) Soak in Gratitude

Whether you think so or not, you do have a lot to be grateful for. A lot of people are not writing grateful lists. What they do is writing a few things every day that they are grateful for. As your lists grows, so too should your happiness. You will see how many things are going well in your life. Believe me, everyone has things to be grateful for. Sometimes you just can't see them clearly.

**yes, i have depression.  
no, that doesn't mean i am ungrateful.**

### 8) Volunteer

Help others. Nothing makes a person feel better (other than getting a fresh haircut or getting a new set of nails (thanks, Isabelle!) than helping others that are in need. Helping in general feels great but when you dedicate time and energy to helping a person or group or committing to a cause that is worthy, like fostering or sheltering animals, can do wonders for you. It just makes you feel great. Find a cause you are passionate about and see how you can help.

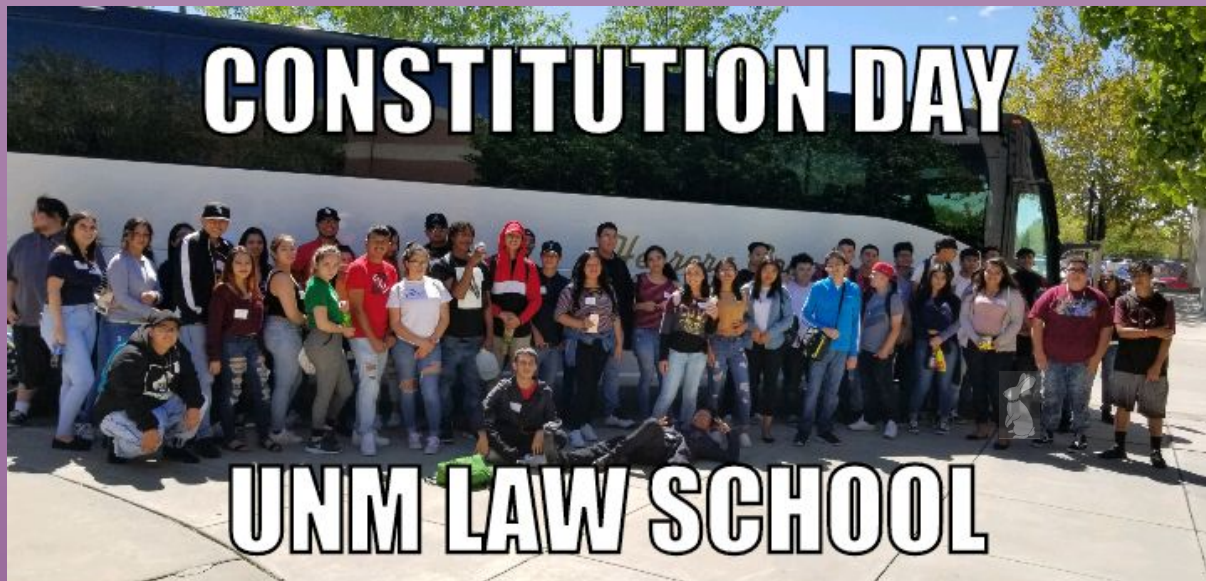




# UNM LAW SCHOOL

On Constitution Day about 45 students, juniors and seniors, attended the UNM Law School. We waited for the bus while Mr. Adkins called roll to make sure all the students were there. Once in the bus we headed towards our destination. When we arrived the staff welcomed us with breakfast and added “we have been expecting you since a while now.” Students were given name tags with a number then got seated in a room. We met the Dean of the Law School and heard a speech by a federal judge. Mr. Adkins was very excited to hear his students answering questions. After we ate, we were divided into groups and were given a tour of the school. Once we got back, there was food waiting for us. The students ate and heard speeches. We were given the chance to play games and buy other snacks. We learned about the Constitution and how it is important to us and how it affects us. The trip was fun and we learned that is is very important to know our rights.

**BY:Miriam Cortez Morales**





# Drip of The Week!

## Young Man



## Lady



# ***The Creepiest Dream that I ever had***

**By: Brenda**

***In honor of it being October and Halloween coming up, I decided to tell you the most creepiest dream that I ever had. Enjoy!***

*One of the creepiest dreams that I ever had was when I was 12 years old and I was in a parking lot at Walmart and it was empty. Then, I see a big, black truck and it speeds at me. I duck under it so I won't get hit. Then the truck stops and I'm hiding under it. I hear someone coming out of the truck and I hear footsteps walking away. I climb out from under the truck, sighing and thinking that I'm now safe from being murdered. All of a sudden, I'm pinned up against the truck and I get my throat slit. After that, I wake up relieved knowing that it is all a dream and that I am safe.*



