

# **Growing Up in the Digital Age**

# —12— MENTAL BENEFITS of EXERCISE



○ **>>EXERCISE WILL MAKE YOU FEEL BETTER!**

Exercising releases endorphins, making you feel happy and positive about yourself. Don't we all want that?

○ **>>OVERALL MOOD BOOSTER!**

Exercising regularly will release tension. This translates into solved problems with depression and stress.

○ **>>CONFIDENCE.**

When you exercise and relieve that tension while taking care of yourself, you can't help but be proud of your accomplishments. You feel like a brand new you, and you know you look good.

○ **>>IT HELPS YOUR BODY TO HAVE A HIGH PAIN TOLERANCE.**

Exercise can make you sore sometimes. At first it might be horrible, but after it happens a few times you learn how to deal with it. This leads to an overall increase in your pain threshold.

○ **>>WORK TO IMPROVE YOUR BRAIN POWER!**

Exercise causes your body to create more brain cells and connections. This means your brain becomes more powerful and has a greater capacity for learning.

○ **>>EXERCISE IMPROVES YOUR CHARACTER.**

Sticking to an exercise routine will help you to develop the qualities of discipline, dedication, and determination.

○ **>>SELF DISCIPLINE.**

It also helps you develop the skills of compliance and adherence. These skills will have a positive effect in all areas of your life.

○ **>>EXERCISE CAN HELP WITH ADDICTION RECOVERY.**

As mentioned before, exercise can help you to develop discipline. Overcoming addictions can become a lot easier when a workout routine is in place.

○ **>>IT ALSO HELPS COMBAT DEPRESSION.**

Depression is caused by a chemical imbalance in the brain. Exercise induces "happy chemicals" to be produced more abundantly.

○ **>>FITNESS REDUCES ANXIETY.**

Using your energy in an effective way helps you to relax better.

○ **>>EVER HEARD OF "RUNNER'S HIGH?"**

That's right! Vigorous exercise can make you feel great.

○ **>>CONCENTRATION.**

Exercise can boost your concentration and mental awareness.

From the Greatest Generation to Baby Boomers, Generation X to Millennials, teenagers in every era have had challenges growing up.

In today's digital world, high school students are being tested in unique and demanding ways.

*The Washington Post* confirms that 73 percent of all American teenagers own their own smartphone and, on average, spend *almost nine hours a day texting, chatting, gaming, blogging, streaming and visiting with friends online.*

Although conclusive research showing a direct correlation between the mental health of teenagers and smartphone usage won't be complete for years, it isn't a great confidence builder for a student to discover online that everyone else seems to have more friends.

In addition, recent figures indicate that more than 31 percent of America's 42 million teenagers are overweight or obese, compared to only five percent in 1980.

According to the 2016 National Survey of Children's Health, Tennessee is ranked the most obese state in the nation with 37.7 percent of all teenagers considered overweight.

Not surprisingly, many psychologists and researchers agree that today's teenagers are more lonely, anxious and depressed than ever before.

As the new school year gets underway and social pressures increase, statistics like these verify how important it is for teenagers to participate in high school sports and other activities such as marching band, choir, speech and debate.

The most recent survey by the National Federation of State High School Associations (NFHS) indicates there are almost eight million participants in high school sports and more than four million in performing arts activities.

Most of these students would agree the primary advantage of playing a sport or participating in an after-school activity is the opportunity to meet new people and develop meaningful friendships.

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An online chat is no substitute for working toward a common goal face-to-face, side-by-side for weeks on end with teammates.”

And positive social relationships are only the beginning. Among other benefits, high school sports are instrumental in helping teenagers establish nutritional and exercise habits that will carry them for a lifetime.

Participating in a sport in high school is a great way to maintain a healthy weight, establish good eating and sleeping habits, discourage the use of alcohol and drugs and develop a greater sense of self-esteem.

Additional benefits of participating in a high school sport or activity are shared by the NFHS on a new website at [NFHS.org](#), where dozens of high school students address this topic in their own words through videos.

A new school year brings with it an opportunity for teenagers to make new friends and establish new lifestyle habits. Encouraging them to make friends on the field of play as well as online is great way to start.

For more information contact [TSSAA.org](http://TSSAA.org)

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# Two minutes of silence across nations sound importance of Holocaust Remembrance March

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Andrzej Duda of Poland”

Sirens wailed for two minutes across continents as millions joined in a moment of silence during the shrill wailing to remember the six million Jews who died during the Holocaust and the world watched as Presidents from several countries stood together in a day of remembrance. Fewer and fewer survivors from the Holocaust are still living making it imperative that nations remember the horror inflicted on Jews during World War II.



