
THE SCARLET AND WHITE

Written by : La Salle High School Newspaper Team

MENTAL HEALTH AT LA SALLE

Written by Ethan Riesenbeck

For those who do not know, September is National Suicide Prevention Month and recently, La Salle students met with Mrs. Overbay and Mr. Schmucker to discuss the importance of mental health within our school. Students were asked to complete a short screener where they answered questions about themselves. Many of the questions asked about personal details like home life and their social life. Other questions asked deeper things such as their use of illegal substances like drugs or alcohol and if they had ever had thoughts of ending their life.

After speaking to a few students (whose names I will not reveal for the sake of privacy) about how they answered the survey, I found that the overwhelming majority were not being completely honest with their answers. In fact, most of them admitted that they were completely lying in order to finish the survey quickly and get back to their other work. I had a feeling that their “other work” was not the driving factor in their answers, so I did a little more digging.

I decided that I would conduct an anonymous survey in which I asked a random pool of twenty students one simple question: If you were to ever experience difficulty with mental

health (depression, anxiety, etc.), would you feel more comfortable reaching out to a teacher or a friend? My results showed that 46% of students felt that they would be more comfortable speaking with a teacher or staff member, while 54% of students felt that they would be more comfortable reaching out to a friend or classmate. I expected the percentages to be much more skewed, but the results still stand to prove my hypothesis: teenagers, especially males, do not feel confident enough to speak up about the internal conflicts they are facing. The fact of the matter is that mental health among males is one of the most overlooked epidemics in our current generation, and we need to figure out a way to fix it.



Now, I could sit here and tell you that the leading causes of depression include family difficulties the loss of a loved one, or shortcomings in school or in relationships. I could also tell you the symptoms of someone experiencing depressive withdrawal include difficulty concentrating in school, rapid weight gain or loss, sudden drop in grades, engagement in promiscuous sexual activity and the use of alcohol or drugs, but I am no psychologist, so I feel that I am in no position to preach on a topic I know very little about. What I do know is that suicide is the twelfth leading cause of death in the United States and that according to 2020 CDC statistics, 45,979 adults died by suicide, and there were an estimated 1.2 million suicide attempts in that same year. Men are also four times more likely to commit suicide than women. Per the CDC, males make up 49% of the population but nearly 80% of suicides.

I believe that the correlation between males and depression can be accounted for by the fact that males are much less likely to talk about their feelings than females. Instead of reaching out, males are told to “suck it up and be a man,” which creates a negative environment where males no longer feel comfortable speaking up out of fear of being judged or ridiculed for not being “strong” enough to handle their problems on their own. They continue to bottle up their emotions until they lose control of themselves and put themselves at risk of harm. What people need to realize is that it is okay to not be okay and that there are always people to talk to.

Depression is similar to cancer in the fact that both grow and fester uncontrollably if not treated. The only difference is that depression can be treated at any point in the process before it turns into suicide. La Salle has an incredibly strong support system in terms of having people to reach out to ranging from our school psychologist, Mrs. Overbay, to our counselors and our teachers and coaches. Depression and anxiety are something that nobody should ever have to handle alone, so I encourage anyone who thinks that they may be experiencing the symptoms to reach out to somebody they trust. We are all experiencing our own problems in our own ways, and the best thing that we can do is look out for each other before it is too late.