*Creepy Black Truck*



*Potential Murder Weapon*



*One thing that I learned about that dream is to never go to WalMart after 10 p.m.*



*Sketchy parking lot*



# Do Carrots Really Help Your Vision?



When you eat a carrot, you actually are helping your body take in a light source. A carrot's nutritional kick derives from a "carotenoid," which comes from beta carotene, and the body can convert that into Vitamin A. Vitamin A is very important when it comes to eyesight, it enables opsin proteins to form in "cone cells," and rhodopsin proteins to form in "rod cells." Cone cells process light in the daytime, while rhodopsin does the same except in dim light. A vitamin A deficiency can lead to night blindness, this means you have a difficult time adjusting your vision to low light. So the answer to the question "Do carrots really help your vision," is no, carrots do not and cannot improve your vision, but it can help maintain healthy vision.

# Does Activated Charcoal Really Whiten Your Teeth?

Using activated charcoal on your teeth is seen all over the internet as a trend, and you can buy the stuff basically anywhere, but is it "healthy" for your teeth? It may help absorb discolorations on your tooth enamel, and has been anecdotally seen to whiten teeth. Activated charcoal is known as 'some of the most absorbent material on the planet,' and some hospitals are known to keep the stuff on hand in case someone comes in with a poisoning or an overdose, and it will absorb it safely from the body. It will soak up bacteria, toxins, and stains from your teeth, but the long-term internal effect may cause harm or damage to one's teeth. The product is concerning because the abrasiveness isn't known, but instead of whitening your teeth it can actually make your teeth appear more yellow because of its abrasive matter.



By : Isabelle Romo



# Balloon Fiesta

By: Lily Angel

## Events in the Balloon

Going to the Balloon Fiesta is pretty fun especially because the Balloon Fiesta is one of the most biggest events that we have. There is food and lots of events to be in. Did you know that the Balloon Fiesta is the most photographed event in the world? Well now you know. There are all sorts of balloons that are made to represent something, to promote a brand or simply just for show. Aside from that they're made with different shapes and sizes for the people to enjoy. Also, if you like specific balloons, you can ask for their cards in which it includes the history behind it, the design and/or the measurements and information about them. Aside from that, you can also go to the Balloon museum in which it can provide more information about the history of the balloon fiesta and their first balloon's development. It explains the process on how balloons used to be made.



## Facts about the Balloon Fiesta

The Balloon Fiesta started in April 8, 1972. At that time there were only 13 balloons. Nowadays, there are hundreds of balloons and thousands of pilots. Also, there are other events held there and today there are all kinds of shops in which you can buy many things such as souvenirs for people who come from different places, clothes in case you want to give them to someone as a souvenir, hats, jackets, accessories, food and more. Besides all the excitement there are a few other things you must know such as how to be prepared and what you should take with you.

## How to be prepared for the event

Going there and looking at the balloons is fun and all, but you should also learn on how to be prepared for the event. You should first start off on what you'll need to take. First of all you have to wear lots of layers of clothes. When you are arriving it gets really cold and wearing plenty of clothes helps a lot. Another thing you should take are snacks or warm drinks. Since it gets cold you often want to keep your body warm and therefore if you bring warm drinks or food; that will help a lot. You should bring some money (of course) because if there is something that you are interested in (such as souvenirs) you can buy them. Finally, should also bring some towels and/or blankets to put on the grass if you want to sit down because there are hardly any places to sit down. These are the basics to what you should bring to the balloon fiesta.

Continued on page 10....

## This year's Balloon Fiesta

This year's Balloon Fiesta is starting October 6 and ends October 14. Usually before sunrise, a few balloons will launch off in order to check on the weather to see if the rest of the balloons can fly. This part usually takes place before or around 6:00 a.m. After that, there is an event held up called the Morning Glow. The Morning Glow is when a certain number of balloons line up and use their propane burners to do synchronized burns. These balloons are then launched along with the rest of the balloons. After that, there is the Mass Ascension in which its when all or most of the balloons launch into the air after they sing the national anthem. This usually occurs at 7:00 a.m. At the end of the Ascension, there are other events that hold such as music, balloons races, light shows and more.



