



The High School View

The High School View is staffed and prepared entirely by students from the Martha's Vineyard Regional High School, and published on their behalf by The Martha's Vineyard Times, with the generous assistance of the sponsors whose names appear below.

Island investigates growing teen stress

BY EMMA HALL, DANIELLE HOPKINS, EVA WILSON, AND ANNA KEENAN

More students have been referred to therapy and counselling for stress related concerns during last semester than were referred in the entire previous school year, according to high school adjust counselor Amy Lilavois.

Stress among high school students has been on a noticeable rise as a result of students' families, school work, and social lives—a fact confirmed from the results of a recent school survey.

"Struggle isn't a bad thing. But when it starts affecting your daily living it becomes a problem," said Amy.

It's natural to feel stressed, but too much is unhealthy and can have negative consequences. Stress can result in anxiety and depression, issues that are becoming increasingly prevalent on the Island and across the country. Some students turn for relief to drugs when they are stressed as a form of self-medication, a behavior which can actually worsen the problem.

Regional high school guidance counselor Alli Ritts said that about 20 students



Dr. Lisa Machoian speaks about teenage stress during a presentation at the MVRHS Performing Arts Center.

PHOTO BY KRISTINE HOPKINS

a month come to her about stress, half being so overburdened that they can't handle school that day. She thinks the isolation of Island life is a primary cause. She thinks the best way for students to deal with stress is to find coping skills and the confidence to know that they can do their work and live their lives.

Junior and varsity hockey player Megan Hurley said that school was the root of her stress. The pressure to hand in every homework assignment and to earn good grades wasn't the only problem.

Making sure she got to school on time and trying to look nice were also stress factors. Her stress started in tenth grade. She said, "But now, halfway through my junior year, that stress does not even compare. When I just think about college and my future I get stressed."

Music teacher Michael Tinus, father of two teenagers, thinks the most stressful part of school for some students is the process of waiting for college admission decisions.

Freshman Julia Hart said, "The most stressful thing is

trying to reach my parents' expectations of me." The pressure to live up to the expectations of parents and teachers is one of the main causes of stress in teenagers.

Stress does not stop after students graduate from high school. Wheaton College freshman and regional high graduate Charlotte Hall said, "My stress levels have stayed about the same [since I started college], at least in the sense that there's been a constant stream of stress in my life. The mentality of high school makes it impossible

not to be stressed out. High school generates the fear of failing, which makes every grade feel like it's the end."

It's important that students, teachers, and parents learn how to manage stress in order to prevent more serious problems and to encourage a healthy mindset. Luckily, there are a variety of ways to help prevent or relieve stress.

Field hockey coach and gym teacher Lisa Knight recommends exercise, particularly team sports, as a stress reliever. Bonding with teammates can help students feel less socially stressed. However, she has found that some coaches who push athletes too hard to win can make the students feel even more stressed than they need to be. "Being on a sports team can help relieve stress with the right coach and teammates," she said.

This problem is not Island-exclusive. Sophomore Shaina Boyd of Cambridge High School said, "Multiple students at my school, including myself, have ended up at the hospital due to stress and mental-health problems." Some preferred being at the

hospital to attending school, she said.

Dr. Lisa Machoian, an expert in teenage anxiety, stress, and depression, in a series of presentations on the Island last week to students, parents, and teachers, said, "Stress is important and the right amount can motivate adolescents, but too much can overwhelm children and immobilize them." Dr. Machoian said that the three most important things teenagers can do to help themselves cope with stress are to make sure they get enough sleep, eat properly, and exercise regularly.

Ms. Lilavois said, "The key to dealing with stress is finding what works for you. It's coping skills that determine how you handle it." **MSV**

Benefit Concert by Stephen Nixon & Co.

