

The River Current

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Halloween Costume Contest

On Monday, October 31st there will be a costume contest here at Rivercrest. **The winner will receive a prize and everyone who participates will get a treat.**

Costumes have to be school appropriate so keep that in mind, my little ghouls and goblins.

And no complete face covering

with either a mask or makeup. We want to know who you are!

Also for this year, absolutely **NO CLOWN** costumes.

Photos will be taken for the yearbook.

So what will you be this year? Popular costumes for 2016 seem to be cosplay and anime

characters. Harley Quinn is still a favorite this year as is The Joker. Old school faves making a comeback are Ghostbusters characters such as the giant Stay Puff Marshmallow man and the cute yellow Pikachu.

Perennial faves include pirates, witches, and Darth Vader.

Have fun with your choice and **COME dressed up on the 31st!**



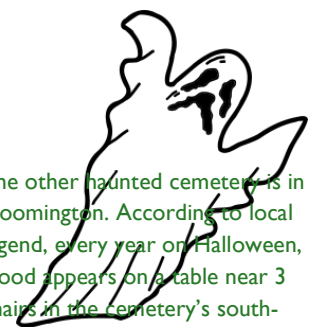
Haunted Spots

Who doesn't like a good haunted house? Not the ones you have to pay to get scared in, but a real haunted house. Did you know there are ghosts in the neighborhood? Well, cemeteries are always creepy especially at night, but two near us have had reports of weird happenings.

Evergreen Cemetery in downtown Riverside has been there since the town was first founded. People have seen a green mist hovering above the ground. Also ghostly figures have manifested with EVP and could be spirits of people who died during the flu epidemic of 1920.

The other haunted cemetery is in Bloomington. According to local legend, every year on Halloween, blood appears on a table near 3 chairs in the cemetery's south-eastern part.

Have you ever had a paranormal experience???



Movie Characters and Schizophrenia

Who doesn't love Winnie the Pooh, but if you think about it maybe all the animals are figments of Christopher Robin's schizophrenia. Kidding about that, but think of other films with crazy characters.

Many movies have treated the subject of mental illness, particularly schizophrenia, in different ways, but commonly they create villains who could be classified as schizophrenic.

One of the most famous examples of this is the movie *Psycho*.

Norman Bates runs a hotel but unfortunate things happen in this place. We come to find out that previously Norman had murdered his mother and kept her corpse. Then he assumed her personality (one that doesn't like women). How's that for being "off his rocker" - which is a kind of polite way of saying he was crazy.

Norman even carries on conversations between himself and his mother, only he is the only

one alive and talking. He changes his voice. Even the audience doesn't realize the mother is dead because we hear both sides of the conversation. The mother is not happy that Norman invites a young woman who has rented a room at the hotel into their house for dinner. Later that night the young woman gets stabbed to death in the (now) famous shower scene.

Psycho is a perfect Alfred Hitchcock film to watch for Halloween!

If you do watch it, think about the portrayal of schizophrenia.

Why do audiences

love a creepy,
murderous
character?

Mental Health Corner— Schizophrenia by Holly Virgin

What is schizophrenia and how does it relate to our favorite Halloween time horror movies? Well believe it or not many of those characters depicted as demonic or evil to get cheap scares actually display signs of severe mental illness. A majority of those characters show signs of schizophrenia which is a very serious illness that can be characterized by illogical and erratic thoughts, speech, and or behavior. They also suffer

from hallucinations and delusions such as voices in their heads. Although some people experience schizophrenia as a child, people typically don't start seeing symptoms until early adulthood. Are people suffering this illness dangerous? In some cases a person experiencing hallucinations may be a danger to themselves or others, but the symptoms of schizophrenia can be managed with medication

and regular therapy. Although depicted as monsters these people are all around us; they are our mothers, our fathers, our children, and our best friends. They are the same as you and me and should not be treated any differently!

"Society is like a stew.
If you don't stir it up
every once in a while
then a layer of scum
floats to the top."
Edward Abbey

Who was Edward Abbey?

An environmentalist, a writer, an activist, and then a legend—that's Edward Abbey. Mostly though, he just loved the American West. From a young age he showed a contentious nature. He hitch-hiked around the Southwest when he was 17 then joined the Army after WW2. He was promoted

twice and demoted twice for refusing to salute. After working as a park ranger for 15 years he began writing novels and non-fiction works that have since developed a cult following. He advocated sabotage (not violence) as a way to protest the development happening in the Southwest that was destroying the wilderness.

He married and divorced several times and had 5 children. At the age of 62 he died suddenly from a brain hemorrhage. It is said his final wishes were to have his corpse carried in the back of a pickup truck to the desert then buried under a tree or bush so he could be fertilizer. Since he didn't care much for laws this could be true!

Civil Entropy (part 1) by Griffin Haines

In theoretical physics, there is a theory that states that eventually, everything in the universe will achieve a state of uniformity, and perceived order will be nonexistent. This theory is based on the concept of entropy. The eventual outcome of this theory is the universe ending in a quiet, boring, uneventful heat-death. In short, what once was energetic and active, slowly becomes dull and unchanging. It is in this sense that one can find similarities between the universe and human civilizations. No matter where one looks, it is not hard to see that eventually all things will come to an end. With this in mind it is not outlandish to presume that any and all human civilizations will ultimately collapse under the pressures of time and nature, because no matter how big, industrious, advanced, or powerful, at some point things will start to crumble, and even nations that have had a seemingly meteoric rise in wealth and power will fall, often times just as quickly, and ultimately, it is human nature that makes us fail, it is our behaviors and tendencies that will betray us in the long run.

