



OuRCity News



OUR CITY, OUR STORIES Issue 1, Volume 4

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River City High School Journalism



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Doomsday December 21st: Conspiracy Theories or Reality?

Written By: Anna Litvinova

According to theories based on a supposed ancient Maya prediction, the end of the world is close—on December 21, 2012. But could Earth really meet its end in 2012—drowned in apocalyptic floods, walloped by a secret planet, seared by an angry sun, or thrown overboard by speeding continents? Or is it a just another conspiracy theory?

According to wikipedia.org, conspiracy theory explains an event as being the result of

an alleged plot by a covert group, organization or, more broadly, the idea that

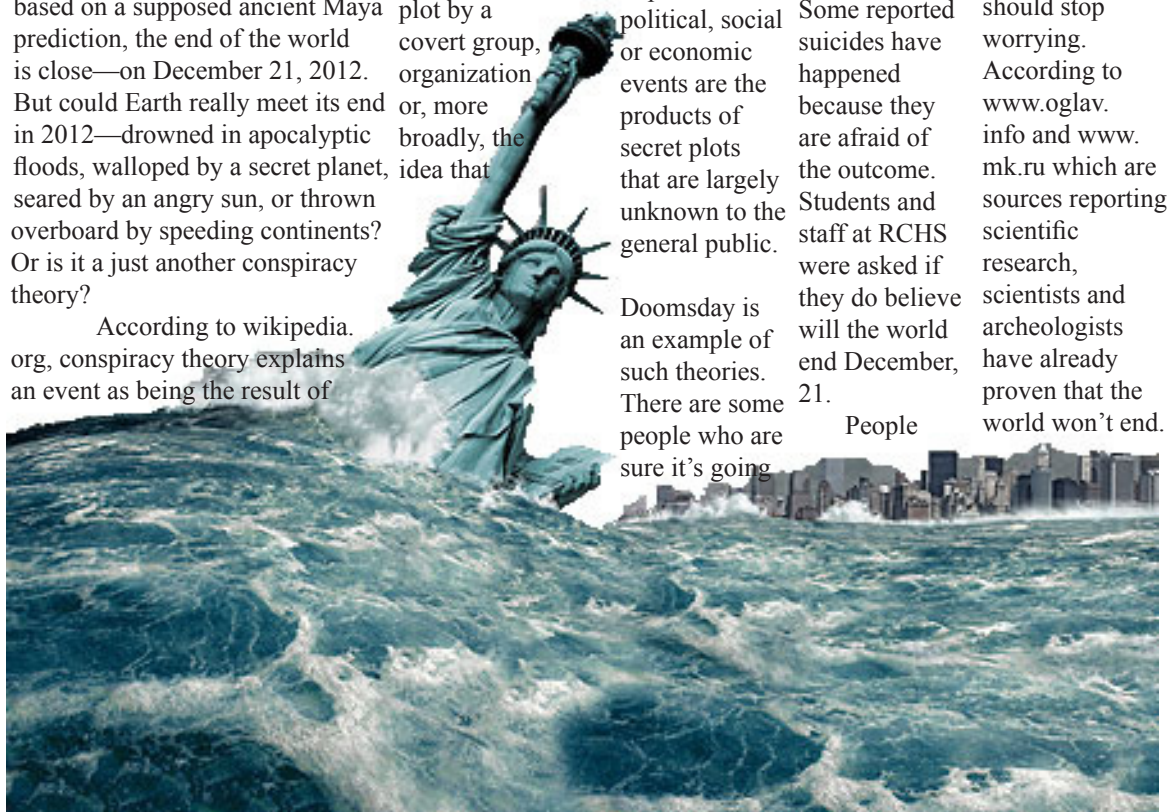
important political, social or economic events are the products of secret plots that are largely unknown to the general public.

Doomsday is an example of such theories. There are some people who are sure it's going

to happen. Some reported suicides have happened because they are afraid of the outcome. Students and staff at RCHS were asked if they do believe will the world end December, 21.