The presidents of Israel and Poland joined

thousands of others Thursday for a Holocaust remembrance event at the former Nazi death camps of Auschwitz and Birkenau, hoping to put recent tensions behind them. (file photo – Associated Press)

The presidents of Israel and Poland joined thousands of others Thursday for a Holocaust remembrance event at the former Nazi death camps of Auschwitz and Birkenau, hoping to put recent tensions behind them.

Presidents Reuven Rivlin of Israel and Andrzej Duda of Poland lit candles, bowed their heads and pressed their hands on the Death Wall, a site at Auschwitz where inmates, chiefly Polish resistance fighters, were executed by Nazi German forces during World War II.

In Jerusalem, Israelis stood still for a full two minutes on Thursday for a nationwide moment of silence in remembrance of the 6 million Jewish victims of the Holocaust, as a two-minute siren wailed across the country and the nation paid respects to those systematically killed by Nazi Germany and its collaborators in World War II.

As every year on Holocaust Remembrance Day, buses and cars halted on streets and highways and Israelis stepped out of their vehicles, standing with heads bowed in solemn remembrance, however, there are those who worry that the horror of the Holocaust is fading from the memories of the living as those who directly experienced the genocide.

“Never forget,” has been the rallying cry for seven decades of the Holocaust Remembrance Movement, but a [survey released on Thursday by the Claims Conference](#), found a significant loss of basic knowledge about the Holocaust in the United States, especially in the demographic of Millennials. “Only 51% of Millennials could name one of the 40,000 camps or ghettos that were formed during the Holocaust... even though the

majority of the Americans surveyed believed that something as tragic as the Holocaust could happen again.”

The survey found there are critical gaps both in awareness of basic facts as well as detailed knowledge of the Holocaust, and there is a broad-based consensus that schools must be responsible for providing comprehensive Holocaust education. In addition, a significant majority of American adults believe that fewer people care about the Holocaust today than they used to, and more than half of Americans believe that the Holocaust could happen again.



Pictured: Hungarian Jews on the selection ramp at Auschwitz. Those who were not deemed “fit for work” were immediately sent to the gas chambers. Photo: Yad Vashem, from the Auschwitz Album

**Major findings of the survey include:**

- Seven out of ten Americans (70 percent) say fewer people seem to care about the Holocaust than they used to
- A majority of Americans (58 percent) believe something like the Holocaust could happen again

A task force led by Claims Conference Board was comprised of Holocaust survivors as well as representatives from museums, educational institutions, and leading nonprofits in the field of Holocaust education such as: Yad Vashem, the United States Holocaust Memorial Museum, Claims Conference, American Jewish Committee, the Jewish Agency and George Washington University.

The presidents were led by thousands, including many young Jews from around the world, in the March of the Living, which takes place each year on Israel’s Holocaust Remembrance Day. The solemn march began at the main gate of Auschwitz and ended 3 kilometers (2 miles) away at Birkenau, where Jews from across Europe were transported by train and murdered in gas chambers. The Jews of Europe and ethnic Poles were two of the groups who suffered most during the German wartime occupation, with Jews targeted for total elimination and Poles considered

a slave race. Many Poles were killed, tortured or forced into slave labor. The somber day is also marked by ceremonies and memorials at schools and community centers. Restaurants and cafes in the ordinarily bustling streets of Tel Aviv shutter, and TV and radio stations play Holocaust-themed programs. Dignitaries laid wreaths at Yad Vashem, the national Holocaust Memorial in Jerusalem.

A third of the world's Jews were murdered in the Holocaust. Israel was established afterward in 1948, and hundreds of thousands of survivors fled to the Jewish state. On Wednesday evening, Prime Minister Benjamin Netanyahu spoke at a Holocaust memorial ceremony at Yad Vashem and warned that archenemy Iran should not test Israel amid rising tensions in Syria.

At Birkenau, the leaders paid tribute to the immense suffering that Germany inflicted both on Jews and Poles.

Nazi Germany killed some 1.1 million people in the Auschwitz and Birkenau camps. The victims were mostly Jews, but also included Poles, Roma and Soviet POWs.

"The issue is not that people deny the Holocaust; the issue is just that it is receding from the memory," said Greg Schneider, executive president of the Claims Conference which negotiates restitution for Holocaust victims and their heirs. "People may not know the details themselves, but they still think it is important."

We as a community must continue to say, "never forget." for those we that should never be forgotten.

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# **Mass shootings in public**

# places – are they becoming too common?

The most common memorial seen on the side of a road generally honors a person(s) who have died in a car accident.

