



THE BULLETIN

The newsletter for Georgia's student journalists and advisers

Summer 2018

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Issue
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IN THIS ISSUE

Membership registration for the 2018-19 school year is now open!

<http://www.ugagspa.org/about-us/>

Register now to participate in summer contests for yearbook and literary magazine.

<http://www.ugagspa.org/summer-contests/>

Look inside for the winners from the 2018 Spring Contests!

Thank you to all who attended the 2018 Spring Workshop and Awards and helped kick off GSPA's 90th Anniversary!

Now accepting applications for the 2018 Media and Leadership Academy at the University of Georgia.

The Academy will take place from June 3-8.

This year's theme: Grady Things

See more information on page 7.



Register now for the 2018-19 school year!

Registration is now open for the 2018-19 school year. Visit <http://www.ugagspa.org/about-us/> to read more about joining and to register.

2018 Summer Contests

GSPA is now accepting entries for yearbooks & literary magazines produced in the 2017-18 academic year. All entries for first-round consideration must be submitted by June 29, 2018. For details and guidelines, visit <http://www.ugagspa.org/summer-contests/>

Thank you to all who attended the 2018 Spring Workshop and Awards.

We enjoyed hosting such bright young journalists, dedicated advisers, and outstanding school journalism departments.

Look inside to see the 2018 Individual Award Winners, Achievement Award Winners, and General Excellence Winners. We hope to see you again next year!





Congratulations to the 2018 Spring Individual Award Winners

Broadcast Production

All-Georgia: Jackson Fryburger, "Watch Georgia's Rose Bowl Win With A Poetic Twist" UGA Wire, Woodward Academy

In-Depth News Broadcast

All-Georgia: Celeste Chapman, "Traffic Blues" Lakeside Legend, Lakeside High School

Feature Package

All-Georgia: Alex Kalman, "Shoegaze in Atlanta: An Interview with Parsons Rocket Project" Lakeside Legend, Lakeside High School

News Story Superiors:

Albert Zhang, "Hartsfield-Jackson power outage disrupts thousands, costs millions in damage" The Westminster Bi-Line, Westminster Schools

Nadya Awino, "Once a Warrior, always a Warrior," The Chant, North Cobb High School

Zion Smith, "Just a Pinch," Pinnacle, Mountain View High School

Nelson Cummiskey and staff, "Students, faculty declare, 'We are better than this.'" Oracle, North Springs High School

Parker Killenberg and Sophie Rivard, "Atlanta Mayoral Race: How does it affect the Grady Community?" The Southerner, Henry W. Grady High School

All-Georgia:

Elena Gilbertson-Hall "Rethinking Retakes" ODYSSEY, Clarke Central High School

In-Depth News Story Superiors:

Jurnee Louder and Coles Ehlers, "Flash to the Future," ODYSSEY, Clarke Central High School

Mackenzie Caudill, "Aiding Athens' Immigrant Community," ODYSSEY, Clarke Central High School

Alex Durham and Katie Earles "Individually We Are Different, Together We Are Divided" The Southerner, Henry W. Grady High School

Erin Grier, "Read for the Road? Teens rush for driver's licenses, permits," The Chant, North Cobb High School

All-Georgia:

Annie Sager, "Hunger Next Door: How Much Food Are We Wasting and Where Does it All Go?" The Crimson & Gold, Holy Innocents' Episcopal School

Feature Story Superiors:

Hannah Reich, "Behind the Curtain with Miss Lakeside," Lakeside Legend, Lakeside High School

Christine Bushart, "From Wedding Singers to Loveless Wedding," Pinnacle, Mountain View High School

Aliyah Norton, "Multicultural Roots Prompt Cultural Disconnect," Pinnacle, Mountain View High School

Connor McCage, "Growing Out," ODYSSEY, Clarke Central High School

Max Nevins, "Homeless Students Face Setbacks, Staff Shows Support," The Southerner Online, Henry W. Grady High School

All-Georgia:

Kiki Soto, "The Other Side of Illness" The Southerner, Henry W. Grady High School

Feature Profile Superiors:

Ansley Scott, "Teacher by Day, Super Hero by Night," The Gold Observer, Calvary Day School

Nia-Simone Eccleston, "What it Means to be Muslim," Pinnacle, Mountain View High School

Becca Pirkle, "Appreciating Freedom One Pastry at a Time," The Southerner Online, Henry W. Grady High School

