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ON THE EAST SHORE OF DEEP LAKE

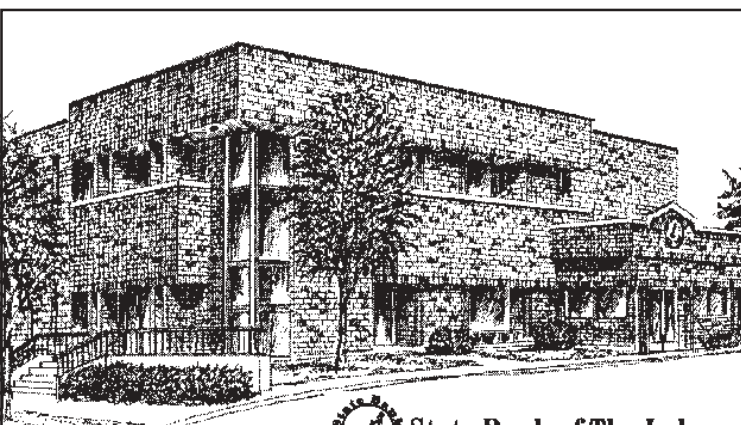
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**Lake County Area College Night**  
**Thursday, March 21, 2002**

Admissions representatives from 150 two and four-year colleges, universities and trade schools will be available to answer questions about their programs of study, admission requirements, housing and financial aid.


**Location:** P.E. Building (Bldg. 7) (East of Technology Campus) 19351 West Washington Street Grayslake, IL  
**Hours:** 6-8:30 P.M.  
**Questions:** Call Nancy McGuire (543-2285)



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# The truth about sleeping: What teens are too tired to ask

By Carrie Strickland

The alarm clock blares at 6:00 a.m.; looks like its time to start a new day. You stumble out of bed dreading the thoughts of trying to stay awake through those boring high school classes. You're so tired that you don't even realize just how slow you're moving, until you see the clock. Once again, you find yourself late for your first period class. It's the usual routine of your teacher grilling you for the reasons of your frequent tardiness. You explain how once again you didn't get to bed till well after 1:00 a.m. Little did you know this is normal for the average teenager.

Many teenagers find themselves with sleep problems that are aggravated by the schedules they keep. A new scientific study has shown that on an average, teenagers are getting about two hours less sleep at night than what they need to function properly. These adolescent sleep difficulties can lead to falling asleep in class, general moodiness, and higher risk for accidents. More serious side effects are associated with psychopathologies such as depression, anxiety, decreased creativity, ability to handle complex tasks, and attention deficit hyperactivity disorder, also known as ADHD.

The average teenager needs about ten hours of sleep a night in order to be alert through the whole day. In late puberty, the body secretes a sleep related hormone called melatonin at a different time than the body normally would. This changes the rhythms that would guide a person's sleep-wake cycle. About 20 percent of all high school students fall asleep in school.



Photo by Craig Maniscalco

**WAKE UP!!! Sleep deprivation is common for teens in high school. Sometimes, this can result in general moodiness, high risk for accidents, and falling asleep in class.**

"Many teens aren't getting enough sleep; certainly, it affects how awake students are in classes," says Dr. James Love, ACHS Principal.

It is important for teens to be aware that additional weekend sleep does not offset the effects of sleep deprivation. Studies actually show that trying to catch up on all your sleep that you missed over the weekend can cause even more problems by disrupting your body's inner clock even more.

Sleep deprivation is a serious matter for teens. According to the U.S. Department of Transportation's National Highway Traffic Safety Administration, of the estimated 100,000 car crashes per year associated with driving while tired, almost half involve drivers ages 15 to 24.

Some tips to help achieve a great night's sleep everyone has been looking for— stay away from caffeine and nicotine after noon; also, avoid alcohol. These are considered stimulants which will disrupt sleep. Avoid heavy studying or computer games before bed. These tend to be arousing to the mind, and may cause you to lay in bed thinking about a new game or tomorrow's big test. Try not to argue or take part in any situation that may anger or "pump you up."

Try to stay away from bright lights at night. Lastly, on the weekends try not to sleep in for more than two or three hours later than your usual awakening time. By getting more sleep you're not only allowing yourself to be more awake in class, but you're letting yourself live a better quality life.

## U of M provides variety for incoming freshmen



By Ashley Ginascol

*The college corner will focus on one college a month, selected from a list that the guidance office supplied of schools Antioch graduates frequently attend. This month the University of Michigan at Ann Arbor will be highlighted.*

**Type of school: Public**  
**Tuition: \$19,576**  
**Total cost: \$32,120**  
**City type: Suburban**  
**Total enrollment: 24,493**

Those looking for a big top 10 school in the Midwest should consider the University of Michigan at Ann Arbor as a prime choice for colleges.

Located in Ann Arbor, this school has it all: excellence in education, Division 1 sports, and tons to do on your free time.

There is a 50:50 ratio of male to

female students, and an 11:1 student/teacher ratio.

There are 139 majors to choose from. The average GPA of students at Michigan is a 3.6, which makes it a fairly selective school.

Students enjoy Michigan for its high standard of excellence and its wide variety of activities.

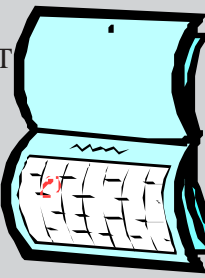
The University Of Michigan Wolverines offer 21 NCAA sports. They also offer multiple club and intramural sports as well.

There is plenty to do in Ann Arbor on your free time, whether

you decide to take in a concert, go see a Michigan basketball game, or take a trip to the area museums; there is always something to do.

There are 25 fraternities and sororities. There are also religious groups, student government, and honor societies.

Michigan is home to all the rigors and a top class university with high standards and quality students, which makes for a fun and academically challenging college experience.

<p><b>C O L L E G E</b></p> <p><b>O</b></p> <p><b>U</b></p> <p><b>N</b></p> <p><b>T</b></p> <p><b>D</b></p> <p><b>O</b></p> <p><b>W</b></p> <p><b>N</b></p>	<p><b>SENIORS</b></p> <ol style="list-style-type: none"> <li>1. Start applying for local scholarships. These forms can be found in the Guidance department.</li> <li>2. If you sent in financial aid applications to colleges, you will be receiving award letters soon. Accept all or part of the financial aid offered to you.</li> </ol>	<p><b>JUNJORS</b></p> <ol style="list-style-type: none"> <li>1. Sign up for the ACT by March 1st for the April test and March 29 for the SAT test.</li> <li>2. If you are graduating early, fill out FAFSA form and talk with your counselor about paying for college.</li> </ol> 
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