However, it becoming all too familiar to see images of memorials beside building, on curbs and yes even lining a street to honor those who have died as a result of gun violence.



A memorial displaying 58 crosses by Greg Zanis stands at the Welcome To Las Vegas Sign on Thursday, October 5, 2017, in Las Vegas at the Route 91 Harvest country music festival this past Sunday.” (Mikayla Whitmore/Las Vegas Sun via AP.

The memorial of 58 crosses, each bearing the name of one victim, lines the street where Las Vegas visitors most often see a sign of welcome. The memorial marks another mass

shooting making this incident the nation's most deadly shooting massacre in recent history.

Across the continent, just weeks before the mass shooting in Las Vegas, Georgia Tech students received text messages warning about a possible dangerous moment on campus.

Students on campus are getting weary of such events and protested the shooting and killing of Georgia Tech student, Scout Shultz. The protest led to more violence and at least one vehicle was set on fire at the protest allegedly by students demonstrating against a shooting.

These types of events leave those who are about to enter the work force, our future high school graduates confused and sometimes even angry.

To protest the violence, many on the Hillsboro Football team knelt during the National Anthem at last Friday's ballgame against Beech High School. Their silent, 2 minute protest was met with a large chorus of boo's and chants by the Beech fans.

Reporting on this issue is difficult, however, the increase in incidents requires an objective and intelligent look at the bigger questions as to why it is more frequent and more deadly.

The Hillsboro Globe seeks to provide our readers with ethical journalism in which to begin open discussions about those events that seek to instill fear in public spaces.

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# 2018 opens averaging a school shooting that leads to injury every three days

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“Our district is in a tremendous state of grief and sorrow,” said Robert Runcie, superintendent of the school district in Parkland, about an hour’s drive north of Miami. “It is a horrible day for us.””

The school shooting Wednesday, February 14, 2018 at Marjory Stonemason Douglas High School marks the country’s [18th school shooting](#) of 2018, just 45 days into the year. It is the 13th shooting that involved multiple injuries, and the 9th that results in at least one death on a school campus.

The Hillsboro Globe mourns for those in every state on every campus at the loss of those who are just as us. Though not a “school shooting” gun violence has taken one of our own, through a stupid mistaken moment that took our classmate, Javonte, in a home invasion.

And just this past Friday, Pearl Cohn High School went on lockdown when an active shooter shot and injured a student on the edge of the school grounds, and but for a few feet, this moment too, would have joined the statistics of 2018 regarding school shootings. The young man shot was just 14 years old.

The editorial desk of the the Hillsboro Globe will be publishing our classmates suggestions, our teachers innovative ideas, our administrations assurances with detail over the upcoming weeks. We will be exploring what the youth of Nashville think are the solutions.

As a staff we agreed to use the following data sources for the

articles we are publishing as these sources were determined to be the least partisan and most consistent sources for comparable data sources.

2003 – 2015

- Analysis of data from the Centers for Disease Control (CDC) and Prevention,
- National Center for Health Statistics.
- Population Reference Bureau
- National Center for Health Statistics
- Multiple Causes of Death Public Use Files for 2003-2015

What we know today as a staff is that the answers to school shootings and violence don't lie with politicians alone. The most comprehensive reforms for school gun violence came after the tragedy at Columbine High School without any national mandates. School systems and local states acted swiftly without waiting for laws to be passed.

Teens are the most informed voices on this issue, and we your newspaper welcome you commentary, suggestions, questions and thoughts. We want to assure our student body, if you present a serious suggestion or have a thoughtful question, we will take it to the appropriate school administrators.

We are the solution.

The Hillsboro Globe Editorial Staff

**Related Stories**



['People just ran': Students fled for lives in fatal school shooting at Marshall Co. High School in Benton, KY](#)



[Georgia Tech students response to the police suicide of fellow student, Scout Schultz](#)



[Charlottesville resident speaks to Hillsboro Globe editor regarding the violence of the weekend](#)

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**15 Lazy Person Secrets to Improving Your Life**

I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it.

Bill Gates

LinkedIn

Are you this lazy? If you are hungry, you think about getting up to eat, but stay seated instead.

- yes
- no
- More than not

Vote

[View Results](#)

⌄ Loading ...

***A person is being lazy if he is able to carry out some activity that he ought to carry out, but is disinclined to do so because of the effort involved. Instead, he or she carries out the activity perfunctorily; or engages in some other, less strenuous or less boring activity; or remains idle. In short, he is being lazy if his motivation to spare himself effort trumps his motivation to do the right or expected thing. – Psychology Today, 10/14/14***

Does the above definition define you? Does moving with as little effort as possible define your mode of operation? Do you find yourself disengaged from life, only going through the motions, remaining as idle as possible. Has anyone ever accused you of being ***unmotivated???***

Procrastinator, idler, or just plain lazy?



invisiblebread.com

While similar, procrastination, being idle and being lazy all have their similarities but they are all different.

