

ADD and ADHD

***The Life Of A Person With ADD and ADHD**

Nicole Pentycofe, Senior

Do you have ADD or ADHD? Environment, diet, and medication can effect ADD/ADHD.

Boys are three times as likely to have ADD/ADHD as girls. Some people with ADD can hold very useful information, and this is what helps them to have better jobs than other people with ADD/ADHD. Parents who want to help their child manage this disorder, need to speak with the child's teachers, and the parents, the child, and the teachers have to work together. This can make the disorder more bearable, which makes things easier for the child, parents, and the teachers.

The Elimination diet can lessen the effects of the disorder. People with ADD/ADHD should try to avoid sweetened foods, like pop, candy, and sugared cereals, which could make the disorder worse. Dairy products should also be avoided for the same reason. What you should eat is meat, vegetables, fresh fruits and cereals.

There are also medicines that you can use to try to cure some of the symptoms for ADD/ADHD. When kids have to take medication, it's like wearing glasses to them. Kids don't like it. However, medication helps reduce hyperactivity in ADHD kids. Anti-depressants are also prescribed for ADD/ADHD. There are also stimulant medications that correct the chemical imbalance in the brain, which causes this disorder. Unfortunately, the medicine that some people take has many side effects that can be bad. One side effect is excessive sleepiness. The stimulant medication could possibly give you suicidal thoughts, as well.

ADD/ADHD is a real disorder, and I think that people who have it should not be treated any differently. Having this disorder doesn't mean you're dumb at all. ADD/ADHD students must work really hard to overcome the effects of the disorder. They are to be respected and encouraged.



Carpentry In A New Fashion

Brent Thacker, Senior

The world of carpentry has changed a lot over the last 20 years. An analysis of carpentry has shown that many aspects of carpentry have changed in minute ways, while other areas have changed immensely. The most evolved area of carpentry today is tools.

Tools have changed. For example, the old hand drills and electrical saws were all corded, and it made the work area limited due to the lack of a power outlet nearby. The new style hand drills and electrical saws are mostly cordless, and some have laser lights on them. The lasers are used to ensure a more accurate cut. The power behind the new tools is stronger for a better cut. The material used to make the tools has changed also. Tools used to be made of iron material, and now they are made of steel for a stronger, more durable hold.

Carpentry techniques have changed a tiny bit over the years. The greatest change has been the way of framing. The 1980's used a type of framing called balloon framing, not used much now due to the safety precautions. An example of balloon framing is the

Scouting And It's Benefits

David Cheney, Senior

I know many of you feel that Boy Scouts is a joke. And I also know that many of you think it is uncool to be a scout and that it is common place to point and laugh at whomever may be in the program. For those of you who thing the program is a joke, did you ever stop to consider the other side? I doubt it. But just for your benefit, this is what you missed out on.

The scouting program was founded in 1912 with the idea of pushing young men to be the best they can be. When the program first started in 1912, its founder Baden Powell created scouting's seven goals. These seven goals are:

- *Leadership
- *Group Activity
- *Adult Association
- *Recognition
- *Ideals
- *High Adventure
- *Teaching Others



Now I know you're thinking that these goals seem boring. And I would have to agree with you there; however, one goal in particular happens to be well worth the boredom of the other six. This goal is the High Adventure goal.

High Adventure is classified as an activity that tests your body's physical fitness. For my troop, at least, this means experiences, such as rafting down a Class IV rapids course and a fourteen mile climb to the summit of Mount Ampersand. To me this is what scouting is all about, the adventure. In addition to the High Adventure excursions throughout the country, the scouting program also gives you leadership skills that are used in every day life. Plus, scouting offers its members the chance to earn their Eagle rank, which will look better on a college application than any high school sporting award ever could.

With these benefits, you can't lose. Even if all you're looking for is a fun outing with friends, Boy Scouts is able to provide it. So why would you wait? Join the experience today. The program is open to all boys 12-17 and is a great way to meet new people and have new and interesting experiences.

Media's Influence on Teenage Girls

Nichole Campbell, Senior

The media has a big impact on our lives; its biggest impact is on teenage girls. The media negatively affects a female's perception of herself because the media constantly forces her to reevaluate her appearance and her role.

The media first affects a female's appearance of herself. She learns this behavior at an early age. 90% of females ages three to nine have a Barbie doll. Barbie is an unachievable look of a girl. She is surrounded by gorgeous models and stick-looking figures. The look presented to us in advertisements is unrealistic and unachievable. Girls buy into the media's lies and deceits and make us feel insecure because we don't look like what is presented to us. These feelings consist of devaluation, worthlessness, and guilt. The low self-esteem these feelings produce in girls may cause them to do self-destructive behaviors, such as mutilation, depression, and eating disorders.

The media then preys on little girls by placing them in seductive poses and sexual scenes. Girls are often objectified, turned into an object of desires and wants; sexualized, placed in sexual positions; silenced, taking away the thoughts, voices, and opinions of a women; and victimized, allowing girls to be victims of rape, assault, and intimidation. These advertisements send heavy emotions through a girl's head. She feels violated, confused, used, inferior to men, scared, sexualized and good for one need only. The constant bombardment of the media makes these feelings become a reality and causes many effects on a female's perception growing up. It leads girls to sexual conduct at an early age, misconception about their role in sexual relationships, which can lead to violence and rape. A young girl views women participating in sexual scenes and makes them feel it's okay for them to be doing the same thing. They're imitating what they see. Many of the advertisements used also show women as second class citizens compared to men. This could lead a girl to feel that she is not equal to a male and allows men to become dominant and aggressive in relationships. Many of these circumstances can lead to violence and rape. A woman with low self esteem and low self concept of herself is often at a higher risk of being involved in a violent relationship and rape.

The media has all sorts of effects on women that we don't necessarily see. We have allowed advertisements to tell us what's beautiful and what's not. We have been taught what femininity is, the ideal beauty, and what women should strive to be from it. But should we allow the media to influence us as they do?

space between the wall and the outside of the house. These free spaces were good paths for fires. However, in a platform framing technique, each floor level cuts off the free spaces or a pattern of wood throughout the house will prevent the fire from spreading. This is the type of framing that we use today.

In the 1980's carpenters didn't have to have any type of education to become a carpenter. Now you have to have at least a high school education or something that equals to it, like a G.E.D. The greatest change is the possibilities. People who want to be carpenters can go to college, vocational school, go online and/or train with an experienced contractor to gather more information and experience. The more experience you have, the greater your chances are at being an employed carpenter.

It is harder to be a carpenter these days due to the lack of work in the northeast and the tax shifts. However, by 2010, carpentry should be a promising line of work with more jobs and more money.

The Mane Event