Jurnee Louder, "Step Into a World... Montu's Delight," ODYSSEY, Clarke Central High School

All-Georgia:

Elena Gilbertson-Hall, "Growing with Gorham" ODYSSEY, Clarke Central High School

Column Writing Superiors:

Valeria Garcia Pozo, "Learning to Heal," ODYSSEY, Clarke Central High School

Ethan Benn, "Keep Civics Civil," The Speculator, Chattahoochee High School

Aneesa Conine-Nakano, "Letters from the Editor," ODYSSEY, Clarke Central High School

Catie Gelting, "Global Corner," The Pantera, Parkview High School

All-Georgia:

Lucia Bermudez, "Letters from the Editor" ODYSSEY, Clarke Central High School

Opposing Views Superiors:

Nadia Dowlatkhan and Ethan Ben, "Reverse Racism," The Speculator, Chattahoochee High School

Continued from page 2

Josh Hurst, Thuy Pham and Karen Ye,
“Happy Holidays vs. Merry Christmas,”
Pantera, Parkview High School

Karen Ye, Jenny Nguyen, Leon Christian
and Mariletzy Venegas, “Should
Affirmative Action Policies Be Banned?”
Pantera, Parkview High School

Isabella Keaton and Morgan Brown,
“Coffee: Cup o’ Death or Delicious Social
Enricher?” The Chant, North Cobb High
School

All-Georgia:

Dylan Schied and Grant Walker,
“Previously for Trump vs. Currently for
Trump” Pitchfork, Marietta High School

House Editorials Superiors:

Pantera Staff, Parkview High School
Pinnacle Staff, Mountain View High
School

All-Georgia:

ODYSSEY Staff, “Our Take”

Commentary Superiors:

Isabelle Manders, “#Triggered” AND
“Social media increases depression,
anxiety,” Pitchfork, Marietta High School

Christine Bushart, “Diary of an
Independent,” Pinnacle, Mountain View
High School

All-Georgia:

Blythe Terry
“Don’t ‘zzz’ on the next generation”
The Prowler, Starr’s Mill High School
&
Ximena Bejarano
“The drawbacks of tolerance”
The Prowler, Starr’s Mill High School

Critical Review Superiors:

Katie Grace Upchurch, “The Same Old
World,” ODYSSEY, Clarke Central High
School

Will Zook, “Migos Do it for the Culture,
Again,” The Knightly News,
The Pace Academy

Alaina Moore, “13 Reasons Why Tackles
Tough Topics,” The Gold Observer,
Calvary Day School

Jenny Nguyen, “Maroon 5 album is not the
quality fans expect,” The Pantera,
Parkview High School

Ethan Benn, “Were you listening,
America?” The Speculator, Chattahoochee
High School

All-Georgia:

Zoe Peterson, “Imagining greatness”
ODYSSEY, Clarke Central High School

Sports News Superiors:

Sean Sweeney, “Clark names Knights’ new
football coach,” The Southerner,
Henry W. Grady High School

Emma Sanders, “Softball seeks to continue
success,” The Verve,
The King’s Academy

Lydia Williams, “Men’s team fails to qualify
for World Cup: what comes next?”
The Verve, The King’s Academy

Alexander Robinson, “Taking out the
trash” ODYSSEY, Clarke Central High
School

All-Georgia:

George Shepherd, “Wresting team grapples
into new season”
The Knightly News, Pace Academy

Sports Games Superiors:

Rithik Doddla, “Cougars Dominate
Dunwoody on Homecoming,” The
Speculator Vision, Chattahoochee High
School

Turner Markwalter, “Warriors Squeak out
win in overtime against Pebblebrook,”
The Chant, North Cobb High School

Lydia Williams, “Men’s team fails to qualify
for World Cup: what comes next?”
The Verve, The King’s Academy

Alex Longan, “Knights fail to rival North
Atlanta,” The Southerner Online,
Henry W. Grady High School

All-Georgia:

Rilee Stapleton, “Starr’s Mill evens the
score” The Prowler, Starr’s Mill High
School

Sports Feature Superiors:

Alex Dubé and Grant Walker, “Georgia
discounts winter sports despite Winter
Olympics,” Pitchfork, Marietta High
School

Ana Aldridge, “Le Sack, part deux”
ODYSSEY, Clarke Central High School

Luke Bennett, “Fayette County basketball
legend brings his talents to Starr’s Mill,”
The Prowler, Starr’s Mill High School

