

A Day in the Life

Think about your day. What is your schedule like? Do you over-indulge in unhealthy things? Do you even know if your daily routine may be considered physically or psychologically hazardous? Teenagers tend to fall into these negative patterns very quickly.

What ever happened to Pac-Man?

By Sean Kelly

Ever since two paddles hit a ball back and forth on a television screen, there has been a fascination with video games.

Since video game's primitive days of Pong and Pac-Man, video games have become powerful enough that people can meet up with friends on a different continent game of Gears of War. With powerful



games?

According to Eric Breitbach, a cashier at Gamestop in Gurnee Mills, the most addictive games are RPGs (role playing games) and MMOs (massive multi-player online games).

Breitbach said the most addictive of all RPGs is World of Warcraft.

Breitbach said his cousin had to have a Warcraft intervention for a friend. When the friend's computer was unplugged he began to punch people.

Josh Charles, store manager of Game Stop in Gurnee, agreed with Breitbach saying that he has even seen marriages ruined over Warcraft.

Another video game dilemma is how to acquire the newly launched Nintendo Wii or Playstation 3.

Employees of Best Buy in Gurnee, Circuit City in Gurnee Mills, Gamestop in Gurnee Mills, and EB Games in Round Lake all said they sold out both systems immediately on the first day of launch.

However, according to Bobby Kurtz, assistant manager at EB Games in Round Lake, most of the purchases were by parents, not teens.

"If we're talking about addictions, they're [the parents] the enablers," Kurtz said.

Darren Becket, media supervisor at Best Buy in Gurnee, said, "It [the launch day] was insane."

Product Specialist at Circuit City in Gurnee Mills Kristine Brown said that they

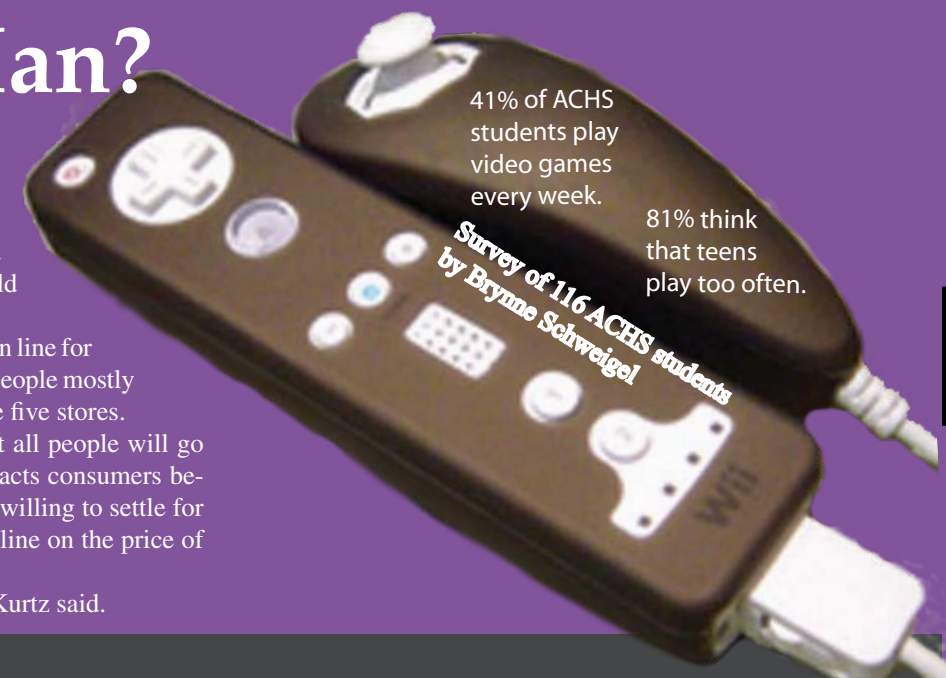
needed to use caution tape and squad cars.

Charles said that after he told a customer that the Wii was sold out the customer threatened that if he ever saw Charles on the street he would injure him.

Despite the massive amount of people waiting in line for the systems, Brown and Becket both agreed that people mostly remained civil. No fights broke out at any of the five stores.

The Playstation 3 is a prime example that not all people will go too far for video games. The Nintendo Wii attracts consumers because it is cheaper than Playstation 3. They are willing to settle for a \$250 system. Kurtz said that teens do draw a line on the price of video games

"Kids won't spend \$600 on a Playstation 3," Kurtz said.



Teens take tanning too far

Price for this ongoing fad may be more than money

By Lisbeth Wennstrom

Copper, chestnut, burnt umber, or orange peel? Tanning has become as simple as choosing a shade and lying down in a heated divan for 15-20 minutes.

Prom, or rather "spring break" season is when many teenagers seem to feel the need to be "roasted", according to Lindsay Callahan, Antioch Community High School junior.

She said that there really is no age attachment to the tanning obsession. "Women from the age of fourteen to forty-six are probably the people that tan the most", commented Callahan.

Skin cancer is one threat of unnecessary tanning. Sunburn is thought of as the sole component of skin cancer, but temperate tanning can have the same effect.

Not only can skin cancer become a threat due to tanning, damage to the immune system and early aging can also occur.

Joanna Berglund, an Antioch resident has fully recovered from skin cancer.