People

who believe should stop worrying. According to www.oglav.info and www.mk.ru which are sources reporting scientific research, scientists and archeologists have already proven that the world won't end.



Caption: Picture courtesy of google.

Continued on page 2

Give me Music or Give Me Death

Editorial Written By: Karina Bueno

Lil Wayne, Nicki Minaj, Kanye West, Jay-Z. Most of these mainstream artists are famous for their oh so inspiring lyrics about having sexual intercourse with large amounts of women, destroying their liver with copious amounts of liquor, accumulating money and taking drugs. What an excellent example for an impressionable age group such as ourselves.

But what about bands like Cake, Cage the Elephant, Gorillaz and Deathcab for Cutie? Being a student at River City, the diversity I see

walking this campus is undeniable, but it seems that diversity stops at its students.

Every year Leadership hires a DJ to play at the dances throughout the year. Though it isn't his or their problem in what they play, it's alarming that the majority of our schools music taste is what is constantly played; not everyone enjoys the Rap/Hip Hop genre or anything which plays on mainstream radio.

"What they play is so repetitive

and they don't realize that that's not what all teenagers listen to," Joleen Miles, senior, stated.

"Yeah. And we're not asking for hardcore screaming like what we listen to. Just something different," added senior Julie Hernandez.

Responses similar to these were overwhelming. We are a diverse school and I would love to see that past the faces and in the music being played on campus.

But luckily!

The DJ this year has given us a link that anyone can click onto to request songs that can be played at the dances through the year. The website is <http://djs4schools.com/rivercity>. You can also find the link for it on Leadership page. So, go and request the Indie, Country, Classical, Hardcore, and Jazz songs all you want River City!

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EDITORIAL POLICY

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Doomsday December 21st: Conspiracy Theories or Reality?

Continued...

and that the Mayan calendar, which is made up different cycles of days, is wrong and won't end this year. Rather, one cycle of 144,000 days (394 years) ends and the next cycle begin.

Another theory of what's to happen is the landing of Planet X, which is said that the planet will collide with the Earth in December of this year but these accusations aren't true. If such a threatening world existed its gravity would be distorting the orbits of planets, especially Mars and

Earth.

Accusations of a massive government cover-up are nonsense. No government couldn't hide an incoming planet or silence hundreds of thousands of scientists.

People have resulted to building private shelters for safety, but their fear of 2012 is misplaced and they are wasting their money.

There has been no increase in earthquakes or volcanic

eruptions. Though there has been an increase in extreme weather, including both droughts and floods, it is partly attributable to global warming and has nothing to do with doomsday. Our planet is behaving normally in 2012 although we see more and more news stories about natural disasters.

Summarizing all information given, the idea of the sudden end of the world by any cause is absurd. The Earth has been here for more than

4 billion years and it will be several more before the gradual brightening of the Sun makes our planet unlivable.

Meanwhile there is no known astronomical or geological threat that could destroy the Earth. People should stop worrying and enjoy their lives.

Sofiya Neverov, RCHS student, says "We will never predict the end of the world. It will probably happen one day, but when no one will be ready or prepared."

The Winding Road to River City

Written By: Freshta Haidari

Here at River City we have a variety of cultures that all come together; there are all kinds of different backgrounds such as Chinese, Persian, African American, Mien, Vietnamese, Filipino, Irish, Mexican, American, Russian, and many more. Most people in America were born and raised here; others had to come a long way to get here. A student, who chose to stay anonymous, told their story.

Her family was born and raised in Kabul, Afghanistan. Her father was from Nijab, Afghanistan. In 1998, when she

was born, there was a great war in Afghanistan and her father sent her, her mother, and her older brother somewhere far away from Afghanistan, someplace safe. She was about 8 months old at the time and her older brother was 5.

