

# Tipping the scale



By  
**Kelly  
Holcomb**

An order of salsa and chips has been passed around the table for everyone to share. Next, you drown your salad in your favorite dressing and top it off with a piece of garlic bread.

Now, the moment of long anticipation has come: the main course which consists of a bacon cheeseburger filled with all the regular condiments and surrounded by a fortress of French fries.

A few minutes later, just after every last possible bite has been finished the dessert has arrived to the table; a brownie covered with all of the famous toppings and vanilla ice cream.

Going out to eat may be fine once in awhile but can we really afford to eat a taste of every genre on the menu? 300,000 people die each year from the national problem- obesity.

This indulgence in food may have a temporary solution to hunger, but the outcome and the long effects could result in an unhealthy and risk filled society.

According to How to teach Nutrition to Kids, a book written by Connie Liakos Evers, In 2002, 15 percent of teens and children are overweight, which has tripled since the year 1980, and another 15 percent are considered "at risk" for becoming overweight.

It is also estimated that about half of overweight teens and 70% of overweight teens will remain obese into adulthood, and more than 75% of kids ages 6-11 do not even eat the minimum of vegetables which is three servings per a day.

Liane M. Summerfield, stated in

her book, "Promoting Physical Activity and Exercise Among Children," that

"physical activity has been associated with increased academic performance, self-concept, and mental health, the promotion of physical activity and exercise may also improve quality of life."

According to the Centers for Disease Control and Prevention, over a third of all high school students do not participate in vigorous physical activity, and the daily participation rate has dropped from 42 percent in 1991 to 32 percent in 2001.

The US Surgeon General recorded that obesity is associated with heart disease, certain types of cancer, type two diabetes, stroke, arthritis, breathing problems, and psychological disorders, like depression.

The US Department of Health and Human Services states that 43 percent of high school students watch more than two hours of television every day.

Physical activity is greatly reduced during adolescence, and girls are less likely to participate in vigorous physical activity regularly.

On average, people who are physically active outlive those who are inactive. It is important that a teenager learns to take care of his/her body now so the long effects of obesity, like cancer, will not be an experience in his/her lifetime.

Think twice before forcing down a double cheeseburger meal with fries and coke, and just remember that this temporary solution to hunger won't satisfy you in the long run.

## Millburn students raise money for tsunami victims

By Kyle Brown

Due to the growing popularity of "Livestrong" bracelets and the recent disastrous tsunamis in the Indian Ocean, you may see the students at Mill burn School sporting a different color band on their wrists.

Eighth grade AIM students at Millburn have collectively organized a fund-raising campaign for the tsunami victims.

The Appropriate Instruction at Millburn classes, instructed by Gifted Education Coordinator Nancy Stream, have embarked upon the chance to raise money through a popular trend.

"One of the students suggested having Livestrong type of bracelets made," said Stream. "When we started to look into that,

•REBUILD•



•RELIEVE • RECOVER•

we discovered a company already making bands, and they were promoting fund-raising. We also took the option of ordering the bracelets via a school purchase order, which lowered the price per bracelet."

Running with this idea, the fundraiser has been completely organized by eighth graders in the AIM program.

Glenn Peterson, Amanda Kramer, Dan Burnett, Liz Odyniec, Audrey Killarney, Alexis Sidoff, Elizabeth Deutsch, Joe Shannon, and Mike Malinowski assembled the campaign.

They were responsible for organizing the drive, involving everything from preparing order forms to advertising and processing individual orders.

The bands are the color red and read, "Rebuild, Relieve, Recover".

Three-fourths of all of the proceeds raised from the bracelets will go to the American Red Cross.

The other fourth will compensate for the school-wide drive's start-up fee.

"The kids have really learned a lot about what it takes to organize a drive like this," said Stream. "I just served as a guide and kept the kids thinking."

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