## Accidents about the Balloon Fiesta

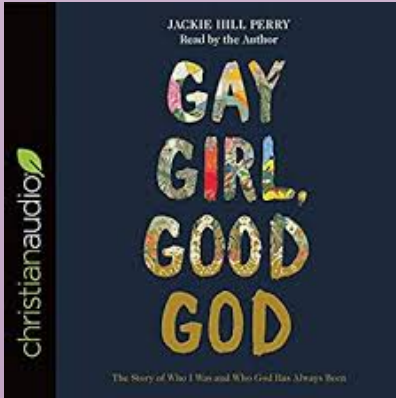
Although the Balloon Fiesta is a really fun place to go to and enjoy, there may also be accidents such as the balloons crashing down or running into electricity poles (and the wires) or even burning up due to the propane burners. In the year 2004, the Smokey Bear Balloon Crashed on the radio tower. The balloon was remade, but they haven't launched it yet.





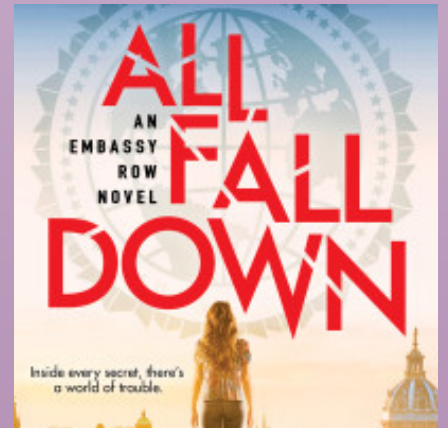
# Good Books To Read

By: Rayne



*Gay Girl, Good God* is a book written by Jackie Hill Perry. She wrote the book describing her personal story about being confused with her sexuality. She wanted to write this so that way people could relate to what she went through. So if they were confused with their sexuality that they could put themselves in Jackie's shoes. I love this book because she let the world in on something that most people don't approve of and she knew she would receive hate but she wanted everyone to know how they feel is okay.

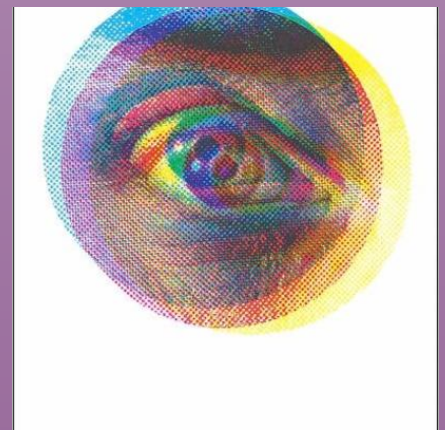
The *Embassy Row* Series is a few books written by Ally Carter. These books are about a sixteen year old girl who's mother was murdered and she is trying to figure out who did it. She finds out that there is no record about her mothers death. In the end, she figures out that she was the person who killed her when she died in a "fire." I like these books because it's dramatic and suspenseful.



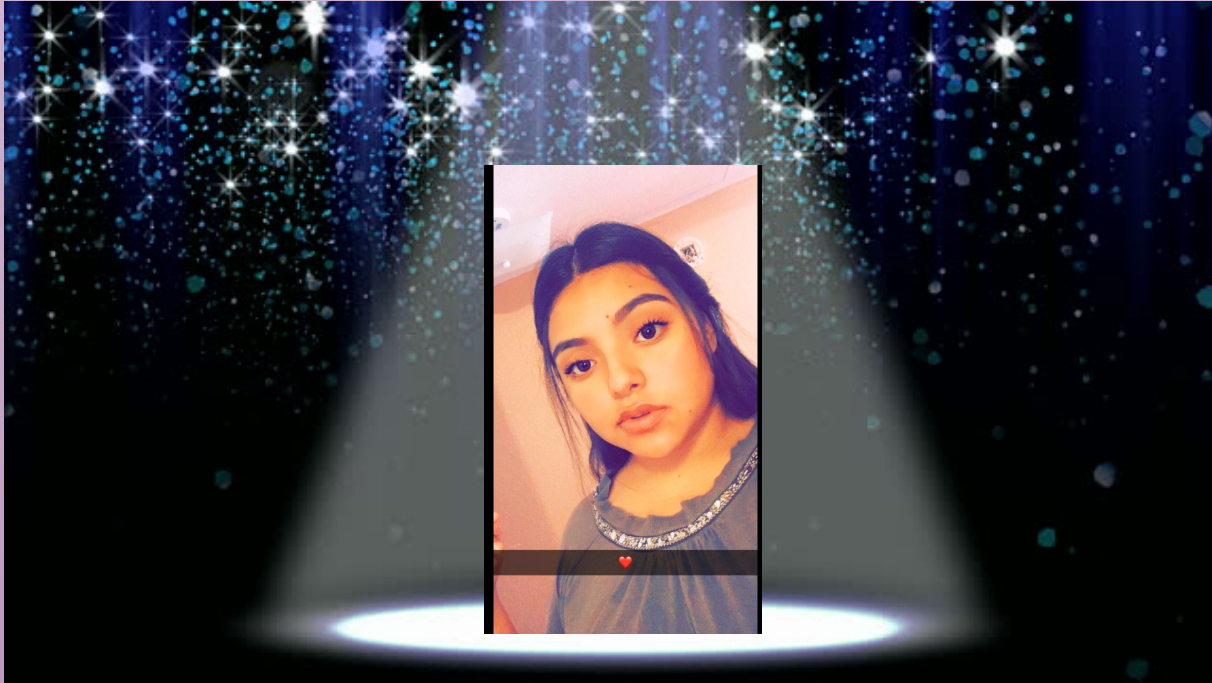
*Bruises* is a book written by Desiree Bissonnette. It's about a girl named Sara Hale who struggled with depression and bullying who ended up ending her life. Ali Parker, the girl who bullied her used to be her best friend so it hit her hard. She started noticing every cut and every bruise on other people and they usually were ones she made. Physical and mental bruises. Ali began to realize that she had an important role in Sara's death. I like this book because Ali realized her mistake and she tried making it better with everyone else before it was too late.