They got on a plane and landed in Norway, where her cousins and aunts lived. She lived there with her mother and brother for about a year and then traveled to London, where they decided to live permanently.

She picked up the accent and lived the way of the Brits. Her brother

was in 7th grade, unlike here in America, 7th grade is when you start high school in London, and he would run into trouble at school.



They lived in a bad neighborhood where there were gangs and violence. Around the time she turned 5, her baby brother was born; he was their new little light. They prayed to be reunited with their dad and in

2009, their prayers were answered.

Her family reunited in America and that's where she started sixth grade. She went to school and learned to live like an American. She found the grading system confusing; in London they don't have letter grades they have numbers.

"I was sad. I wanted to be together as a family." She also stated "I was very happy, my family was reunited and we are all happy," said her mother.

On the front pages of newspapers and new sites, there is always something about Afghanistan,

always something including war and the army.

Overall, there is a lot of diversity in all schools including River City. A person may seem like they lived here in America their whole life because of their fluent English or their clothes but no one truly knows what has happened in that person's life, no one truly knows what they went through just to get here, the long journey to America.

Making a Difference

Written By: Brittne Ringor

Peer Mediation is a new program at River City High School, designed to help students solve their issues without physically fighting by sitting them down with two other neutral students and talking it out. By using this very confidential process of conflict-resolution students can get everything out in the open without having to worry about being

punished by a teacher or vice principal.

Although the program isn't entirely new, having been started last year, it is continually being strengthened. The process is being used more often and the mediators are being trained every day to ensure the best outcome between students.

However, this program isn't limited to students trying to fight each other. The mediators

also help students who are being bullied and isolated.

"I think it helps, I just don't like that there's somebody there stopping us from yelling or at cussing at each other." a senior who has used the to program to solve an issue of her own states jokingly.

Another student who has benefitted from peer mediation

states, "Yeah it helps... We ignore each other now, when before we would give each other dirty looks when we passed by."

Students are able to sign up to have a meeting with another student by putting their name on the peer mediation list in the front office. Teachers can do so by calling either Connie or Monica, or sending an e-mail to RCHSPM@wusd.k12.

Continued on page 10

Presidential Election: 2012

Who would River City choose?

Mitt Romney

Mitt Romney's Plan for President

- seeks to reduce taxes, spending, regulation, and government programs.
- seeks to increase trade, energy production, human capital, and labor flexibility.
- relinquishes power to the states instead of claiming to have the solution to every problem.
- marginal rates must be brought down to stimulate entrepreneurship, job creation, and investment, while still raising the revenue needed to fund a smaller, smarter, simpler government.
- Make permanent, across-the-board 20 percent cut in marginal rates

Barrack Obama

President Obama's Plan For President

- invest in education, small businesses, clean energy, infrastructure, and tax cuts for companies that bring jobs back to the U.S.
- Cut taxes by \$3,600 for the typical middle class family making \$50,000 a year over his first term
- develop every available source of American made energy—including oil, gas, clean coal, wind, solar, biofuels, nuclear
- Set a goal to cut tuition growth in half over the next decade with a plan to double campus based student aid and incentives for schools that are successful at keeping tuition growth down
- bring our troops home from Afghanistan, and will use half the savings to reduce the deficit and the rest to engage in nation-building here at home.

Senior Government students volunteered to supervise a nationwide mock election on October 30th. 478 students voted for candidates and for propositions. These are the top percentages for the presidential candidates that River City voted for.

21%



69%



New Places, New Faces, New World

Written By: Karina Bueno

The streets are crowded, the air is thick, there's people running back and forth and Anna Litvinova is pushing through crowds to get to her favorite café,

She asked her friend, Elina, if she would like to walk around, but Elina said she was about to sign up for a contest where the winners could travel to America for a year. Anna became intrigued.

They both signed up for the contest, which consisted of 3 rounds; round 1 was a test that had about 20 questions that tests a student's English capabilities. To pass to the second round, a student couldn't miss a

question; a week later Anna receives a call that she passed the 1st round.