Daniel Stern, “Weber junior Eli Weiner
commits to play baseball at Tulane,”
The RamPage, The Weber School

Hannah Gale, “Returning to her roots,”
ODYSSEY, Clarke Central High School

All-Georgia:

Alexander Robinson
“Addressing the anthem”
ODYSSEY, Clarke Central High School

Sports Columns Superiors:

Owen and Caedmon Churchwell, “The
Curse Continues,” ODYSSEY,
Clarke Central High School

Matthew Kohn and Rithik Doddla, “Fall
into the New Season,” The Speculator
Vision, Chattahoochee High School

All-Georgia:

Mark Rotolo,
“Then There Were Four: College
Football Playoff Preview,” The Lakeside
Legend, Lakeside High School

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Headline Writing

Superiors:

Chinirah Brown, Pitchfork, Marietta High School

Hannah Reich The Lakeside Legend, Lakeside High School

All-Georgia:

Ian Fertig, The Prowler, Starr's Mill High School

Caption Writing

Superiors:

Sarah Carr, "Leadership in Action," The Lakeside Legend, Lakeside High School

Morgan Brown, "Model UN Takes on GA Tech," The Chant, North Cobb High School

All-Georgia:

Bria Echols, "The Snow Day" ODYSSEY Media Group, Clarke Central High School

Editorial Cartoon

Superiors:

Sydney Gaylor, "Trapped," The Sentinel, Heritage High School

Anna Martin, "Drive the Intentional Road," The Verve, The King's Academy

All-Georgia:

Audrey Kennedy
"Taking a Knee" ODYSSEY, Clarke Central High School

Sports Photo

Superiors:

Lilly Carter, "Hudson's dominant performance too much for Morrow," The Prowler, Starr's Mill High School

Julie Alpaugh, "5 Things to Know About Being a Catcher," ODYSSEY, Clarke Central High School

Christine Bushart, "We are Bach and better than ever," Pinnacle, Mountain View High School

All-Georgia:

Katie Linkner, "Cheering on a new head coach" The Prowler, Starr's Mill High School

News Photo

Superiors:

Julie Alpaugh School, Making the List," ODYSSEY, Clarke Central High School

Natalia Alvarez, "Chalk art contest showcases high school artistry," The Chant, North Cobb High School

Lilly Carter School, "New club at Starr's Mill has students flying high," The Prowler, Starr's Mill High School

All-Georgia:

Peyton Wilson, "Superintendent Rivera initiates change in tradition, supports rolling" The Pitchfork, Marietta High School

Feature Photo

Superiors:

Katie Linkner, "Hands-free devices," The Prowler, Starr's Mill High School

Katherine Lemack, "Glitter in the Air," The Gold Observer, Calvary Day School

Caleb Johnson, "Nutcracker Prince," Pitchfork, Marietta High School

All-Georgia:

Abri Hausman, "Gay Straight Alliance" The Prowler, Starr's Mill High School

Photo Essay

Superiors:

Zoe Peterson, Emma Ramsey, and Suncana Pavlic, "Ink," ODYSSEY, Clarke Central High School

Gaby Paez, "Tattoos of Grady," The Southerner, Henry W. Grady High School

Joshua Dawson, "Sight and safaris in South Africa," The Chant, North Cobb High School

All-Georgia:

Brittany Rodi, "Suicidal depression: signs to look for" The Bird Feed South Forsyth High School

Infographics

Superiors:

Toswin Oyewole, "Climate change transforms the Earth," Pinnacle, Mountain View High School

Anika Akbar, "Sexual Harassment," The Pantera, Parkview High School

Erin Grier, "Ready for the Road," The Chant, North Cobb High School

All-Georgia:

Katherine Grace Upchurch
"Americans' opinions on protesting during the national anthem" ODYSSEY, Clarke Central High School

Illustration

Superiors:

Suncana Pavlic, "Rapper's Delight," ODYSSEY, Clarke Central High School

Kri Hair, "Odyssey Cover," ODYSSEY, Clarke Central High School

All-Georgia:

Zoe Peterson, "Helicopter Parents" ODYSSEY, Clarke Central High School

Photo Illustration

Superiors:

Ethan Thurmond, "Fall Sports: A Look Inside," Pinnacle, Mountain View High School

Adam Seymour, "Who is Generation Z?" The Sentinel, Heritage High School

All-Georgia:

Brittany Rodi, "Most binge-worthy shows to watch this season" The Bird Feed South Forsyth High School

Double-Track Layout

Superiors:

Nia Simone Eccleston and Tosin Oyewole, "International Affair," Pinnacle, Mountain View High School

Ethan Thurmond, "College Football," Pinnacle, Mountain View High School

All-Georgia:

Hannah Gale, "Hoop Dreams" ODYSSEY Clarke Central High School

Advertising

Superiors:

Zoe Linak, "Beta Burger Night," The Verve, The King's Academy

All-Georgia:

The Ad Department "Softball Ad" The Verve, The King's Academy



2018 Achievement Award Winners

Start-Up

The Weber School
The RamPage

First-Year Adviser

Leigh Herman
The Weber School

Administrator of the Year

Allen Leonard
Starr's Mill High School

Adviser of the Year

Clori Rose-Geiger
South Forsyth High School

2018 General Excellence Winners

General Excellence Newspaper

(Small-sized school)
The Knightly News
Pace Academy
Adviser: Lee Wilson

(Medium-sized school)
The Southerner
Henry W. Grady High
School
Adviser: Del Ellerton

(Large-sized school)
Pitchfork
Marietta High School
Adviser: Andrea Lyons

All-Georgia

General Excellence Newsmagazine

(Medium-sized school)
ODYSSEY Newsmagazine
Clake Central High School
Adviser: David Ragsdale

All-Georgia

(Large-sized school)
Pinnacle
Mountain View High
School
Adviser: Jennifer Ortman

General Excellence News Website

(Medium-sized school)
ODYSSEY Online
Clake Central High School
Adviser: David Ragsdale

All-Georgia

(Large-sized school)
The Chant
North Cobb High School
Adviser: Lindsay Theaker

[Click here](#) to view the powerpoint of all Spring 2018 winners.



Student Advisory Board Showcase

Student advisory board member and Editor-in Chief of Calvary Day School's "Beacon" writes students who struggle with anxiety on a regular basis, both in and outside of school. The feature story will be published in the 2018 Beacon yearbook.

CAN'T GET OVER IT

Students struggle through anxiety conditions on daily basis.

The room started to close in around her. She could not move. The heaviness in her chest made it hard to breathe. Her throat tightened and she stuttered without a voice. Tears fell down her red, burning cheeks and her body trembled.

She sprinted out the door to a place where she could be alone to cry until her body refused to shed another tear. She practiced breathing exercises until she regained a regular pace. Her dizziness subsided and Jane Doe #1 exited her quiet space.

Everyone in the hallway noticed her swollen eyes and red face. Maybe she did poorly on a test, or maybe had a bad day. Maybe she should just get over it.

No one figured an unexpected presentation caused Jane #1 to have an anxiety attack in the middle of class.

"Everyday I am faced with things that trigger my anxiety such as standing by a group of people, walking into a classroom, interacting with people I do not consider friends, asking questions, getting called on, group projects, [and] asking to leave class for something," Jane #1 said. "For me, most of my anxiety attacks just sort of happen. They just come out of nowhere. However, sometimes I just wake up in the morning and I know that it's not [going to] be a good day. Sometimes I can just tell when I need to separate myself because I just know that a certain situation will set me off."

Anxiety is defined as a state of fear, apprehension, or uncertainty caused by anticipation of events, circumstances, or situations, according to the Anxiety Center. This state of anxiousness often results in anxiety attacks. General symptoms of panic attacks include heart palpitations, sweating, chest pain, nausea, and the inability to calm down. These symptoms can last from a few minutes to several hours.

"I do suffer from all of the [general symptoms], however some are worse than others. I would say I usually suffer from social anxiety the most but this usually leads to me getting panic attacks," Jane #1 said. "When I have a panic attack, I am usually on-edge for the rest of the day and sometimes a day or two after the incident. So if I really need to, I will miss school or an event so I can recover."

Jane #1 met up with Jane Doe #2 to walk to class together. As soon as they saw each other, Jane #2 knew it was not just a bad day. She immediately recognized the residual symptoms of a panic attack and knew how to calm and comfort her friend. Having also suffered from anxiety, Jane #2 understood how it felt to experience a panic attack at school.