Regardless of how strong or enduring a country is, in the long run it will always collapse into disarray. Imagine for a moment a prosperous and advanced society, one that despite numerous times it could've been destroyed, has persevered, and one that has expanded its influence and reach far beyond anything that had come before it, and one that has had a plethora of progress in the way it's people and government view life and the meaning behind it. With such prestige and success behind it, one would think that such a society could last through the ages, even hundreds of years to no end. Indeed, a civilization that fits this description exists, and that civilization is Rome. Although, one will come to find that Rome has already fallen and its collapse ushered in the darkest and one of the worst eras of European history. ("Roman Republic and Empire"). In short, Roman civilization can best be

described as monumental, pioneering, and awe-inspiring, and even with all of its great achievements, it's shortcomings got the better of it. What one can gather from it's long-lasting run is that time is the enemy to all, no matter how weak, and no matter how powerful.

With Rome in mind, one might think that a slower, more gradual gaining of momentum and influence is the wrong way to go about making an immortal nation, perhaps a fast and swift accumulation of power is the way to go. It's possible that the relative shock and fear put in so quickly to any surrounding bodies is enough to put them into submission, and ultimately take them over. This method of conquering was used by one of the most notorious figures in history, Napoleon Bonaparte. His quick rise to fame and power captivated and struck fear into surrounding nations, and this factor combined with his military knowledge and cunning, was enough to seize control of almost the entirety of Europe. ("France"). A similar approach was used by the even more infamous Adolf Hitler, dictator of Nazi Germany. He rose to prominence quickly, amassed a huge army, and indoctrinated an entire country with propaganda and fear tactics, much like Napoleon and at the height of his reign, he had amassed almost as much territory as Napoleon. ("Germany"). Alas, both of these dictators empires fell apart to war and unrest, and so did the thought that their method had any legitimacy to it. It seems that it doesn't matter how quick or how gradual a nation's rise is, the only thing that can really be cemented is the inevitability of downfall.

Once one starts looking, it's easy to see there's a recurring element in the fall of civilizations, and it's not hard to pinpoint what that is: the predictable fallibility of human nature. Human beings have quite a long track record of violence, conflict, genocide, and overall detrimental behavior. When confronted with the overwhelming realization

of man's' capacity for collective evil, one wonders why such things happen, and what is the root cause? The root, it seems, is the desire to fit in or conform with others. ("Collective Violence"). Humans are social creatures, and often can't survive without one another. So getting along with others is, evolutionarily speaking, the best option. So if one wants to survive, it is usually in one's best interest to go along with everyone else, which can sometimes lead mass delinquency in the wrong circumstances. Although, one must remember that in all people, the will to survive is strongest, and that any action one makes is made with survival in mind. So therefore if all actions are influenced by the will to survive, all actions are selfish at their core. Even actions that are made in service to or for others, because it is in our best interest to help and get along with others. Thus, a society made up of people acting in their own self interest is not a society that can stand, because the will to survive in certain circumstances can trump the needs of others, and our need to belong to a group can lead to collective violence.

Is the decline of civilization inevitable?

Stay tuned for Part 2 next time.

Learning to Learn: Understanding That We All Can Achieve by Mrs. Saugstad, RPOS Principal

Often times you feel like you will never get through the hurdles that are placed in front of you. Life is full of curve balls and many times it is easier to believe that we cannot succeed and that we are just not smart enough, not determined enough or don't have the ability to succeed when in reality, it is not about what you have but what you can do that makes you a success. I am a firm believe that the experiences of your life make you who you are and that without them, you are not your authentic self. But it is important to note that through those experiences you choose the path that you take and in order to grow and learn, there will be challenges and hardships that must be tackled.

Dr. Carol Dweck believes that everyone can succeed by having the right mindset. There are two mindsets; Fixed Mindset and a Growth Mindset, and it is up to you to work with and chose the path that will help you grow. According to Dr. Dweck,

~ Fixed Mindset: people believe their basic qualities, like their intelligence or talent, are fixed traits. They also believe that talent alone creates success—without effort.

~Growth mindset: people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. With a growth mindset, there is a love of learning and an understanding of the process that helps to produce results.

We all believe that you can do what you put your mind to. No one's fate is predetermined but it is going to take hard work and dedication to work through the hard times to create true learning and growth. We will support you through that and know that you will become better humans for it.



Rivercrest FORWARD Motto: Fortitude, Organization, Respect, Wisdom, Achievement, Responsibility, Dedication

Caffeine—Good or Bad?

The main ingredient in coffee is caffeine which occurs naturally in many plant sources including coffee beans, tea leaves, and cacao (chocolate is made from cacao).

You have probably noticed there are Starbucks everywhere! Coffee is very popular because humans love the taste and the caffeine buzz that keeps us going. Caffeine stimulates our nervous system and combats tiredness and improves concentration and focus. But can too much caffeine be bad?

According to the Mayo Clinic, too much caffeine can result in insomnia, restlessness, irritability,

upset stomach, and muscle tremors. What is too much? Consuming more than 500-600 grams per day is a negative dose. That's about 4 cups of coffee or 2 energy drinks.

If you limit your caffeine intake to one or two cups of coffee per day, there can be positive benefits, at least for adults. For teens, the effects are largely unknown although some scientific studies show since caffeine interrupts sleep, the teen age brain suffers. Teens need about 10 hours of sleep per night for optimal brain function. Too much caffeine can keep people from getting enough sleep so lay off those Red Bulls!

There have been some studies that show that small amounts of caffeine can combat liver disease, protect against Type 2 Diabetes, and cardiovascular disease.

So next time you reach for a Monster or a Starbucks, make it a small and just one!

***Coffee is popular
around the world.***