The second round had 3 essays and around 200 questions which, according to exchange.state.gov, tests a student's readiness for international exchange. It's also known as the S.L.E.P test, which tested a student's comprehension in reading, writing and listening in the English language.

5 months pass and in April, Anna is notified that she is a finalist. 9,000 teenagers from ages 15-17, from Russia, applied and Anna was 1 of 19 that were finalists.



Caption: Anna represents her FLEX pride.

"I couldn't realize I won it because I wouldn't be with my family for a year. I got on the plane and I still didn't realize it," Anna stated.

She was to fly to California and live with a host family who lived in West Sacramento.

"I like it much better here; I can smell the fresh air. And people smile here. In Moscow people think you're weird if you smile at them. They're polite here," she said with a smile.

In Moscow she lives in an apartment with her parents, Alexander Litvinov and Nataliya Litvinova. She's also an only child, so when she met her host parents Angelina and Paul Neverov, she was ecstatic to see that she had two sisters, Sofiya,

15 and Milana, 13.

Her dream is to see New York before returning home to Russia and she wishes to continue pursuing her education here in America.

The F.L.E.X. program makes these dreams possible by allowing young adults to come to America and spend a year here. The goal for the F.L.E.X. program is to turn these students into leaders and hope that what they learn here in America can be of use to help better their communities in their home countries and to give them the experience of living in what seems to them, a third-world country.



M.E.Ch.A Receives a New Start

Written By: Natali Cruz

M.E.Ch.A is a Chicano club that gives children the opportunity to learn about the Mexican heritage and creates an open minded environment.

This year Wells Fargo

donated one thousand dollars to the M.E.Ch.A club." We would like to thank Wells Fargo for the 1,000 dollar scholarship given to the club." Diana Solorio, the

president of M.E.Ch.A says. They got this money because they applied for it and won it.

"M.E.Ch.A helps to educate students about their culture, history, and

encourages them to look for a higher education after high school." Ms. DeLaTorre states.

"M.E.Ch.A helps students get the desire and want for higher education. They build a community of support and trust." Mr. Ionescu adds.



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Homecoming



Homecoming 2012!

Written By: Shelby and Jordan Pearce

On October 26th and 27th, 2012 River City High School experienced their annual Homecoming, which consisted of a morning rally that aired on Good Day Sacramento, a day rally with the students and staff, the Homecoming game with the floats and royalty and last but certainly not least the 2012 Homecoming dance.

At 5 o'clock on Friday morning River City's Leadership class started setting up for the first of many different events that day. Good Day Sacramento on channel 31 did their high school kickback and chose river city and Galt High School to be a part of it since it was RC's homecoming.

Next in the line of events for that day was the

day rally, River City students flocked to the gym at the 11 for the homecoming rally which was really a competition between classes. The Juniors and Seniors were having a chant war and no one was decided as the winner of the games.

To close out the day for Friday there was the Homecoming Game, not only did RC students fill the stands but parents and members of the West Sac community came out to support their home team.

Moving on to Saturday the last event of the Homecoming festivities was the dance, the "Save the Last Dance" theme consisted of paparazzi decoration, a red carpet, pictures, and an amazing light show that

was accompanied by an amazing Dj.

Over 500 river city students packed the gym to enjoy dancing with their friends or dates and having an unbelievable time.

Homecoming would not be possible without the creative planning of the River City High School leadership students, teacher, and parents, and the amazing staff they have at River City.

River City has succeed in creating another amazing memory for everyone who was a part of this year's Homecoming festivities.



ing 2012!

Raiders vs. Warriors

Written By: Jordan Pearce

On Oct. 26, the River City Raiders were at home against the Galt Warriors and at half time, the Raiders were already tromping the Warriors, 14-0.

The second half was even better,

giving the Raiders an epic Homecoming victory. Final score: Raiders 48, and Warriors 6 – and the crowd went wild.