## Procrastination

Laziness and procrastination are similar in that they both involve a lack of motivation. But, unlike a lazy person, a procrastinator aspires and intends to complete the task and, moreover, does eventually complete it, albeit at a higher cost to himself. Panic usually is the inspiration for the person to complete the task.

## Idleness



To be idle is: not to be doing anything. This could be because you are lazy, but it could also be because you do not have anything to do or are temporarily unable to do it. Or perhaps you have already done it and are resting or

recuperating.

## Laziness

Many lazy people are not intrinsically lazy, but are lazy because they have not found what they want to do, or because, for one reason or another, they are not doing it. To make matters worse, they can no longer fully grasp a job's purpose or product, and therefore, can't process how a job better their lives. A lazy person fails to grasp the inner gratitude of a job well done.

Other factors that can lead to laziness are unfounded [fear](#) and hopelessness. Some people fear success, or do not have sufficient [self-esteem](#) to feel comfortable with success, and laziness is one way in which they can sabotage themselves.

"It's not that I failed," they tell themselves, "it's that I never tried."

Whether you are a procrastinator, idler or just plain lazy, there are ways to break these habits. There are those who might say that laziness is at epidemic portions in our society today, but what is a person to do if you answer yes to the

quiz questions above?



## **CAN'T SOMEONE ELSE JUST DO IT?**

**If you want to break your own laziness mold – read on. The helpful tips abound.**

1. Put your phone on airplane mode whenever you need to get things done. – “I do it a few hours every day. “It may be tough at first, but eventually it will be kind of relaxing.
2. Get up as soon as the alarm goes off. Don’t just sit in bed doing nothing.
3. If something take less than 5 minutes to do don’t put off. Even if it’s not urgent do it anyways. Make this a habit and you’ll be amazed at how much you end up accomplishing in one day.
4. Do some cleaning on your social media. – Do it maybe a couple times a year. Unfollow people that bring you down. Delete those messages that people send to you that’s rude. Update your info. Its makes me feel so much better.
5. Make your bed every morning. It’s such a quick thing that really helps your room feel instantly tidier.
6. When commercials come on tv do some sit ups to kill the time instead of going on your phone.

7. Study at the library instead of at home.
8. Eat a piece of fruit. Eat a salad. When you are down, doing something good for yourself inspires more good.
9. Smile as often as possible. You don't know when you going leave this earth so smile and be happy as much as you can. If you're speaking with someone and smile genuinely, they usually do so back. It makes people days and even you'll be surprised how important that can be
10. Don't be afraid to ask for help. Whether is something small or big its ok to ask for help sometimes here and there. Like at home, at work, personally, physically whatever, reach out to a friend or a family member
11. Use your nice words: Please, Thank you; May I; Can I help?
12. Face your fears you shouldn't be scared just be honest
13. Believe in yourself that you can do anything you want to do or be.
14. Find your place – if it's a school, work or even at home. Find the best place you can be your self. Keep doing a job, well do the very best you can. That's your best way out.
15. Live with Intensity- You might as well turn it up a notch or two. Invest more of you. Be a little stronger, be a little wiser. Step up!

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**Make            the            switch            to**



material.

**2. Make your own stuff-** This includes food, clothes, and more. By doing this you can cut down the transportation needed to ship food and more.



**3. Change your diet-** Your change in diet doesn't have to be dramatic, but you should eat more natural foods, meatless foods and less processed, packaged foods.

**4. Drive an electrically charged vehicle-** Driving an electric ran vehicle reduces the CO2 emitted in the air. You will also never need gas.

**5. Use Sustainable energy-** By using solar or wind power, you not only save on your energy bill, but you reduce your energy consumption.

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**Imperfect, Flawed and**

# Beautiful – How Social Media Impacts Body Dysmorphic Disorder

YOU ARE  
**IMPERFECT,**  
PERMANENTLY  
& INEVITABLY  
**FLAWED.**  
AND YOU ARE  
**BEAUTIFUL.**

Body Dysmorphic Disorder (BDD) is an illness that affects about 200,000 people in the US each year, mostly making beginning appearances in those that are 12-13 years of age. BDD is incredibly severe, but can be even more dangerous in this day and age, where we have images of “ideal” beauty plastered everywhere.

With the use of social media making access to these types of images easier, sufferers of BDD are having a harder time coping with their illness than ever before. As a sufferer of BDD, I know how hard it is to look past your flaws, especially when unachievable beauty standards seem to be represented in many forms of media.