Nearly four years ago, she was diagnosed with Melanoma, the most dangerous skin cancer. She found the tumor on her arm, which was simply a small purplish brown bump probably the size of a pea.

If she had not caught it at the time she did, the cancer would most likely have spread throughout her body and it may have been a matter of months before the

cancer became very difficult to treat.

Berglund went through an operation to rid her body of the cancer which left her arm slightly disfigured.

The doctor had to cut into her arm in order to remove the tumor. A seven inch scar remains.

"I didn't pay attention when I was young; I wish I had known what Berglund commented.

ACHS junior Rebecca Menzer has different thoughts on tanning. "I get aggravated, if it is not tanning, it will be something else that we do a lot that is considered bad", Menzer commented.

Tanning salons do regulate the amount of time that one is able to tan. Callahan explained that a salon usually has three tanning beds of three different intensities. Someone is only allowed to be in the highest intensity bed for around seven minutes.

Callahan also described how tanning can become a part of one's routine. "You don't realize how tan you have become; you just want to be darker and darker", Callahan said.

Menzer said that it is more of a way to relax. "I enjoy baking, it feels good", Menzer remarked.

Recognition of the caffeine content of beverages as well as nutritional value is important for adults and teens alike.

"It's better to drink decaffeinated drinks for hydration, both because of the caffeine and the lack of necessary nutrients," said Justice.

According to a Johns Hopkins Medical Center report on www.caffeinedependance.org, many common foods contain almost 100 milligrams of caffeine in six ounces, startling when put in perspective. It is recommended that less than 100 milligrams be consumed per day, add in the reality that six ounces is a fraction of the fluid an average American could even purchase and one ends up with an excess of caffeine.

It seems as though portion control is the only solution if teens wish to avoid addiction and unwanted calories. Caffeine is intended to hook consumers, don't take the bait.



Caffeine content of popular beverages:

12 oz Diet Coke-	45 mg
12 oz Starbucks Coffee-	279 mg
12 oz Mountain Dew-	55 mg
24 oz Rockstar Zero Carb-	360 mg

Doctors recommend no more than 400 mg per day.

www.energyfiend.com



Caffeine energy: nothing but hype

By Victoria Leonard

Carbonation, sugar, and a legal psychiatric drug, sounds like a healthy alternative to water right?

American teenagers are undergoing an epidemic of epic proportions. Caffeine addiction among teens is so common it is barely recognizable.

So what does this mean for an entire generation? Is there really any problem

with caffeine consumption? After all it is legal right?

Of course caffeine is legal in the United States and the government has yet to place regulations on the quantity of healthy consumption, but it is still very important that teenagers realize the stress they are causing their bodies with excessive caffeine consumption.

According to Lake Forest Hospital Dieti-

cian Meredith Justice, "Teens are much more susceptible to the side effects of caffeine such as jitters, increased blood pressure, and anxiety."

Justice also said that the amount of caffeine that causes these effects varies from person to person. Another factor teens need to be concerned about is the fact that pops, energy drinks, and coffees are full of "empty calories" or calories without

nutritional value.

"Students are getting their daily calories from these drinks but none of their necessary nutrients and often times too much sugar," said Justice. Normally the issue of consuming too many calories and not enough nutrients would be easy enough to rectify, but in the case of caffeine many people face a roadblock. Caffeine is scientifically a decrease in caffeine intake are similar to

High stakes hobby

By Kevin Heffernan

"I'm all in", a phrase that many teenagers today declare while playing poker. The phrase means more to teens than to put all of your money in one hand. Teens can find themselves in a place when they are constantly all in putting their futures at risk. Teenage gambling has seen increased activity in recent years.

One Antioch Community High School student who wished to remain anonymous could hardly recall the last time that he had not gambled over a weekend.

"The last time that I didn't play [poker] was around three months ago," recalled

the student. "I usually will risk about one-hundred dollars per weekend, usually playing texas hold em."

Texas hold 'em is a variant of poker which has seen an explosion in popularity in recent years due to the broadcasting of the game on television.

Gambling has even found itself inside of the doors of ACHS.

"I used to play in school, but stopped because I kept getting in trouble. In school I would usually risk five to ten dollars a day," said the student.

When asked if he thought he

a gambling problem the student noted of the

"No, I don't I have a problem cause I have won more than I have lost it hasn't affected me in bad ways," however, the

student believed gambling could be a problem for some people. "Yes, I've seen it be a problem for people. I've seen kids in debt to one person for ninety dollars."

ACHS Psychologist James White has had experience working with a teenager with a gambling addiction.

"This teen got himself in bad debt stealing money from parents and friends to go towards his gambling." Said White.

According to White a gambling addiction can cause anxiety throughout your whole day.

Even when you're not looking for a game you always feel like you need the rush [of gambling]," said White.

White stressed the severity of a gambling addiction.

"A gambling addiction is considered just as serious as a drug and alcohol addiction," said White.

If you or anyone you know has a gambling problem, help can be found locally at a gambling intervention service, Nicasa, located in round lake. Other ways to help cope with an addiction are toll free 24-hour gambling assistance hot-lines such as gambler's anonymous.



Although 77% gamble, not one student surveyed admitted a gambling addiction.

A majority of students that gamble do it once a week with \$20 or more.

Survey of 30 ACHS students by Victoria Leonard