A star Raiders player, Malik Dumetz, led the game

resulted in a high school career highlight. Dumetz broke the record of San Diego Chargers Wide Receiver Malcolm Floyd for the most catches in a season.





Cheer takes Dedication

Written By: JoJo Samolis



The cheerleaders at River City High School are a very dedicated group of people. They work hard at practice, smile through injuries, and the challenges they face test their abilities but they push through it as a team.

At the games or at rallies the cheerleaders show off their hard work with a choreographed routine. They practice all the stunts and routines constantly to make them look perfect.

Cheerleading is one of the most dangerous sports a person could do because even though they look good on the field it takes hours of practice to get it there. There are times when an injury or something may occur and the cheerleaders must push through it together.

Statistics show that more than half of the injuries caused from cheer are due to tragic stunting accidents. Stunting accidents happen when a base doesn't lift or the flyer isn't going up right or is unbalanced.



Photo By: Ruby Rugama at away in El Dorado hills.

Daisy, a sophomore, is a flyer. Her job is to make sure that she goes up as straight as possible and smile.

Christina, a sophomore, is a base. Her job is to lift up the girl who is to be in the air and make sure she doesn't fall.

Sabrina, a sophomore, is a front and it is her job to help the bases lift the flyer. She also has to make sure that the flyer doesn't fall forward.

Emily, a sophomore, is a back so her job is to help the flyer into the

hands of the bases and then hold her ankles to keep her steady. It is her job to make sure her group knows what way they have to throw the flyer and when to bring her down.

To have a fun time go to the River City football games!

Water Polo player's spleen ruptured during game

Written By: Karina Bueno

The water is calm. The stands are starting to fill up. The games is about to begin. The waters are now jagged and moving every which way. Players kick and shove to get to the yellow ball that bobs on the water's surface. It's the beautiful game of Water polo.

Water polo is one of the more physical sports we have here on campus and many injuries have been taking place; one in particular being Jeret Tiller. In a recent game his spleen was ruptured from being repeatedly kneed by an opposing player during the El Dorado game on October 9th.

Jeret Tiller and the opposing player were nowhere

near the ball when the opposing player came up to him and dunked his head. "All I could remember was being kneed repeatedly in the side," Jeret said.

"I tried to raise my hands for the ref to see but I knew he wouldn't call it so I fought back as much as I could. After about like 20 seconds I was let go so I got out of there."

Jeret made his way to the edge of the pool and was pulled out by his coach. The game continued on while he was being checked out. Nothing seemed to be physically wrong with him so he was sent home.



Caption: Coutesy of Westsac.com

Later on, Jeret began experiencing pains in his side. "Every time I sat up I would pass out. We knew I needed to go to the hospital." Jeret said. Once he arrived to the Kaiser emergency room he passed

in and out of consciousness which caught the attention of the residing doctors. He was then sent to the ICU in Davis where he spent three days under

the watchful eye of doctors and nurses.

"They told me I lost 1/3 of my blood from internal bleeding." According to webmd.com, a ruptured spleen is an emergency medical condition when the surface of the spleen bleeds out from the inside and lost a lot of blood. People do die from this.

"I'm glad I'm okay. It just sucks it happened," he said. "All I got was a handshake

from him during the fourth quarter. No apology."

"I can't state what his punishment was but I can say disciplinary action was taken," Mrs. Dornan, the Athletic Director here at River city, states about the opposing player.

Jeret Tiller is taking it easy for a while and gets tired easily. "I have to be very careful for the next 6 weeks. I can't play for another 3 months. At least."

Many people may think Football is the roughest sport on campus but most are oblivious to the teeth-knocking, elbow to the face, brutal game of Water Polo. But Jeret is alive and well and we can all be thankful for that.

Soccer vs. Football

Written By: Gabe Stolz

More than three billion fans worldwide watch and play soccer. More than all Football, Basketball, and Baseball fans put together.

