

it would be ?



hers are more helpful
in middle school and the
work is more spread out.
ad of having five or six
s in one night it's one or
ours every night."

—Kendall Stowell

Scholastic Art Awards

Student artists take honors

HALIE OWENS & MICHAEL MCNINCH

At the recent Scholastic Art Competition 13 students won honors and three artists, Chloe Coates, senior, (painting), Emma Kennard, freshman, (two drawings), and Jordan LeVeque, senior, (drawing), won gold keys.

"The Scholastic Art Awards event is a nationally recognized program that honors excellence in the visual arts," Lynn Pass, art teacher, said.

Silver key winners included: Julia Tatiyatirong, sophomore, (fashion and mixed media), and Jeffrey Schafer, senior, (glass).

Honorable mention winners included: Avery Breyne-Cartwright, senior, (photo), Maxwell Gerber, senior (design), Sam Ihrig, senior, (painting), Samantha Neverick, sophomore, (painting), Kristina Reeves, senior, (painting), Dana Rost, freshman, (drawing), and Taylor White, junior, (mixed media).

Artworks that received golds advance to the National competition

in New York. Scholarships and national recognition will be presented to the artists with winning artworks.

"Work that was submitted was mostly non-assignment work, so students could show all of their artistic potential," Diane Gauthier, art teacher, said. "Although some were assignments, they were still beautiful and some were even awarded."

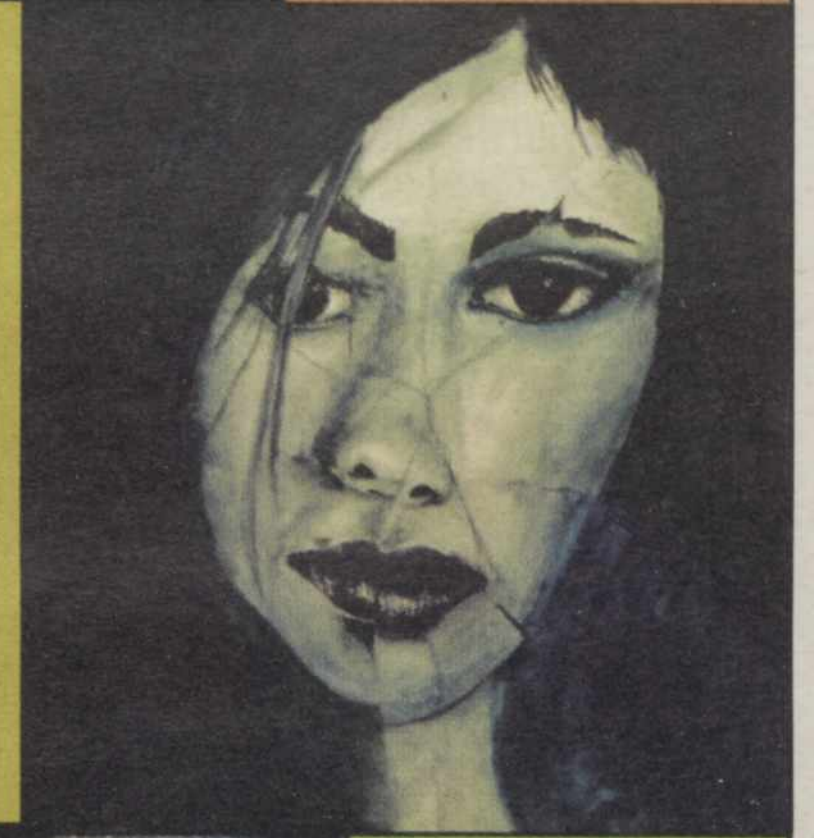
On Jan. 14, a crowded award ceremony was held at Pacific Northwest College of Art. The gold key pieces were on display, with art present ranging from paintings and drawings to pottery and even word font types. Honorable Mention and silver key pieces were featured on a slide show. During a lengthy ceremony, the gold key winning artists introduced themselves and scholarships were awarded.

"Everyone that participated put in a lot of effort and came out with beautiful art work. Even people who didn't win awards created fantastic pieces," Gauthier said.



Emma Kennard,
Drawing,
Mirogkor

Chloe Coates,
Painting,
Blue Girl



I'm not bipolar, I'm just moody

Bipolar disorder often misunderstood

GRACIE WALL

For people with Bipolar disorder the ride never ends. It is a constant struggle to hang on to the safety bar of an emotional roller coaster. Whether it takes a bipolar person's mood to an extreme high, an extreme low or anywhere in between, the life of a person with Bipolar disorder is a wild and scary ride.