"SMILE" HITS THEATERS AND FANS LOVE IT

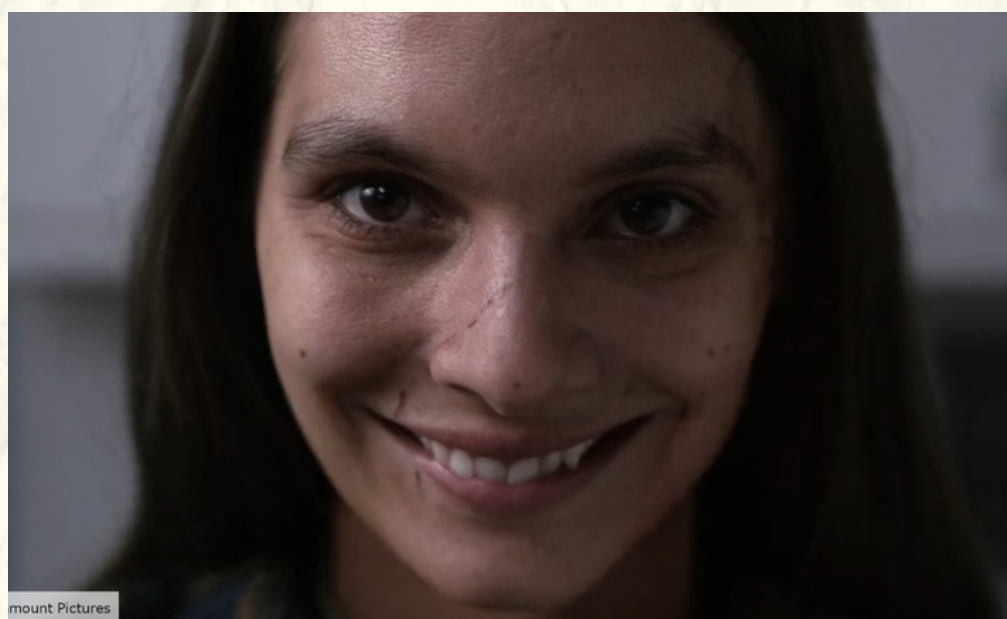
Written by Peyton Broering

Smile is an unsettling, anxiety-inducing horror film that uses trauma and suicide to frighten the characters in the movie as well as the audience. Although it uses horror elements from other films like *It Follows*, *Smile* is something unique and is my favorite horror movie I've seen this year. The movie was predictable at times but the disturbing images and jumpscars made the movie worthwhile.

Smile was not the perfect horror film. It had a cliché ending, predictable character choices, and more minor flaws. The main character and the unsettling nature of the film are what made this movie worth it for me. Every single scene put you on the edge of your seat. You never know when the supernatural entity in the film would manipulate or scare its victims.

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Throughout the whole movie we never truly understood what this “entity” in the film truly was. All we learned was that it was a supernatural force or demon that fed on the trauma of others. The mystery and unknown origin of the entity are what made it even more terrifying and evil.



The main character’s performance as Rose was another reason why this film was enjoyable to watch. It was even more impressive for Sosie Bacon, the actress playing Rose because this was her first lead role. Her whole character embodies the idea of hopelessness and how her anxiety and trauma will never go away. Rose continues to descend into madness throughout the film, leading to her poor choices. The entity realizes this and brings back past trauma involving her mother to manipulate and control her.

This film has many vital elements which make it enjoyable and rewatchable. The actors’ performances, the unsettling images, the mystery elements, and the new ideas are what make this movie unique and terrifying. I would recommend this film to any horror movie fanatic and I guarantee it’ll make you smile.



HOME COMING 2022

Written by William Gavin

On September 17, Lancers in all grade levels got the chance to attend the Homecoming Dance. La Salle gave students the opportunity to go either alone with friends or bring a date. The dance started at 7pm and offered a live DJ as well as refreshments. The hit of the night was “Never Ending Story,” performed by Mick and Kyle. Overall, students had a mixed opinion on song choices by the DJ, but ended up having a blast at the dance.

The dress code for the dance was formal attire, but many students got creative. The best dressed included Bradyn Betz and Brennan Wilke, wearing the iconic Dumb and Dumber suits, but all Lancers looked great. The best dance moves of the night came from Donovan Stinson, who did a great job hyping up crowds. Peyton Wolf, a fellow Lancer, said, “The dance was a blast, even though crowd surfing got shot down instantly.”



ISAIAH ROMAN NAMED NATIONAL MERIT SEMIFINALIST

Written by Ethan Riesenbeck

On September 14, Isaiah Roman was named a National Merit Semifinalist. He was one of over 16,000 students to be named so in America. He will move on to compete for a spot as a National Merit Finalist. As a finalist, he will compete for one of nearly 7,250 National Merit Scholarships worth a total of more than \$28 million that will be offered next spring. Way to go, Isaiah!



LA SALLE'S TV SHOW REVIEWS

Written by Aiden Scheibenzuber

Have you ever felt, when you're relaxing and looking for a TV show, and you just can't find anything to watch or don't know where to look for a great show? You find yourself scrolling through hundreds of shows and end up spending more time looking than watching. No worries! In this quick article, you will learn about a great show that you may want to watch!



On Hulu you can watch this fantastic show called, What We Do In the Shadows. It is a supernatural/comedy that takes on a documentary-style look into the lives of four vampires who lived together for hundreds of years on Staten Island in New York City. The recommended audience is those aged 15 or older.

This show is a mockumentary, (a mockumentary is a motion picture or television program that takes the form of a serious documentary in order to satirize or make fun at its subject) some examples of mockumentaries are Parks and Recreation, The Office and Modern Family. The show is hilarious and has the right amount of humor to keep it balanced and not over the-top. It's very creative and unique. It is also very entertaining to watch. Every episode has a brand new plot and never gets boring.