According to

of football played in Britain in the mid-19th century, in which a football is kicked at a goal and/or run over a line. American football resulted

centuries, sourced from Football gameplay.com, game play developments by college coaches, helped take advantage of the newly

same. Soccer and Football are both sports with a ball and involve contact, running, protective gear,

Football players cooling off in the shade, thought it would be funny if they threw water bottles at people walking

the staff of RCHS wasn't there, possibly even punches".

"I am glad the staff of RCHS handled it



VS.



World Soccer history, the ancient Romans are believed to have played something similar to Soccer, but the first recognized game was played in Brittan in 1862. It's believed that the Japanese and Chinese seemed to have played a type of soccer around the 1004 B.C. time. Soccer has been played around the world for more than 200 years and possibly even earlier.

The history of American football can be traced to early versions of rugby and Soccer. Varieties

from several major divergences from rugby, most notably the rule changes instituted by Walter Camp, considered the "Father of American Football". Among these important changes were the introductions of the line of scrimmage and of down and distance rules according to Football history.com.

In the late 19th and early 20th

introduced forward lateral pass

From Soccer came a very physical demanding sport in England called Rugby. From Rugby came Football which was originally invented in Canada, sourced from Soccer history.com. Since then, Football has dramatically changed from rules, to protective gear.

All people have their opinion and facts, but Soccer and Football are really the

similar fields and an objective to score. You could say all sports have this which some do but Football came from Soccer and that is why they are similar.

Almost two weeks ago on September 17, 2012, at the RCHS campus during lunch, Soccer players and Football players had it out for each other for a very foolish reason.

by. "A water bottle still filled with water almost hit my feet and got me wet" said a student who chose to remain anonymous. "After I cleaned myself off, one of the Soccer players threw a half eaten orange, from a distance, and hit a Football player on the side of the forehead. Words were thrown at each other and if

well and I hope in the future when incidents like this happen, the staff of RCHS will take care of it because if there was a fight that day, I would have ran".

Outcome of this feud was suspension for the Football player who threw the bottle of water but nothing for the Soccer player who threw the orange because the staff at RCHS could never find him.

Students before Student-Athletes

Written By: Michael Briscoe

As school started on August 24th, sports for River City High School have taken a new priority for grades before and during the off-season. The coaches for boys' basketball, baseball, cheerleading and JV soccer have a new way of keeping their players doing their class work.

Among high school students, athletes tend to have a higher GPA than the students who don't play sports. Student athletes have an estimated 3.45 GPA and students who don't play sports have an estimated 2.95 GPA, according to the NY Times.

At the start of River City's 2012-2013 school year the boys' basketball

team both had this requirement first. The requirement for most RC sports teams is for every missing assignment a mile has to be ran, no matter how many there are. The basketball teams, baseball team, JV soccer and cheerleading are all taking part in this rule for grades.

Coach Greg Clark of the boys' basketball team said, "Our academic policy for the boys' basketball team doesn't have much to do with them getting cut. What it does show me as their coach is how they handle certain requirements of them in order to be part of River City's basketball program. If

they have a hard time committing to the academic requirements, they will probably struggle to commit with what we are trying to achieve as a team." The boys' basketball team has shown improvements with their grades since the first progress report was turned in on September 5th.

On that day the program was averaging a 2.66 GPA as a team with 22 missing assignments. Now the team currently has a 3.11 GPA average as a team with no missing

assignments.

"I am a first year coach at River City High School so I am unaware of what the academic requirements were before this year. What I do know is that if you require students to perform at the highest level on the court, you need to require the same for their academics. I also feel as though making students run for missing assignments isn't strict at all because they are learning life lessons. If these players don't do their jobs later on in life, they will get fired so it teaches them responsibility for their actions," he added.



Questions, Concerns, and Safety?