Thursday, March 27 (today)

7PM - \$10
(\$5 for students and seniors)

High School Performing Arts Center

Bowled over at quiz

BY OLIVIA JACOBS

With little notice and no preparation, 17 regional high school students faced off against veteran quiz bowl teams at Harvard University this month. The group, organized by high school teachers Tim Thibodeau, Marylee Carlomagno, and Chris Connors, traveled to Cambridge on March 8 to compete in the Massachusetts Eastern Regional Quiz Bowl Tournament.

Each match consisted of three

rounds. In the first and the third, the teams competed to answer questions first, accumulating points for correct answers and losing them for errors. The second round involved bonus questions, 4 for each team.

"We went 0 for 9," said sophomore Jared Livingston. "We tried our hardest, but the fact of the matter is that the other schools trained for this. Walking into Emerson Hall, we saw teams memorizing lists of composers and going over strategies. We went against teams who had team uniforms with their names

inscribed. Some had even competed in the National Quiz Bowl. Even though we didn't win, I had a blast."

"The other schools were impressive," said freshman Lucy Ulyatt. "But for such short notice and no preparation, we held our own."

"I took an immediate interest in the competition because I participated in quiz bowls in college," said Dr. Thibodeau. "This helped students gain perspective on the brainpower of neighboring schools. We are isolated here, and it was good for them to meet other students on an intellectual level." There are tentative plans to

form a quiz bowl club at the school, starting with a meeting this afternoon.

Dr. Thibodeau said, "This year was the first time the competition took place in Massachusetts, so next year it will be more formal and divided into state regions. Winners will move on to a state-wide competition."

Ten schools advance to the Massachusetts Quiz Bowl Championship at MIT on April 5.

"For not having prepared at all, we did pretty well," said Lucy. "If we spent time preparing for next year's Quiz bowl, we could give some of the leading teams a run for their money." **MSV**



PHOTO BY CHRIS CONNORS

MVRHS ties for first in new engineering challenge

MVRHS junior Maddy Moore works on a can crusher at the first Cape and Islands Engineering Challenge, Thursday, March 20. Students from four high schools competed in the challenge, created by MVRHS chemistry teacher Natalie Munn and sponsored by Cape Light Compact. MVRHS junior Peter Ruimerman was one of three winners who tied for first place.

EDITORS IN CHIEF: Sarah Ortlip-Sommers, Nathaniel Horwitz, G. Galen Mayhew ASSISTANT EDITORS IN CHIEF: Olivia Jacobs, Christopher Aring-Sharkovitz ART EDITOR: Thorpe Karabees PHOTOGRAPHY EDITORS: Willow Wunsch, Kristine Hopkins MASTHEAD ART: Thorpe Karabees FACULTY ADVISER: Dan Sharkovitz

JOHN KEENE EXCAVATION

Monday-Friday, 7:30 am-5 pm Saturday, 8 am-12 Noon
Old Stage Road, across from Takemmy Farm in West Tisbury
508-693-5975 or 508-693-0025

Edu Comp

Computer Sales & Service
Office & Art Supplies & More

4 State Rd., VH • 508 693 0803
educmpmv.com

H.N. Hinckley & Sons, Inc

ACE Hardware

Beach Rd., Vineyard Haven
508-693-0075

Martha's Vineyard SAVINGS BANK

Banking that's Vineyard Sound
508.627.4266
www.mvbank.com

Member FDIC • Member DIF

MARTHA'S VINEYARD MUSEUM

Exploring Island History

59 School St., Edgartown
508-627-4441 www.mvmuseum.org

PRIVATE!

It's between you and us – we promise!

Family Planning of MV
517 State Road, VH • 508-693-1208
friendsoffamilyplanning.org

GEORGE B. BRUSH

Attorney at Law

459 State Road,
West Tisbury
508-693-7733

mv

martha's vineyard insurance

508-693-2800
mvinsurance.com

Vineyard Haven • Edgartown • Oak Bluffs

George A. Santos, Jr. O.D.

Adult & Children Vision Care, Vision Therapy Contact Lenses

638 Main St., Vineyard Haven
508-693-7222