"Anxiety is a lot like an irrational fear. There are a lot of different things that can cause anxiety to become a problem, and most of these cases are things that are simple that other people deal with regularly. Going into new situations can be very stressful for someone with anxiety," Jane #2 said. "To someone who doesn't have it, anxiety seems like it's just an over-exaggerated grab for attention. It's hard to tell someone who doesn't have anxiety what's going on and why it's so hard for you."

WebMD acknowledged anxiety as a normal, everyday emotion. However, anxiety conditions go beyond everyday nerves and keep people from carrying on with their normal lives. WebMD categorized anxiety into three conditions: panic attacks, social anxiety, and general anxiety.

Panic attacks occur randomly and lead to chest pain and heart palpitations. Social anxiety brings overwhelming worry or self-consciousness about everyday social situations. General anxiety makes people feel excessive, unrealistic worry and tension with little or no reason. These forms of anxiety often intertwine in different situations.

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“I suffer from panic attacks, social anxiety and general anxiety. Generally, my anxiety comes as one,” Jane #2 said. “I can usually tell when an oncoming panic attack is happening. Sometimes I’ll have a really hard time focusing. I feel really hot, like the idea of air conditioning never existed. I tend to jostle my legs more than I usually do, and my hands begin to shake. My eyes start to dilate and I have a hard time getting myself to breathe. My voice becomes a little uneven and I tend to be a little snappy or easily annoyed. I also have a hard time speaking or explaining what’s happening.”

Instead of suffering from regular panic attacks, other students such as Jane Doe #3 felt burdened by everyday anxiousness. School work, SATs, and uncomfortable social interactions brought general uneasiness on a daily basis.

“Normal situations usually don’t cause me anxiety, but I do get really anxious sometimes when I think of school and that, as a junior, this is when my actions are really starting to affect my life,” Jane #3 said. “A lot of the time, my anxiety will show up when I am really busy or I have a lot on my plate and I just kind of keep it inside because I don’t want to burden others with my anxieties. I could talk to my friends or family, but I feel like I am just complaining and that I am being stupid. I like to be the one that people come to, but I feel like a burden when I go to others with my issues.”

Jane #3 pushed her feelings aside, not wanting to burden friends with her problems. She decided to try getting over it. Jane #3 attempted seeking help through therapy, but it wasn’t enough to help her get over it. She gave up finding a solution.

“Other than occasional therapy, I do not have any other help with my anxiety. Anxiety is a hard thing to deal with on your own and it isn’t always healthy to deal with it on your own either,” Jane #3 said. “I am sure that holding everything in isn’t really helping, but I do not know what else to do. I am just always so tired and in so much pain that my anxiety will show up and I can’t handle it all.”

Jane #2 attended therapy as well, along with regular group sessions, and took daily doses of Lexapro to combat her depression and anxiety. According to WebMD, Lexapro contains escitalopram, which restores the balance of serotonin in the brain, improving energy levels and decreasing nervousness.

“I see a therapist every other week, usually twice a month. I also go to a girls group every so often to talk with other girls who also have anxiety. I do take thirty milligrams of Lexapro every morning,” Jane #2 said. “My therapist has also taught me a few tricks to calm myself down, such as doing bunny breaths or breathing in for ten seconds, holding my breath for eight, and breathing out for five. It also helps to lay a cold, wet paper towel on my forehead.”

Instead of attempting to get over her anxiety and push through with no help, Jane #2 took active measures to ease her symptoms. However, most people like Jane #1 did not have access to therapy and medication for help.

“I don’t get help or take medication for any of my problems,” Jane #1 said. “The reason why being my parents don’t want me to be taking a bunch of medication. I don’t go to therapy because it’s expensive and my mom doesn’t have the money for it, so I’m forced to deal with all of my problems myself. It’s not easy having to handle everything by yourself. If anything, it puts a lot of pressure on myself. If anything, I think it makes my anxiety 10 [times] worse.”

Jane #1 dealt with her anxiety on her own. No medications. No therapy. No help. No way to simply “get over it.”

Their anxiety was not something they could get over. Their panic attacks could not be suppressed in the middle of class. The feelings of constant uneasiness got worse because no one understood how they felt. No one noticed. No one seemed to care.

“I wish others would recognize the signs and symptoms [of anxiety and panic attacks] in others more [often] and be able to help them. I really wish someone would recognize it in me and ask me if I needed help,” Jane #3 said. “I spend the majority of my day listening to others problems and their anxieties and, don’t get me wrong, I love helping other people and listening to them. I am not resentful that others feel comfortable enough with me to ask me advice or to vent to me about something, but it would be nice once in awhile if someone asked if I was okay.”