*1984* is a book written by George Orwell about being watched. There is something in the world that everyone called "Big Brother." If the police wanted to know something you didn't want to tell them, they had the power to read your mind. The main character Winston wants to stop the government from having so much power. Winston and his forbidden lover Julia set off to try and destroy the powers the police and Big Brother had. I like this book because it involves the future and people overpowering their government.



# Tiger Spotlight



Q. What is your favorite color?

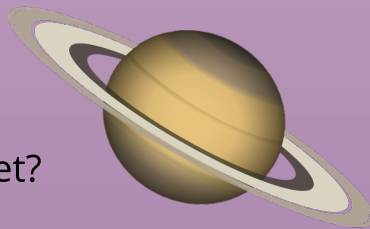
A. Maroon.

Q. Paper or plastic?

A. Plastic.

Q. What is your favorite planet?

A. Saturn.



Q. If you could travel to one last place where would it be?

A. Bogotá, Colombia

Q. Hot or cold?

A. Cold

Q. Are you a Trump supporter?

A. Absolute silence....NO!

Q. What's something we should know about you?

A. "I'm a very straightforward person."

Q. If you had a last meal what would it be?

A. Enchiladas verdes, Horchata with a side of carne asada fries.





# **Legacy Church**

## **By: Crystal Mancilla**

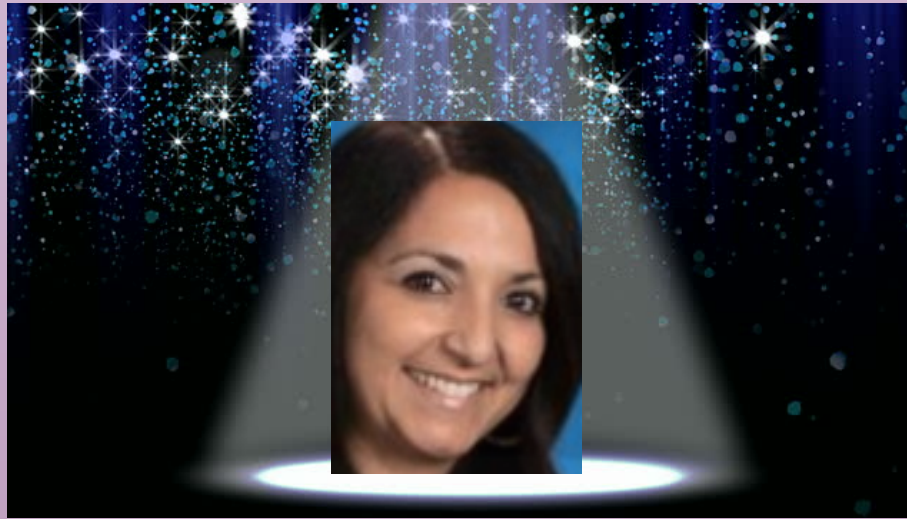
About a year ago we had the privilege of receiving food and snacks from Legacy Church. About 50 snack packs each week for our school and student. Our school was luckily selected to donate boxes full of snacks for staff and mainly for students. We want to show how much we appreciate all the free food that is given to us!!!!

