

Features

How to Get in Shape for Summer

Tips to become more fit



by **CASSIE WALKER**
Features Reporter

Getting into shape is not only good for your appearance- it is good for your health too.

Starting a diet and

exercise program is easy. Sticking to it is not. Here are some tips for you to start off this summer right.

Before starting a diet and exercising program, you should consult your doctor. Your doctor will be able to tell you what you can and cannot do, and

will be able to tell you what type of a diet and exercising program will work best for you.

Keep your goals realistic.

Let's say you want to lose 20 pounds. If you say you are going to lose 20 pounds in one

week... you may run into some trouble.

Instead of opting for long-term goals, try short-term goals instead. Success is motivating, so set a goal that you know you can reach. In the long run, you will hit your long-term goals.

Drink lots and lots of water. Drink it before you exercise. Drink it while you are exercising, whether you are thirsty or not.

Once your body gets used to an exercise, speed up the intensity of the exercise. Your body will become more toned when you do it.

Listen to body signals. A burning sensation and fatigue is normal during exercise, but a sharp pain is not. If you feel pain stop exercising at once, and rest. Consult a doctor if the pain persists for more than a day or two.

Children and adolescents need moderate exercise for at least sixty minutes a day. Moderate exercises include walking briskly, swimming, mowing the lawn, tennis, and bicycling five to nine mph on a level terrain with a few hills.

Exercising with friend will make exercising easier. It is more fun to exercise with a friend than alone. Also, you will be motivated to exercise more often with a friend. Motivation leads to success.

Eating right will also help you get into shape. Eating breakfast actually helps you lose more weight. You burn more calories because eating breakfast speeds up your



metabolism. Eat a breakfast high in protein instead of carbs. Protein will give you more energy than carbs.

Also, instead of eating in large quantities, eat in small portions. Eating a cup of yogurt or something healthy every three hours after meals will also speed up your metabolism. This will aid you into losing more weight and becoming fit.

Go to mypyramid.gov for a custom made food pyramid based on your age, sex, and amount of exercise you get in a weeks time.

Start planning your goals now for summer. When you come back to school next year you will be glad you did.



Big Mother: Is it Parenting or Espionage?



by **CHRIS VALENTINE**

Features Reporter

The thought of sexual predators, pedophiles, drug use, underage drinking, among many other things, are topics

one would not usually associate with children and the Internet. But with the ease of computer use these days, and the growing number of criminal cases involving the net; the tech scene is changing dramatically. This is not necessarily an epidemic, but a concerning issue. Now, all in the name of parenting and protection, parents are setting up spyware, private investigators, key loggers, satellite tracking and possibly even spy cameras. These seem to be instruments more suited for the world of spying operations, but now are they merely tools of overbearing or overprotective parents?

With the recent boom in personal websites with descriptions of a person's day, there is a growing danger in young teenagers being solicited by unwanted people. But, is it okay for parents to spy on their kids, or for kids to be monitored constantly without even knowing it? Mr. Modlin replied, "I believe it is better to monitor and be there with them as a parent more than having to block things off and tracking kids, based on their behavior and trust." When John Bartowiak was asked the same question, he said, "If they truly felt the need, then it seems perfectly fine doing so, as long as it did not affect his life outside of the house."

The topic should be that the people who are the scourge of the world would simply find another medium to find what they want. Even if all the live journals, my spaces, blogs, and whatever else were to disappear, they would still exist, the power is in the people using the computer, not the network to which it is attached.

Some of the more basic ways for parents to check on their children's recent Internet explorations is to simply check the address history. The problem is that this can easily be erased by anyone with a modicum of computer know-how. A more advanced technique of knowing the activities of anyone would be to place a key logger or spyware program inside the computer that will report all typing functions including e-mails, chatting, and web addresses. Some provide real time actions of what is going on like GPS tracking units hidden in cars or cell phones and watches. Now that these programs and devices are in place, it can severely destroy any trust that may have existed between the parents and children. Some Internet providers also provide

some services to monitor the use of the computer.

Some people may say that a teen should be monitored for fear that they may stray off the path of the straight and narrow. It is also feared that if he or she is a wild child, it would be perfectly reasonable to have some type of intelligence on what they may be doing. Knowing where they are, how fast they're driving and what they buy for lunch are all some of the more modest of reasons to try these techniques. When the question of how to go about monitoring and its ethics, MHS student Spencer Perry responds, "I feel it is very unethical and it invades on my privacy and should only be used in special situations." Student, Josh Parnley counters by saying, "If they choose to, it is their own choice and can be used in the places they want." The use of certain devices on a small scale can help keep a watchful, yet unobtrusive eye on your child.

In some cases, parents have even gone as far as hiring private investigators to follow their kids. Some cases warranted the investigating, but the best way to avoid having to go to these lengths is as simple as talking. Communication between



parents and children is an essential quality in having a healthy relationship with your family. Remember, these procedures are not a substitute for sitting down and talking with each other. If you become too disconnected with your family, that too will have consequences, and may lead parents to take measures such as these for some involvement in your life.

The use of gadgets like these has been increasing steadily, and if and when it does boom, look for heated ethical and privacy arguments to rise with them. The time has come when the pillar of society is molding and electronics are beginning to crawl up towards the top of the pyramid. Over dependence on technology like this may save lives, ruin friendships and families, or be unaffacting, but only time can tell.

Take a look at these SHOCKING statistics from a study by the CACRC. (Crimes Against Children Research Center)

- * 1 in 5 youth had been sexually solicited online in the past year.
- * 1 in 4 youth who had been solicited told their parents or authorities.
- * 1 in 3 parents studied had parental control or filtering software installed.
- * 1 in 2 youth who had been solicited were done so by another youth.