Editorial Written By: Jordan Pearce

The clashing of the shoulder pads and colliding with one and other in a hard tackle; grass and dirt flying in the air as a junior Raider lands on his back to make a touchdown. The team celebrates by bumping helmets, slapping shoulder pads and of course a high five.

Football is a sport designed to be rough, that's why some parents and doctors recommend children under the ages of ten shouldn't play. On Oct. 13th, 2012 the River City Jr. Raiders Pee Wee team, ages 9 to 10, were at home against the Jesuit Marauders, but in the game three players on the Jesuit team were injured, and two were taken away in the ambulance.

According to, usafootball.com, which is made by USA Football Inc. that is part of a health program for kids. This website has done interviews with Dr. Dave Joyner and Dr. John Lehtinen.

Dr. Joyner believes that everything we do as people has risks, but there are sports that seem to be hazardous. Dr. Lehtinen believes that it all depends on the child development, even football as



Picture courtesy of River City's Jr. Raiders facebook page.

risky as it is.

Both of the doctor's believe that on some level football is a little more dangerous than some sports, but definitely not the most dangerous. As far as I can tell from furthering pursuing these two doctor's on other interviews about football safety, they state the same thing, "Football is a great team sport that does come with risks, but if your child is willing to take the risk and so are the parents, then why worry?" this has been stated and restated by both doctors on multiple interviews.

To me kids get hurt even without playing a sport, so I don't understand why football is singled out. In every sport

there are risks; for Jr. Raiders the risks are in a packet that the parent signs off on allowing the player to play, so I don't think it's fair for them to get mad and yank their child from the program because of an injury.

A mother who is a part of the RC Jr. Raiders and has been for almost four years said, "I believe that they make this sport as safe as it can be without taking all the fun out of it. Parents who worry too much need to keep this in mind that these kids are running full speed and head first at one and other. As for the high school, I believe the same thing except they might be better prepared because of the years of training."

As far as I can tell, it looks like football is as safe as it can be, but it still comes with risks. A father and coach of the RC Jr. Raiders said, "I have a son who plays at RCHS and three sons who play for the Junior Raiders and all four of them come home with the same amount of bruises from working and playing hard. No, I don't think the high school team is safer than the Jr. Team because football is football."

Makes a Difference

Continued...

ca.us.

"The mediators get to the roots better than us adults can, because kids can't always trust us." Says Miss Ghio. "I'm always very surprised at how well the mediations go. I'm very impressed."

The number of fights that have taken place on campus this year are almost non-existent due to the fact that students and teachers all over are reporting issues between students that are sure to escalate into a big argument or physical fight.

"Fighting doesn't solve anything. Just because you win a

fight doesn't mean you had the right opinion." States Coach Stolpe, one of the three teachers of the peer mediation class, along with P.E teacher, Ghio and River City's principal, Nemer.

At the end of each mediation the students create their own agreement—no matter what the situation may be, they must figure out a plan that is going to prevent a fight from happening in the future between the two of them. If one of the students breaks the agreement they reach, River City's vice

principals step up and handle the students, providing consequences.

"I expect my mediators to step up to leadership roles, keep everything confidential, ask for help when it's needed, use the process to benefit themselves when they are having problems with another student, and, eventually, start to take over the program themselves," says Nemer, who couldn't be any happier with the first batch of students taking on this type of responsibility at River City High School.

Whatever you do, don't drink energy drinks

Editorial Written By: Andrew Penn

The sweet smelling, delicious tasting, cool color looking monster energy drink will give you such a rush, possibly as heart rushing as this editorial is.

I don't like energy drinks, because they are harmful and pose a risk to children. Also there are high levels of sugar, which increase heart rate, blood pressure and can cause many other health problems. And too many kids drink them.

Also there are high levels of caffeine. An 8.5 ounce can of energy drink contains 50 milligrams of caffeine according to

International Food Information Council Foundation. U.S. teens consume an average of about 60 milligrams to 70 milligrams of caffeine every day, and some energy drinks contain as much as 800 milligrams of caffeine.