Bipolar jokes circulate around the school, along the lines of, "You are acting so bipolar" to describe someone having mood fluctuations. But Bipolar is a complex genetic disorder affecting the neurotransmitters in the brain. Neurotransmitters are the connectors between one brain cell and the next that allow the brain cells to communicate and regulate mood levels.

Bipolar disorder causes the neurotransmitters to malfunction, leading to extreme highs and extreme lows in mood. The highs are called "manic episodes" and the lows are called "depressive episodes." A person with Bipolar disorder can experience extreme highs and extreme lows.

"People need to become aware that everyone is different and that

strengths and weaknesses," Mike Miller, school psychologist, said. For people with Bipolar disorder an understanding family and friends and proper medication are key.

The jokes about this condition are not only inaccurate but are hurtful to people who have been diagnosed with Bipolar disorder. When this happens the person who is Bipolar has a choice between staying quiet or speaking out.

"The jokes about this condition are not only inaccurate but are hurtful to people who have been diagnosed with Bipolar disorder."

Ben Stiller, comedian and actor, is a living example that a person with Bipolar disorder can be successful in the world. Artist Vincent Van Gogh was also diagnosed as having Bipolar disorder.

Like with everything in life, Bipolar Disorder has its blessings and curses. My memories consist of mostly the curses. For example the hospital visit. Nine days of

what felt
like

torture. I could never go outside and had to submit to blood tests every day. I could not see my siblings the whole time. The cameras in the rooms, the doors that could not be locked and the horrible food were all a part of my experience.

Although people with Bipolar disorder can sometimes feel that their lives are hopeless, there still is hope. Because of the advances in medicine, people with Bipolar disorder can live with more regulated moods. Although effective, the medicine can be expensive, especially for those without prescription drug insurance.

The struggles of people with Bipolar disorder are many, and that's no joke.

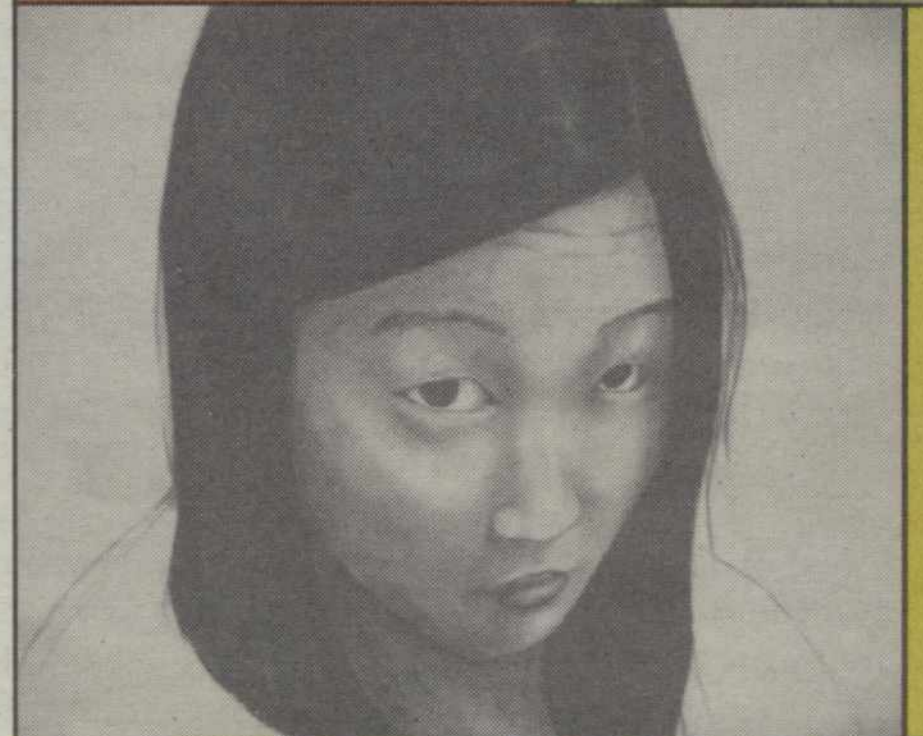


Avery Breyne-Cartwright
Photography,
She's a Star

Jordan LeVeque,
Mixed Media,
Boy



Dana Rost,
Drawing,
Self Portrait



Taylor White,
Mixed Media,
Blue Splash