To give you a background of life with BDD, I’ll first have to explain what exactly it is. The definition that [adaa.org](http://adaa.org) gives is “A body image disorder characterized by persistent and intrusive preoccupations with an imagined or slight defect in one’s appearance.” For people with BDD, it is hard to focus on

anything except the perceived flaw. It becomes an obsession, which then leads to low self esteem, avoidance of other people, work, school, and even major depression and/or suicide attempts.

For me, personally, it would be difficult to look in mirrors, or to even see a reflection of myself at all. When it was at it's worst, I would have breakdowns and anxiety attacks just at the sight of myself. It was hard to not be disgusted with

who I  
am and  
how I  
looked.  
Unfortu  
nately,  
I'm not  
the  
only  
person  
out  
there  
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ed with



this mental illness.

BDD has been recognized since 1980, but was redefined in 1994. BDD has never been ideal for anyone suffering from it, but in this day and age, with media sources at the tip of our fingers, it has become even harder for us to cope. The average woman sees 400-600 ads on a daily basis, many of which have some sort of beauty representation, whether directly or indirectly.

Studies have shown the negative impact that the media can have on the youth, but just think about how strongly it can impact the youth who suffer from BDD. Body dysmorphia is a serious issue that's not getting enough attention in the normal world, and certainly not the world of advertising or entertainment.

You may know somebody with BDD, but aren't aware of it. Interacting with people afflicted with BDD takes patience. They may be persistent about disliking themselves, and that may be frustrating, but you just have to reassure them.

It's hard to not really know what you look like, when you only



see  
yourself  
in a  
distorted  
way.  
It's  
also  
hard  
when you  
feel  
like  
people  
are  
lying to

you all the time about how you look. It's hard to live on a day to day basis when you can't even comfortably look at yourself in a mirror. We need to help acknowledge BDD and the difficulties that come with it, because the more we know about it, the more we can help those afflicted.

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**High school sports is the perfect venue to bring our**

# **communities together**

## **Hillsboro Burros Host Several Home Games This Week**

Several fall sports will be in full swing on the

Burro Campus the week of **Aug. 22-26**

### **The Lady Burros Volleyball Team**

8/22 Cane Ridge – D 4:30

8/24 Antioch – D 4:30

### **The Lady Burros Soccer Team**

8/22 Antioch – D 5:30

8/24 MLk 5:30

### **Football**

Friday night, under the lights of the Burro Dome

Hillsboro hosts Stratford in a MNPS match-up at 7:00 pm



Bob Gardner is the Executive Director of the National Federation of State High School (photo submitted)

Tailgates. Pep rallies. Friday night lights. The new school year is here! And that's exciting news for student-athletes and high school sports fans alike.

Research shows that being a student-athlete is about a lot more than fun and games. It teaches important life lessons, too. In fact, high school athletes not only have higher grade point averages and fewer school absences than non-athletes, they also develop the kind of work habits and self-discipline skills that help them become more responsible and productive community members.

**Attending** high school sporting events teaches important life lessons, too.

Among them, it teaches that we can live in different communities, come from different backgrounds, faiths and cultures, cheer for different teams, and still have a common

bond.

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“At no time is this unity more evident than during a high school athletic event.””

– Bob Gardner and Bernard Childress

That’s why attending the activities hosted by your high school this fall is so important. It’s not only an opportunity to cheer for your hometown team, it is also an opportunity to celebrate our commonality. And that’s something our country needs right now.

The bond we share is mutually supporting the teenagers in our respective communities. We applaud their persistence, tenacity, preparation and hard work, regardless of the color of the uniform they wear.



Bernard Childress,  
Executive Director of  
the Tennessee Secondary  
School Athletic

Association. (photo submitted)

We acknowledge that education-based, high school sports are enhancing their lives, and ours, in ways that few other activities could.

And we agree that, regardless of what side of the field we sit on, attending a high school sporting event is an uplifting, enriching, family-friendly experience for all of us.

Many of the high schools in our state lie at the heart of the communities they serve. They not only are educating our next generation of leaders, they also are a place where we congregate, where people from every corner of town and all walks of life come together as one.

And at no time is this unity more evident than during a high school athletic event.

This is the beginning of a new school year. Opportunities abound in the classroom and outside it. Let's make the most of them by attending as many athletic events at the high school in our community as possible.

Turn on the lights, and let the games begin!

**Bob Gardner is the Executive Director of the National Federation of State High School Associations**

**Bernard Childress, Executive Director of the Tennessee Secondary School Athletic Association.**