Energy drinks are harmful because, according to the authors of Journal Pediatrics they increase heart rate, and children with diabetes, mood disorders and heart, kidney or liver diseases.

And repercussions that include heart palpitations, seizures, cardiac arrest, or even

death. Nearly one third of kids 12 to 14 years old regularly consume these beverages.

For instance in the quad during early lunch at River City high school Vonsia Han chugged down a monster energy drink so fast it was amusing. He said, "I like energy drinks and I think they are good, I would drink energy drinks all the time if I had the money to keep buying them."

Energy drinks are available in over 160 countries. Last year alone, over 4 billion cans and bottles were consumed across the world. Sales of energy drinks were \$6.9 billion

in 2009 compared with \$6.5 billion in 2008, according to John Sicher, publisher and editor of Beverage Digest.

Some people say energy drinks aren't harmful, and dangerous. They say they aren't dangerous because most main stream energy drinks actually contain about half the caffeine of a similar size cup of coffee.

In fact, young adults getting coffee from popular coffee houses are getting about twice as much caffeine as they would from a similar size energy drink, said

Haureen Stopey; senior vice president of science policy for the Washington based American Beverage Association

Enzo Leon, freshman at River City said "I don't like energy drinks and they are in almost every grocery store or liquor store, so people are going to keep buying them."

I believe that energy drinks are bad for you and that people should not drink them, because some of the ingredients in energy drinks are unstudied and not regulated.

Early Start to School Day Changes Sleeping

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When it comes to starting school after a long break like summer, teenagers have to drastically change their sleeping habits. Most teens are used to sleeping in and staying up late throughout summer break and if that continues during school, it may take effect on their learning ability.

A credible source known to kids, parents and teens is kidshealth.org/teen. This website is funded by Nemours, which is one of the nation's largest children's health systems.

On average, teenagers need about 9 ¼ to 9 ½ hours of sleep per night to function properly. A recent study found that about 15% of teenagers sleep about 8 ½ hours per night and are tired and worn out by the end of the day.

"It's definitely tiring. It's harder to pay attention, especially during 4th period because it's the end of the day and everyone's tired of being at school," said Alynah Vigil, junior at River City

Gabe Stoltz, freshman, added, "I

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think it affects them because its 1 ½ hour per class and we only get a half- hour lunch break."

School starts here at RCHS at 8:20 a.m, so students have to be up early to be ready for school. Many children, especially teens, don't like the idea of going to sleep at specific times but it might help them to become successful throughout the school year.

Sleep is just as important as food, water and air. It can also help you eat better and manage the stress of being a teenager. Some stay up late on school nights, and make up for lost sleep on the weekends, which can affect their sleeping habits even more

Along with the fact that most teens are losing sleep, they also suffer from treatable sleep disorders. For example insomnia, sleep apnea, narcolepsy, and restless legs syndrome.

When you're sleep-deprived,

you're as impaired as somebody driving with a blood-alcohol level of 0.08%, which is illegal in most states.

Not getting enough sleep can limit your abilities to learn, listen and pay attention to your teachers or peers when they're speaking, forgetting homework, names of people, numbers, or important dates.

Not acquiring enough sleep can also lead to aggressive behavior towards other people and can weaken your immune system.

Some tips for catching up on sleep are taking a nap when you get home from school, but don't take one close to bedtime because it can affect your sleep through the night. You should establish a wake up time and a time you are going to be in bed every night; it can help your body get used to how much sleep you normally get a night.

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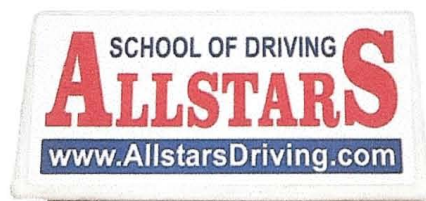
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