What We Do In the Shadows is a great show to watch during this upcoming Halloween season. Why don't you try it out for yourself and see what you think. Go onto Hulu and start watching this hilarious, unique show and then tell me what you think!

LA SALLE'S VOCAL ENSEMBLE PERFORMS IN FRANCE OVER THE SUMMER

Written by Leroy Hodge

Over the summer I had the remarkable opportunity to go with the La Salle Vocal Ensemble to Normandy, France, London, England, and Paris, France to perform in the D-Day Memorial events, march in the parade and sing in local churches. The whole trip was absolutely breathtaking and truly a once-in-a-lifetime opportunity.



My favorite place we visited was Greenwich Market. It offered amazing smells and a variety of food options, each better than the last. I tried a roast beef sandwich in the market and it was phenomenal. The enriched flavor of the beef mixed with the secret seasoning made for an amazing sandwich.

CHEESECAKE FACTORY REVIEW

Written by Leroy Hodge

My restaurant review of the month is The Cheesecake Factory. I ventured to Kenwood Towne Center to enjoy this treat of a restaurant. The service was spectacular and the atmosphere was very family-friendly and welcoming. I ordered asparagus fries as an appetizer and I was delightfully surprised. They had a nice seasoning and their sauce was very good. I ordered my signature special, the bacon cheeseburger which was good as always. It truly is a classic menu item and it will always be one of my favorites. The icing on the cake (no pun intended) was the Oreo Dream Extreme Cheesecake. The cake is one the best I have ever tasted in my life and I recommend it to everyone! Overall, The Cheesecake Factory is a must-have for anyone looking for a good meal.



Another incredible experience of the trip was Disneyland Paris. It was remarkable to see Disneyland in another palace other than in the USA. As a person who has been to Disneyworld in Florida, visiting a Disney park in Paris with all new areas and different rides was terrific. I know I had a wonderful time and the rest of the Vocal Ensemble had a wonderful; time as well. All in all, the trip was spectacular and will be a highlight of my life for years to come.

The whole point of the trip was for Vocal Ensemble to showcase the fantastic talent the entire group possesses and to bring music to people internationally. Vocal Ensemble was joined by over a dozen alumni singers who encompassed what it means to be a La Salle Vocal Ensemble singer. I got to witness the singing of our group move people to tears and make everyone feel closer together.

STRANGE NEWS

Written by Ben Even

My name is Ben Even and this is the strange news segment of the Scarlet and White newspaper. There will be a new strange news story here every issue.



On September 16, a woman in South Africa named Vuyolwethu Simanile set a world record for the most chicken feet eaten in one minute, eating 4.26 oz (three and a half chicken feet.)

Vuyolwethu was not the only one going for this record as she was competing with four other people in competition at Mashamplanes Lounge restaurant and bar in Umlazi. The competition was overseen by the Guinness World Records organization which said, "Vuyo beat the other participants by some margin. She was the most unassuming and quiet of all participants so it was really touching to see her achieve this title."

LYSIT 2022

Written by Ethan Riesenbeck

Over the summer, a group of around 30 La Salle students partook in a Lasallian Youth Service Immersion Trip, known as a LYSIT. The students were divided into two groups; one went up to Chicago, Illinois and the other went to Harlan, Kentucky.

The first group went to Chicago and stayed for a week on a college campus in the city. They participated in a program with several other Lasallian brother schools and institutions from several states such as Minnesota and Louisiana. They spent time getting to know each other as well as learning about various aspects of the city, including prison system functions and how redlining works. They were also given time to explore the city and experience life in "The Windy City," a title given to Chicago for its record windstorms.



The second group went down to Harlan, Kentucky to help a family refurbish their roof, side of their house and porch steps. They spent a week helping the family and learning what it was like to live in less than ideal conditions. "We went down there expecting to serve the family, but instead they served us," senior Emmaus Dosa said. "It was truly a great experience and I am so happy I chose to go there this summer."



FLEX BELLS UNDERGO NEW CHANGES

Written by Andrew Childers

Thursday mornings are looking a little different around La Salle's halls this year. Students are now able to choose what they want to do during flex bell! Instead of rooms of students sitting on their phones or (rarely) completing homework, they now can choose what they want to do! Options include: study hall in the cafeteria, burning off energy on the field, watching movies, playing video games, attending club meetings and more.

So get off those phones, Lancers, and get some work done and have a little fun during flex bell!

Have an idea for a flex bell activity? Contact Mrs. Moore.

THANK YOU FOR READING!

Be sure to look out for the next edition of *The Scarlet and White*



Have a story idea?

Contact us!



Crew Members

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| William Gavin | Drew Riesenbeck |
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| Ethan Riesenbeck | Aiden Scheibenzuber |
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