Story by Haley Burke



Apply Now!

2018 Media and Leadership Academy



June 3-8, 2018

The Media & Leadership Academy at Grady College is an intensive residential one-week program focused on experiential learning. This program is open to rising high school sophomores to seniors interested in the mass communication field. Incoming UGA freshmen who intend to pursue a Grady College major also are eligible to attend.

Participants will choose from one of the three offered tracks: Journalism, Advertising & Public Relations or Entertainment. Participants will spend the first half of the week learning about their chosen track. In the second half of the week, they will develop more specific skill sets based on their interests by working on teams to complete a class project.

A taste of college life

The academy is a residential program and participants will stay in a residence hall during the week. Accepted students can choose their roommate or a roommate will be assigned. Academy counselors (current UGA students) will stay with the students and will respond to needs and make sure students are in their rooms by the curfew. Please visit the UGA Residence Halls website for details about the accommodations.

Nightly activities throughout the week will provide opportunities for participants to network, build connections and have fun.

You won't want to miss out on the fun with this year's theme: Grady Things.

**Applications are now open at
www.ugagspa.org/academy/**



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	★ Engage in real-world experiences and discussions




"IN MANY WAYS, THE HEART OF JOURNALISM INNOVATION IS EMERGING FROM MERCER UNIVERSITY."

— **THE PEW RESEARCH CENTER**, "LOCAL NEWS IN A DIGITAL AGE"

The Center for Collaborative Journalism (CCJ) is a unique partnership between Mercer University, The Telegraph and Georgia Public Broadcasting, with generous support from the John S. and James L. Knight Foundation and The Peyton Anderson Foundation.


Our groundbreaking collaboration has students, faculty and veteran journalists working together in a joint newsroom. Learning in a "teaching hospital" model, our students engage the community using the latest digital tools and leave with a portfolio of published work that gives them an edge in a rapidly changing, but never more important, field.

Learn more about the CCJ and events like our Media Changemaker Scholarship Competition (Jan. 20, 2018) and Digital Media Summer Camp (June 16-23, 2018) at ccj.mercer.edu.



CENTER FOR COLLABORATIVE JOURNALISM

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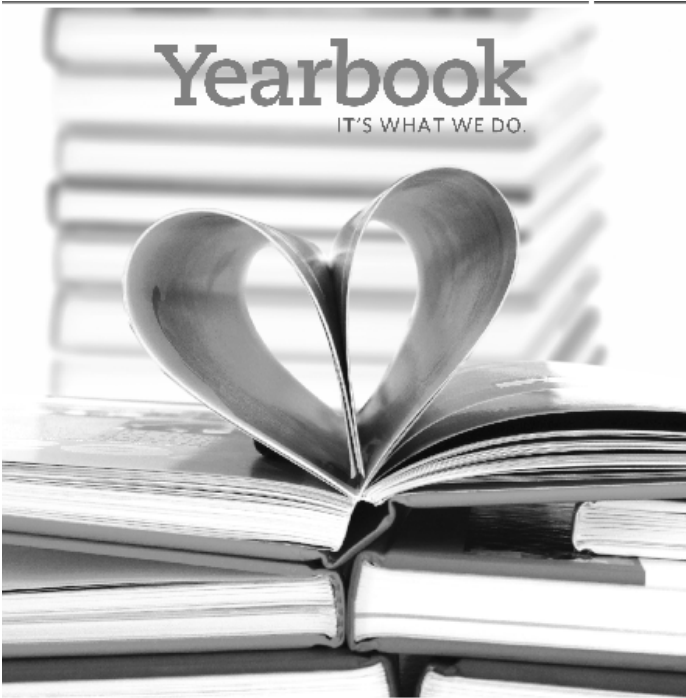


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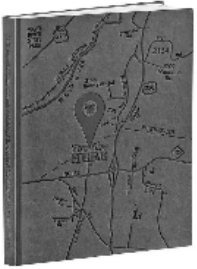


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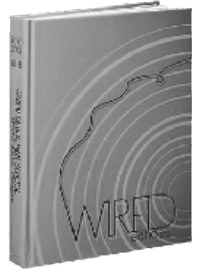
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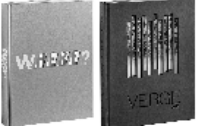
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