I asked some of the students and staff opinions about the snacks. There responses were the following;

- "They're good and I think that having the snacks helps students in need." -Jesus
- "We are lucky to have these snacks because when we are hungry, we can reach for a snack in class." - Alexa
- "Our school is thankful for all the help we receive." - Evelyn
- "They're pretty bomb." - Shirece
- "I love them I think it helps a lot of people. People look forward to it and that's amazing!!." - Mr. T
- "Full belly is happy belly and fuel is the fuel your brain runs of, they're great snacks!'" - Mr. Garcia
- They're are a good idea students have their head on straight !!" - Mrs. Chavez
- "I like it, they're good when you have food in your stomach you are more engaged to your work." - Mr. Adkins

# Tiger Spotlight

The only time many of you may have interacted with her, it was for a bad reason. Either for handing down a punishment or consequence for a referral or handing down a suspension. Maybe, she took your phone from you after arriving late to school. Bernadette Fietze is much more than that. Part of her job is dealing with students and issues at the school. It is not her fault but is just something she has to do; it is her job. Because of her job duties, many students interaction with Mrs. Fietze have been negative. But for the students that have not interacted with her for troubling issues, they know how funny she can be and how supportive she is.



The Tiger Spotlight is designed to get to know students and staff at the school on a personal level. A level different from the teacher-student or principal-student relationships. Everyone knows Mrs. Fietze and has interacted with her but many don't *know* her. Below is a brief interview with Mrs. Fietze, covering a wide array of question so you, the reader, can get to know her just a little bit.

Hope you enjoy!

## What is something about you that most people do not know?

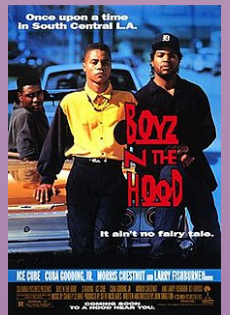
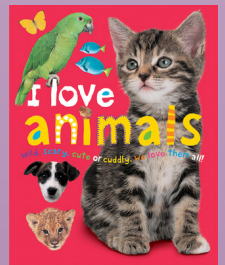
I can do voice impersonations. I love animals. I would rescue an animal over any human. I am afraid of birds. I did pet a chicken this weekend.

## What is one (PG rated) mistake you have made?

Ditching in high school (at Sandia). I was a really good student; super afraid of my dad.

## What are your favorite movies of all time?

The Break Up, La Bamba, Boyz in the Hood, Steel Magnolias, The Devil Wears Prada.



## What is the first concert you ever attended?

Stevie b with Keith Sweat, and Bell Biv Devoe. MC Hammer may have been there too because I had parachute pants. It was at Tingley.

## You are going to be executed and are allowed one last meal. You get an appetizer, entre, dessert, and drink. What are you having?

Appetizer: Bob's green chile cheese fries. Entre: anything breakfast. Dessert: strawberry cheesecake. Drink: Dr. Pepper, easy ice.

## What is your most memorable experience as a teacher (Mrs. Fietze used to be an elementary school teacher)?

The mom of a second grader I used to have, I just got an email from her that her son (Fietze's former student) still talk about me.

## Are you a red or green chile person?

Depends on what it is for. For breakfast I like red and green for everything else.

## Thoughts on our current [p]resident?

No comment.

## If you could change one thing about the world, what would it be?

The [p]resident.



# **Short Creepypasta stories**

## **Anonymous**

A few hours later I was buried alive, I was thrilled when I heard when I heard someone was digging me out. My joy quickly faded when I realized the sound was coming from under me.

## **Crying isn't going to help**

I pointed the gun at the sick bastard who killed my wife. He sobbed as he feared for what was to come. I pulled the trigger. If only he spoke and tried to reason with me maybe he could have lived. But that was obviously not going to happen. After all, he was born just a few minutes ago.

## **Crybaby**

Late last night I woke up to the sound of someone crying. It was an eerie sound, and surprisingly loud as well. Although I wanted to get up and check it out, I was a bit scared and tired so I ignored it by hiding under the covers. Today at breakfast I told my roommate about it. "That was me." She replied with a tone of fear in her voice. What a relief, I thought. "I was crying because I saw a...a...thing watching you while you were asleep."

## **The Portraits**

Sleep did not come to me easily that night in the cabin in the woods for the portraits on the wall only portrayed the deformed, the decrepit and the damned. Sleep has never come easily to me ever again , for when I had woke I found no portraits, only windows.

## **Seed**

What a fun day at school today. We learned about little seeds and how when you plant them in the ground they grow into something even bigger that's more special and change them into something different. I told mama all about it when I got home, I can't wait to tell her more but she is a little worried right now. She's busy looking for my baby brother Sam but he is okay, He is small too and I can't wait to show her what he changes into.

By Alejandra